



**THE SPECTRUM
OF HEALTH**
— P O D C A S T —

Podcast Session #65

Do We Have To Age The Way We Do?

With Mas Sajady

Today on the Spectrum of Health podcast, we answer the question: Do we have to age the way we do? I am joined by Mas Sajady, founder of Xponential Intelligence®, MediMorphosis® and Medihealing®. He has helped tens of thousands around the world break through challenging situations in their personal and professional lives so they achieve not only success, but also significance in their lives.

Please check out the Human Reset and 18 Day MediMorphosis
on: [MasSajady.com](https://www.MasSajady.com)

Dr. Christine Schaffner: Welcome to the Spectrum of Health podcast, I'm Dr. Christine Schaffner, and I am talking to Mas Sajady today. Mas Sajady's two near-death experiences catapulted him beyond realities where great possibilities and interventions exist. Within these realities he was shown a map that detailed how to achieve ultimate abundance at every level of life. This map has given him abundance and abilities beyond comprehension of science. His passion is to bring forth this knowledge that exists with each one of us to life. Using the abundance map, Mas has guided nearly 100,000 individuals personally and millions through group engagements. His hypothesis is that transformations of this magnitude, which are far faster and easier than other methods, can only be achieved by editing an individual's DNA. Mas has worked with top level business leaders and influencers, including royal families and Fortune 500 executives, nearly a decade of research has resulted in high success rates backed by solid documented results. I had a lot of fun interviewing Mas. I'd worked with him personally in years past, and a handful of my patients have worked with him as well, and he really opens us up to another view of the world and health and how to experience healing. I hope you enjoy this podcast.

01:19 DS: Welcome Mas. It's really an honor to interview you today.

01:23 Mas Sajady: Christine, thank you so much for having me. It's going to be a good time.

01:25 DS: Definitely. Well, you have worked on me in the past, and I got to know your work around 2016, I think about that time. How long have you been doing this work? I have a handful of patients who've worked directly with

you, and a mutual friend reconnected us here. For people who haven't heard your story, I would love for you to share it with us.

01:48 MS: Of course. So Christine, I've been doing this work for about close to a decade now.

01:53 DS: Wow.

01:54 MS: And before that, I had my second near-death experience, and I'll just go through it quickly, because you can find it all on my website, massajady.com. The first near-death experience really allowed me to search for all those things that people search for. What are life's answers? What it's about? What's our purpose here? What's that...I want to say that grander vision or that grander person that we all have deep inside. Yoda would call it that force within. It's like, why can't I operate from that? Well, the first near-death experience allowed me to really understand who you really are, the grander version that we all feel deep inside us, deep in our gut. And we always go, "God, if only I could operate from that version of myself as well." First near death allowed me to experience that version and it's quite unbelievable, because to me, right now, I'm mostly science-based, so I move away from religion, spirituality and all that stuff, to science, it's provable, it's duplicatable. And many of your clients have experienced that as well. So that first near-death really allowed me to say, "Live from the grander version of who we are." I would call it 99% of who we are is that timeless version, or some of you might describe it as spirit.

03:24 MS: The 1% that most of us live from, the day-to-day life in the physical realm here is literally, like I said, just 1% of our existence here. So my life

or my mission is really about say, transferring you from your physical identity here into your grander identity, and then living your physical identity as well, in a much more beautiful and much more abundant state. And this means health issues, relationship issues, wealth issues, all those things tend to disappear. You still have to resolve them, but they tend to disappear, so you can do bigger and better things with your life rather than be, say, a slave to time so to speak. So that's a grand vision. And it took me about, say, 20 years, and then a second near-death in I think 2006. It happened in my mid-40s where I started to understand and realize the mechanics, so the science behind how do you edit space and time, because that's what I do is bend or edit space and time. I know that sounds kind of strange, but once you get into my work, it literally is about space and time, or being in the present moment, because present moment is where we have power. We have abundance, we can only create in the present moment.

04:46 MS: So in a nutshell, what I do is I allow you through that second near-death again, understanding the logistics or the mechanics behind this, is I help you come into present moment so strong again, living from your grander self that you see opportunities of who you are from a higher version, and then once we integrate that into this reality, that's where, like I said, abundance comes in all forms.

05:15 DS: Thank you. It's a beautiful story, and you know, many people who haven't experienced a near-death experience, they hear these stories, and usually the people who live to tell them have these really transformative experiences and become either speakers or healers or these bridges for us to understand more than just our physical body. And so, so many questions are

swirling. In a lot of the work that I'm doing, I work in the physical, but we actually have very much understanding that we're more than our physical bodies, and we try to also educate people about what we would call biophysics and energy medicine, and try to open up people to that idea that we have what we call an energy body that actually informs our physical body. And so obviously you're working with that and working that in a profound way where you're actually altering or upgrading people's DNA, is that correct? Am I explaining it right?

06:15 MS: Yes, exactly.

06:16 DS: I would love to talk about that, but one question, as I hear you talk about your near-death experiences, do you believe you had to go through those near-death experiences and that you received the healing ability to help heal people or that we're all able to kind of learn and work with these principles that are just so new to our understanding?

06:39 MS: Well, really good question. I guess there's different ways we can go about it. For me, once that awakening moment happens and I see many people, they necessarily don't go through a healing, I mean a near-death experience, but a near-death experience or something similar to that, does help you say, bypass a few stages. So like awakening exercises, meditation and all those things that whatever that you do, if you do it properly, will awaken you step by step, an awakened near-death experience will catapult you from say if you're a level one, and I'm just throwing numbers out to say a level 10 or a level 100. For example, it's just like, boom, you disconnect from your say, weaker self and come into a natural grander version of who you are. So for

me, it was the fastest. Do you have to necessarily have a near-death experience? No, because you can learn from my experiences. And that's what I do. Say that I work with you at an individual level on the phone or in person or at a group level, what I do is, my frequency will help you remember who you really are, and it's like, "Hey... " And that's how we learn, by the way, in anything, it's not just what I do, that's how we learn, and it's like, "Whoa, this guy is resonating in this frequency. I remember that at one moment in time, I used to be able to resonate at that frequency." Does that make sense to you? So we can learn from other people's experiences.

08:14 MS: So yes, so you don't have to have a near-death experience to say ascend higher, although it does put you on a fast drive.

08:23 DS: It accelerates you. You just described that beautifully. How my maybe simple mind has made sense of understanding healers like yourself or working with frequency medicine, I almost think that what you're describing potentially is that your bio-field is almost like a tuning fork for others to resonate with, so that they can receive that resonant frequency to actually upgrade their energy field. Am I describing that right and using the right terms?

08:56 MS: Exactly. No, you're actually not very simple-minded, [chuckle] you can see the mechanics, I can read you by the way. You're a little bit in your head too much, but you can actually say, understand and see the mechanics, you might not be able to let's say, understand fully what it's about. The good thing is you're on the right track, Christine.

09:18 DS: Thank you.

09:29 DS: I would like to get into the grounded science and the visualization, because sometimes when people hear of energy, frequency, those terms that get talked about all the time, sometimes people don't grasp them. And so I'm just trying to paint the picture of and recap what you just shared. I imagine your field of energy is a tuning fork, and it creates by just being in people's presence and interacting with them, you're creating a healing field for them to reach a higher state for themselves.

10:03 MS: Right, so the science behind that is that we're an organism that's always expanding, or compressing. Basically, we're either dying or expanding. Does that make sense? It's built-in within every organism that exists here in this reality. So it's always say wanting to ascend higher. So we're always sending out frequencies, just like a tuning fork or a radio station or like a GPS signal, we're sending out frequencies and then we're also absorbing frequencies. And then we're comparing the frequencies that we're, say, absorbing and comparing it and going, "Is this person or event or situation higher than my frequency?" If it is, you'll naturally gravitate to that frequency. Does that makes sense to you? So say if a person comes into contact with you or connection with you, whatever method it might be, through email, through whatever, their frequency is, you compare that frequency, and it's like, "Whoa, this person is at a higher frequency. How do I reach that level?" Because again, you're an organism that wants to say, create and exist at a higher level all the time. It's called evolution. That makes sense to you?

11:19 DS: Yes. And then interacting with that energy, can you just explain how that may turn on maybe epigenetic influences to tell our DNA to maybe do more or healthier things or to make us healthier?

11:40 MS: That's a really interesting question, and this is really amazing for me as well, because especially as of late, as my abilities have gotten more powerful and then also the world has changed quite a bit. We're all awakening, COVID, or whatever you want to call it, if it's not COVID, it'd be something else, to awaken us at this time. So again, it's not just COVID, it's the time of awakening or transparency, so as we come in to say the state of being, what I found out is people are really awakening to a level where they're starting to realize that they don't have to age like their parents do, they don't have to get sick like their parents do, they don't have to follow the consequences of say, society, like the banking system, the way we go to work, the way we grow up, go to school, get a job, get married, have kids, whatever it is, those are all things that we naturally think that we should do. And it's not right, and I'm not saying here, it's not right or it's not wrong, but it's not optimal for humans. There are other ways to do it at a more optimal level. So we start to awaken to a higher level or a higher standard of those experiences in life. Does that make sense so far?

13:00 DS: Yes, and I think, as you mentioned, in this time of transformation and awakening, as we awaken, we also see this polarity of experiences going on. I'm sure your community and people are coming to you as they are to me right now, seeking healing, and this is a really hard time because we're all trying to navigate the energy of this time. So maybe just some words of wisdom or insight for anyone who's listening, who's having a hard time now, how do we really put this in context and how do we create a new paradigm?

13:43 MS: So just to complete or finish off that last question, so with this transparency, we start to stay awakened at such a deep level. It's amazing to me to see it's almost like magical transformations that people are getting, it's

like they start to awaken so deeply that they start to go, "You know, I don't have to age like my parents do." Because that's a myth. You think it's just hereditary. That's just the way it is. And you're going, "No, wait a second." We're seeing fantastic results as people's bone structure, the way they age, the way they get ill, whatever they do as they age with the relationships and everything else it's like, "Shit, I don't have to follow the patterns of my parents or my lineage or society, I'm going to create my own pattern." And this is where I hypothesize from the work that I've done, is that you get changes where somebody's eye color changes literally, or people's skin color changes or the shape of their body changes outside of or away from, say, their parent's patterns.

14:48 MS: You would have to hypothesize that these changes are because you've changed the DNA structure. So you create your body in a different form. So that's where the epigenetics or the change in DNA comes from. Now, is that proven? No, not yet, but hopefully in the near future we can actually have scientific evidence, but again, when you start to change or when people's lives change that dramatically, something at a genetic level and even deeper is going on obviously. So we're really excited to do some research, and there's more and more institutions and research facilities that are looking into my abilities. By the way, we all have these abilities. I've just been able to really hone them.

15:35 MS: So your next question about words of wisdom, you know, it's interesting the people who are doing what I call exponential intelligence, which is literally a body of knowledge, it's like a road map that I've created or put together on how to become your most abundant self. And if you've noticed, you've done the work, Christine, is that it's not like you do things consciously,

but you listen to the meditations or what I call metamorphosis meditations, and if you want to have sessions, but you change from the inside out. It's not like you agreed to do something, you just awaken and you are that something. So it makes it a lot easier, but it is one of the toughest things that people go through because well, they have to shed away all the distortions of themselves. So this time is, if you want to analyze it or parallel it with what we were talking about earlier about a near-death--this time literally, you can take advantage of it because it is a death of human consciousness, the way we know it today.

16:43 MS: So are you going to die with that consciousness? If consciousness or the way the society or the way you look at yourself as a being here, if that was a building--that building is crumbling, it cannot support what's happening here today because it's all lies. A lot of control, it's a lot of confusion. I mean, look, people are wearing a mask in today's society. You know what I mean? It doesn't make sense. It's not evolution, it's de-evolution. So all those things have to crumble, so as this building crumbles, again, are you going to be inside that building, are you going to be that part of that consciousness that's destroying itself to, say, blossom because that's what nature does. It has to destroy to blossom. Or are you going to be moved out of that consciousness and then expand or heighten yourself as everything else falls down?

17:43 MS: This is proof too, that people are coming to me who've done the 18 days and the stuff with me, and they're going, "Mas, everybody around me is in chaos, they're worried, but it's like I feel really stable, I realize what's happening outside, but should I be worried that I feel really stable and strong?" And it's so beautiful to hear, although it's even confusing for me, like

why are we feeling stronger and better as things fall part on the outside? Because again, we're starting to see the light or we're those pioneers that are going to see the new world, so to speak, the new world order, as the old world destroys itself. So it's something to look forward to, but you need to be awakened, so you're not under the waves, but riding on top of that wave that's coming through.

18:40 DS: Thank you for sharing that. I had some intuitions but you explained it, obviously, so much better than I was thinking. I was thinking, how could we really live and change our relationship to the world that we're in? And we can still live in parallel, but in a different vibration or different frequency.

19:03 MS: Yes. This isn't about excluding yourself out of society, but starting to analyze how you, say, interact with society, how you interact with yourself in this environment. One of the best things that you can do is what I call spatial referencing. And it sounds really simple, but it's the most awakening experience that you'll have. You start to reference yourself, just like a GPS does. It references three points. The GPS references three points and tells you exactly where you are. Right? You can do that on your own consciously. I'm in this room, the doorway is to my right here, and it's just a few feet away. Notice that the doorway is where it is, and then notice, say, any part of your body. It sounds kind of strange, but if you do that throughout your day, the more the better, you would be amazed at how, say, centered you become. This woman, by the way, she got off her anti-depressants just by doing that, because it keeps you safe here. I know it sounds the strangest thing, but just try it. Just go, "Oh, you know the wall is there, I'm here." And just reference again, spatial positioning. Now, you have fantastic abilities, by the way. You, if you don't mind me talking about you just a bit.

20:29 DS: Sure.

20:30 MS: Your abilities--you basically step out of your body, and attach on to, say, some knowledge out there, and then you come back and then you relay that knowledge to your clients. Does that make sense to you? That's how your abilities work. For you, if you did spatial referencing, like I said, you wouldn't step out of your body. You would expand. Just imagine what the possibilities would be for you, Christine--you're just having a little piece of the pie when you step out. But when you expand, you're still in that space where you get your knowledge, but then look at all the other realities or sphere of realities, that you expand into. But the better portion, the better, even better than that, Christine, is that not only your abilities will expand, but when you come back and contract yourself to, say, connect with the client or talk to the client, you're more in, say, precision with space and time.

21:33 MS: You feel better. In the past, you would step out. You'd come back and you'd go, okay. It would probably take you a minute or two, to go, okay, "Where am I? What is this? What am I doing here?" Does that make sense? Just like a flash. And then it kicks in your knowledge. Like, "Oh, I'm here," so that's that little piece that I'm talking about, you expand and then you come back and you're precisionally aligned, more so than before, and this is where you can handle even bigger and better abilities than you have now. By the way, as I'm speaking, I'm working on you.

22:11 DS: Thank you. Yes, I can feel it.

22:13 MS: That's just the way I am, by the way.

22:16 DS: Thank you, I really appreciate that. We do a form of applied kinesiology, it's not really that, but kind of like that, it's called autonomic response testing. I would imagine it like, okay, my bio-field is interacting with the other patient's bio-field. We have a system, but I just feel like I get these thoughts or these pieces of information. It just is when I'm interacting with the person, I feel that information come through, so I appreciate you saying that because it's the new physics, talking about this interconnected field that we're all a part of.

22:56 MS: Exactly. That's what it's about.

22:57 DS: Being that field, and then coming back in. That makes a lot of sense to me, and I completely hear you. I'm excited to try that out and it seems less exhausting.

23:09 MS: It is, it is. And this is where you start to stay healthier, more vibrant, as you work with people, because I can work on...gosh, maybe 200 plus clients one-on-one in a day, and I have, and I'd be more energized. The way you would run, you couldn't handle, say, four or five clients in a row. Does that make sense to you?

23:42 DS: Yes. Totally.

23:43 MS: That's why. And if you don't mind, this isn't about practitioners. Whether you do energy medicine, psychology, surgery...there are surgeons that actually do my methods. It's not like you stop doing your modality and

you do exponential intelligence because exponential intelligence is not a modality. It's not something that you learn. It's a state of being. You become, say, a higher level being. And then you practice your modality, whatever it is, surgery, even accounting or even being a mother or a wife, or a partner, whatever it might be, you just do it at a higher, better, brilliant level. This is where those practitioners really benefit because as they awaken, you get to see better results from your clients, like you have, for example. Your clients are better, so they get faster results, which is really nice for you.

24:43 DS: Yes. I'm always happy when we can accelerate someone's healing and alleviate their suffering more quickly, and I know this work that you do is totally accessing that ability, and you're right. It's interacting with this field. It amplifies whatever you're doing and whatever work that we're all doing. I hear you there. I could go in a couple of different ways. Again, a lot of the people who are listening have some type of chronic illness. I see patients who've been sick for like 10 years, they've tried a lot of doctors, and they're super open-minded, they're willing to look at all of these aspects of their health. You've worked with some of my patients and you know the footprints, so what would you say are some of the common themes or road blocks of why people stay in a struggling or suffering state, in spite of trying to get better?

25:48 MS: I do get a lot of those clients as well. Tapping into your group that's listening in, they're open, but I get people who are totally closed, but they've tried every avenue, and they've hit roadblocks. This one example, their daughter was dying. Their 14-year-old daughter literally was decaying or dying. And doctors couldn't figure it out. It's like, "Okay, we might as well try this. We'll try the last ditch effort." That's the kind of clients that we get.

26:27 MS: Whether you believe in this work or not, it doesn't matter, because at a higher level, we're all the same. We've worked the same. It is logical, but again, at a higher level. Some of the reasons why people take, say, really the last ditch efforts, is for just tapping into...I see you have about say nine or 10 clients, that might fall into the category that you're just talking about, and just to read them, a few of them...Again, some of the modalities, no matter what it is, even like surgeries and so on, they don't go to the deep level. These are all like surface level, and no offense, some of the stuff that you do go into the surface level, but as you awaken, you can go even deeper, like the levels that I can get into.

27:25 MS: And so, whatever modality that they're, say, 'getting into' does not release the underlying frequency, and that's why you can't release or they can't, say, have long-term solutions or long-term healing for it. Because if you, for example, clean yourself up and you still have that underlying pattern, you'll get, say, another something else that'll destroy you the same way, for example.

27:54 MS: One of the major reasons why some of those clients are having issues, is, if you start to notice that they're usually... Most of your clients, again, understanding you, through you, most of those clients that have really tough issues, they seem to render themselves in two realities of time and space. Their physical body here, and then they have another rendering, which is of death or not here. I know that sounds crazy, but for example, your client would start to go, "I feel like death around me all the time." Does that make sense to you? They would say stuff like that, physical stuff. "I feel like death is around me or people die around me or I'm always around death. I feel disconnected from reality. This doesn't feel like my body." Those are the physical

symptoms of what I'm talking about for those, the clients that I'm reading from you.

28:58 MS: The reason is because although they exist in this reality, there's a void reality that they're always getting sucked into that, say, pulls their energy or their essence out of them, so those individuals also will be, no matter what they do, no matter how healthy they eat, they would not absorb nutrition. No matter how much they sleep, they'd always be tired or worn out. They would be feeling lethargic, because again, it's a space, it's a void of nothingness or death, so to speak. You release that, and then whatever that you would do with them would help them feel good. People who have severe cases of, I don't want to label things, but heart issues or whatever they might have, they just disappear in a very short time. They get to actually really heal themselves on that.

30:00 DS: Do you find that once they change their frequency and heighten their vibration, if you will, that that is sustained or do we have to work at it and we could potentially fall back, if you will?

30:17 MS: Really good question. I can't make any changes for you. I can show you the probabilities and possibilities that lie right in front of you, that you might not see. I can heighten those probabilities so they're more real for you or more available to you, but you would have to make that choice. Say, for example, that you get into abusive relationships all the time. I work on you maybe a session or two, whatever it might be, and then you have a chance to get connected with an abusive relationship. Say it's a new relationship and then you connect with that person and it's like, "Oh man, this reminds me of my ex that beat me up. This feels like my ex that beat me up."

31:02 MS: Your choice is made right there. If you decide to continue to go on that path, and you readily know that that person, again, you're seeing all the warning signs that that's going to happen again to you, get into abusive relationships, and you still make that choice, well, I gave you a possibility of saying no to that choice, so you would have to stand up and say no. Makes sense? And then, you'll end that pattern that you're creating of attracting abusive relationships. Once that gets, say, strengthened within you, it becomes normal, and then you don't fall back. But until then, it's a will power issue. Does that make sense to you? Because it's just like any learning experience, right? Like riding a bike, it takes you a little while to stay stable. And then once you're stable on that bike, it's pretty hard to fall off that bike, once you learn how to stay stable. Same thing with here. Once you stay stable with your new patterns, it's pretty hard to go back into your old patterns.

32:10 DS: That makes sense and in my world view, it is like we repeat things until we have learned a lesson and we can move on to the next lesson, but I always say, if I'm seeing this again, it's like, "Oh gosh, I haven't quite healed that."

32:24 MS: You didn't, yes. We didn't quite delete that pattern.

32:27 DS: Yes, exactly. Switching to another topic with knowing what a lot of people are going through--with this transformative experience of this year, and all of the changes, what I've seen within my own patient base, also within my own community, is that people are struggling with depression and anxiety, and also insomnia and a lot of those labels, if you will. I guess, just tuning into any insight there because I think there's so many ways to approach that.

There is, of course, situational, there's physical, and then there's this whole aspect that you can share, but do you sense that a lot of people are struggling with that and how can people heal?

33:16 MS: Oh, totally. Suicide rates really skyrocket. Tension between relationships skyrocketing. Homicides and all that stuff, again, skyrocketing. Riots, skyrocketing. And those things have always been there in this reality, but they've always been deep inside us, but this reality, like I said, it's transforming into more a transparent reality. You can't hide that stuff, you can't be...If you want to call it, politically correct. The distortion of who you think you are is exposing itself, and when people get exposed to the patterns that they're running, like depression, anxiety, suicidal thoughts, all that stuff, it's a really a great opportunity, again, if you're awakened, to look at those patterns.

34:13 MS: Say that you're running depression patterns. Chances are, like 100% chance, that you ran depression patterns in the past, straight up. It's not like this is something new. Depression, or having relationship issues, or having money issues, whatever it might be, again, 100% chance that you've had these patterns happen to you in the past. This time that we're experiencing, it's just showing you point blank that, "Hey, you are running this pattern." Are you going to fall into it again or are you going to step back and go, "Shit, I'm running this depression pattern, I'm running lack of money patterns, I'm running whatever pattern." And some of you go, "Well, I lost my job, I lost my business..." Yes, but there's others. And you can look in history, these are the times that people have made great advances in technology, in success. Most millionaires and billionaires are sprouted from, say, times of need like this.

35:20 MS: Are you going to be in the camp that is going to, again, fall within that wave, fall underneath that wave, and get crushed by your own patterns? Not because of COVID or society's patterns, but your own patterns that it's magnifying now. Or are you going to go, "Okay, I'm depressed. I see that depression, I see that depression in my father and my sister," whatever. You can start to, say, compare, where you got the depression. It's like, "Are you going to run that pattern again?" And you step back and you start to acknowledge that you're running that pattern. That's the best thing that you can do if you're not in the XI mode (what I do.)

36:00 MS: You step back and you start to realize, okay, depression, for example, which is a lot of your individuals or people, it's like, where am I getting this depression? And people go, "Well, it's the foods that you eat. Well, I've got to be happier. I've got to take vacation time." No, you don't. It's never worked. That's an escape mechanism. And you won't. It won't help you this time because again, you can't escape anymore, there's no escaping. This is the time where you either deal with it, or it holds on to you even more, and you'll see that happen, Christine.

36:32 MS: This isn't a warning, by the way, it's an awakening space. What you do, like I said, is acknowledge that you're depressed, I'm not saying you go into your happy space, but you acknowledge that you're depressed. Start to understand the mechanics of how you get depressed, start to notice how it makes you feel in your body. By the way, that would be spatial referencing, and once you start to know the mechanics on depression and how you get depressed, not like, "Oh, here we go again, I'm going to feel sorry for myself. I'm no good" and all that, that's not how...Again, start to write down how that

makes you feel and then step away from these emotions, those behavior patterns, the habits, and start to go, do my parents look like that as well. And then that takes away the guilt that you have.

37:22 MS: And it's like, "Oh, okay, it's my parents." And it makes it easier for you to go, "Well, shit, that's not mine." Your illnesses that you get, my parents have it, is my uncles have it, or whoever, it's like, well, gosh, it starts to help you remove, and it starts to help you identify what you really want as a person in life, your ingredients of life, and then their ingredients of life, and then when you can separate that, again, it makes it easier to step away from and create that distance. I can guarantee you that you'll stay more solid and be happier just naturally and move away from that depression. Like I said, it's a great opportunity that you're going to fall...I'm not saying you're going to fall into that space, but it's a great opportunity to see where your weaknesses lie and do something about it, that's the difference between successful people and people who aren't successful. Straight up, they see the weaknesses that they're falling into and go, "Okay, this time, I'm going to stop it."

38:20 DS: Yes, and I think that's such a great point. I've seen that within my own life and my family and my patients, how whatever hasn't been resolved is more intensified this year or in this energy of this pandemic that we're in.

38:35 MS: It's nothing new.

38:37 DS: Yes, right. People can tune into your healing work, and I definitely want to talk more about that. Are these the principle too surrounding those people who let's say want to change, but maybe they're not there yet, and

they're so depressed, they're not there yet where they can start to see, can you surround them with higher frequencies to start nudging them?

39:11 MS: Of course. There are a couple of ways you can do that. You can surround yourself with higher frequencies, a lot of people, a lot of practitioners, they actually play any of my 18-day meditations, Medihealings, in the background in a very low sound, so you can't really hear it. And then they get better results. You can do that at home, by the way. Your kids who probably won't listen to me, although more and more kids are, you can play it in the background, or for your spouse that's not listening. You play that in the background, and again, as a note, things have to fall apart to say grow properly, but you surround yourself with those higher level frequencies, and yes, those changes are dramatic for you just by listening.

40:08 MS: I guess the best step you can do is spatial referencing, like I talked about earlier, because a lot of people, they go to nature, but then they take all their shit with them in nature, you know what I mean? And nature is a magnifier, by the way. I'm not saying that you don't think about your problems in nature, but think about your body, again, spatial referencing it in nature, and then think about your problems. So be mindful of your body, because when you're worried and depressed you're in your head as you're walking through the beautiful forest, for example.

40:43 DS: Right.

40:44 MS: Does that make sense?

40:45 DS: Yes.

40:45 MS: It won't help you. It'll just magnify. Although you might feel good for a little bit, later on, you would be addicted or want more and more nature because you want to escape. Again it doesn't help you. So the best way to do that is to be in nature, you're walking or running or whatever that you're doing, and then feel your problems. And I know it sounds strange, but instead of getting in your head, notice how those problems make you feel and you'll start to delineate what's yours and what's not, and you start to go, "Shit, those problems aren't really mine." And that's where real life solutions start to come into you naturally. You get those 'aha' moments that come into you. And that's where you disconnect from the patterns that you might have inherited that are not yours in the first place.

41:38 DS: Yes, we talk a lot about grounding with nature, and also grounding people's energy, I mean, this is obviously kind of like a amplified way of grounding, but I just have the idea or the imagery of grounding when you're talking about spatial referencing as well.

42:00 MS: Yes, exactly. This just takes it in a much deeper level.

42:06 DS: Yes, totally. That's what I'm feeling. So Mas, I mean, so we're in this world, and you've just shared, "Hey, we're 99% spirit energy, but yes, we have some physical stuff..." So in my work we acknowledge all of that part, but we also look at the physical things, like the physical insults to our bodies, so the heavy metals, the glyphosate, the vaccines, the Lyme disease, all of these physical tangible aspects that when you look up the science, of course, they have an impact on our health. So how can you explain this interweaving of can we just work in this way on our frequency and our energy and that will

minimize those physical insults, or do we still have to do that detoxification and physical work?

43:13 MS: Again, beautiful question. Then you delineate, well, we're here in the physical world, and then that's a spiritual world, but with exponential intelligence or the way I see it is that your spiritual world is your physical world. So again, if you're running, say, patterns of abuse, does that makes sense to you? No matter how you protect yourself, no matter how many locks you put on your door, or no matter how many food labels you read, or go to the gym, whatever, and you can see people, they take excellent care of themselves, and then they get destroyed somehow. They come up with a disease. So why does that happen? It's because that pattern of abuse has to resonate or create itself somehow. And then it takes willpower to keep you in a healthy place, right? It's like you have to force yourself, like addictions, you have to force yourself not to take liquor or alcohol, whatever it might be for you, cigarettes or chocolate or whatever it might be.

44:23 MS: But if you're running from a higher level order of who you are, a higher consciousness that'll reflect into who you are here physically, it makes it natural for you not to get attracted to foods that aren't beneficial for you. I mean, I do read labels and stuff, but you naturally tend to stay away from those things, including people that aren't beneficial for you, because that's not in your experience anymore.

44:51 MS: But that's how it transcends into the physical, and it is also more beneficial for you because if, again, you're running distorted patterns or abuse patterns, eating healthy would abuse you...I've seen people where, for example, with gyms, people get addicted to working out, does that makes

sense to you, because they're running abuse patterns underneath. This is a classic example, you run abuse patterns underneath that you're not good enough. So you work out, you go to the gym, especially women, you go to the gym and you start having a nice body, however you define that. But then if you're running that abuse pattern, you start looking at yourself closer and closer and you go, "Shit, my arms are too big or too small, this is too big, too small, I need to work on this." And it becomes like an obsessive compulsive behavior of "Shit, I need to go to the gym, I need to go to the gym." And I'm sure you've run across people like that, they're just addicted to going to the gym, well, that becomes an abusive pattern, right?

46:00 MS: Or with vaccines. You're going to be fighting the system, but again, if you start to awaken from a deeper level...Again, like I said, stay away from situations like that, you exercise for the proper reasons, and you start to love your body the way you look and go, "Hey, I can look a little better," but you don't criticize yourself, and then go to the gym. You go, "Gosh, I look really good. I'm going to go workout to stay fit, more fit like this." Does that make sense? With vaccines and all that, I think as more and more people awaken, the probability of vaccines becoming law will start to disappear. So we really have to stay awakened, and this is the time, again, fall season, part of maturity here, the fall in nature--here in Minnesota, a lot of leaves are going to die off, old patterns are going to die off. It's going to be the same here with human consciousness. All the garbage that's not needed has to die off and they'll create a fertile soil for us to grow and expand, so expect a lot of dying off including all those patterns like we talked about, and then you get into, again, healthier states, naturally.

47:24 DS: I appreciate you sharing all of this. And that's how I feel. I think we can look at the possible realities collectively that could be happening with everything that we're up against right now.

47:35 MS: Exactly.

47:36 DS: Even though there is that potential, I do feel on some other level, there's this, as you said, awakening, this feeling people aren't going to just accept that, right?

47:47 MS: No, they're not going to accept that.

47:49 DS: Yes, I feel that way strongly.

47:50 DS: That's going to be a really pivotal push, or I call it as a frequency earthquake, where the new consciousness is going to come, and just like the Earth's plates, the new plate always supersedes the old plate. Same thing with consciousness, the new consciousness will just start to devour the old consciousness, and that's where you get to see a great awakening, so hopefully, we all are on the awakened side. It's all up to you, guys.

48:25 DS: This is a podcast to educate people to join the team, right? So then Mas, as we wrap up and everything, what are you excited about when you tap into this potential next chapter for humanity? Are you already tuned in to some good things that you want to share?

48:51 MS: Yes, of course. So I think what I do and what people like you do as well, and that's why we probably got connected--so, we're pioneers and

we're leading the pack on the new consciousness that's there. So it's really exciting to let go of the old and bring in the new, so you'll see a lot of infrastructure falling apart like banking systems, religious systems, political systems, all those things will start to break apart because they're not needed anymore, it's not needed in the new consciousness, at a physical level or individual level. You know the relationships and all the other idiosyncrasies that you have, you would have to remove as well, again, to come into a higher version of who you are, whether you like it or not, you're coming into a higher version of who you are, that's straight out.

49:51 MS: So a lot of things falling apart, and you'll see that as things fall apart more and more, people awaken and they'll go, "Yes, it needs to fall apart." And that's where that separation starts to happen. People start to awaken and go, "Yes, that really needs to go." You say strengthened, as you see the chaos happen around you. So there's going to be chaos, but again, it depends on how awakened you are to benefit from it or get destroyed from it. Money systems will falter as new paradigm comes through, political systems, the deep state, if you want to talk about that.

50:31 MS: Those people are going to say, "Create... " And it's happening already, which I predicted--martial law, those types of things you'll see in other countries. I predicted all that stuff a few years back, and it's because those people who are in control, they're going to feel out of control more and more, because they need control to sustain themselves or stabilize, so they're going to create martial law, but then it's not going to work. And this is again where that separation happens and then the masses will become free and that's really exciting for us, so we're the pioneers that are going, "Hey, this is the path to that new reality that we're all seeking." This time it'll come through. I think in

the past, truth has always been there, but it's always been snuffed out or smoldered out because there's a bigger consciousness of darkness, if you want to call it darkness, but this time around, there's enough flame or fuel for that fire, which is, it's not going to be a little spark, it's not going to be a little ember anymore, because that's easily snuffed out, right?

51:44 MS: This is going to be a huge roaring flame, just like a lot like the fires in California. You can't put that stuff out, no matter how you try, you can't control the truth that's coming out. I want to call it ferocious and truth is actually very ferocious once it comes out, and this is the time that it's going to come out and it's going to be beautiful. It's the end of the world as we know it, the beginning of a new reality.

52:13 DS: That gives me a lot of hope, and I've been feeling that even though you look outside or look on the news, you might not naturally tap into that, but I have been feeling that. I have a friend who lives in Austria, and he went to the protest in Berlin, and he was sharing pictures and all the beautiful things that were going on there, and it was the reality of actually what that event was, versus what it was portrayed to be...it just gave me hope as there are a lot of people coming together for this next chapter, and people are waking up.

52:49 MS: Don't trust the media guys. The media is not about dispensing news. It's about changing your perception.

53:00 DS: Yes. My friend wrote to me. He goes, "It was the first time I saw with my very own eyes how fake and how different the mainstream narrative is than what the reality is, and so I just holding on to that and I know that's the truth."

53:15 MS: Exactly, exactly. That's another great point, again, the control mechanisms or news media and all that stuff--you want to pay attention to it to see where you are in the world, but don't get sucked into it. Just observe that that's what's happening. But again, don't get pulled into it.

53:38 DS: It's like here you are with this healing energy that you're having people tune into, if you just tune into that all day, you go in the other direction I think.

53:47 MS: Exactly.

53:47 DS: So it can go both ways. Right? And that's what it's designed to do. So Mas, how can people work with you and heal with you, and please share all of the wonderful things that you're doing right now.

54:05 MS: Oh. Well, one of the best ways is 'Mas on Sunday.'

54:08 DS: Oh, nice.

54:08 MS: You can see my abilities first-hand, from 10:15, this is central time. So from 10:15 to 10:45, half hour. I work on live clients through Instagram, Facebook and YouTube. I select the live clients. I analyze why their life is the way it is and help them remove it. And it's kind of like speed healing, if you want to call it that. So that's the first half hour. And then from 10:45 to 11:15 is Mas on Sunday where we talk about a specific subject. So as of this date, it's about rejection. How do successful individuals turn rejection into a catapult for success, where most unfortunately take rejection and bury themselves.

And it's about the deep science behind rejection, behind relationships, behind again, all those things that you've ever wanted to know about life.

55:15 MS: The real science behind it, or the deep science behind it. And then part of that is what I call Medihealing or Medimorphosis, where I take you into deep states of meditation and help you re-program yourself. So it's experiential learning, not just knowledge or cognitive learning. So that's Mas on Sundays and that's free. We do a lot of events, '18 Days' is literally hands down the fastest way to transform your life. That's coming up. 'Human Reset' is part of that 18 Days, that's coming up in October where all aspects of your life start to change. This is where we provide health programs, dieting, exercise, you know, the whole package. And literally people transform within the 18 Days. So it's amazing to see. Podcasts, exponential intelligence. Again, free content for you, we do that. There's also individual sessions, but those things get sold out really fast. So you always have to be on top of the scheduling. All that's on mas-sajady.com.

56:27 DS: Awesome, and we'll have all of that information in the show notes. And you're doing wonderful work, amazing work.

56:33 MS: Thank you so much.

56:33 DS: I really appreciate your time today and all the wisdom you shared and I'll be tuning in. I'm so glad that our paths crossed again. I'm excited to experience your work again. Thank you.

56:45 MS: Thank you so much.

