

# BOBBI VOGEL

## Healing Through the Etheric Body

**Jason Prall:**

Hello and welcome to Awaken the Healer Within. I'm your host, Jason Prall. With me now, I have Bobbi Vogel. Bobbi is a powerfully gifted clairvoyant healer. I know this from firsthand experience. She is dedicated to helping others recognize and activate their own power lying dormant within. She founded Etheric Medicine where she leads both private and group sessions. In her sessions, Bobbi connects directly to spirit and channels what is necessary to clear stagnant energy triggering disease within the body.

**Jason Prall:**

Through her work, Bobbi passionately helps others connect to faith and return to their own power so that they can step forward into a life of purpose and abundance, bridging the gap between spirit science and medicine. Bobbi, thanks for joining me today.

**Bobbi Vogel:**

Thank you. I'm really looking forward to this.

**Jason Prall:**

There's a lot of phrases and words in your bio that might be triggering, exciting that might hold a lot of charge for people on the other end of this listening or watching. Etheric medicine, spirit, channeling, these are interesting terms. Without putting too much emphasis on any of them, I'd love to just maybe take a step backwards into before you got into this work. Because as far as I know, you didn't start here.

**Bobbi Vogel:**

Yeah. No.

**Jason Prall:**

I wonder if you can take me back to a time before you used these words. You connected with these words what you might have thought about encountering someone like yourself now. Were you always in tune with this type of languaging and ideas?

**Bobbi Vogel:**

That's a great question. I would say now yes, in hindsight. The languaging more comes currently from.. I'm spirit-taught. The language comes from my own experience with spirit and a triggering word for people, God, which is non-denominational for me, who I hang out with everyday and faith, which we are divinely guided 100% of the time. That's not a religion. I would say over my lifetime, I can look back now because I've been through so much. Not just what brought me to this work but an adopted kid that went through a lot of abuse and things like that.

**Bobbi Vogel:**

I can know now even though it's all amazing, perfect, beautiful, gave me the tools, the gifts that I was going to need for today always. It was always going to be this way. I can see now where I was divinely guided through and connected and felt the presence of. I just never had an understanding or language for it. In my early 20s, I was gifted a session with Linda Howe who now is Akashic Records. I knew her back in Chicago when she was doing soul retrievals. At that time, I could tell you I absolutely did not have any faith in or understanding of or even acceptance of.

**Bobbi Vogel:**

I thought when I was given this gift certificate to go do what now? To go have my soul retrieved? Okay, sure. Even in the process when she was explaining it to me, it's funny because I thought I was on Candid Camera. I legitimately thought ... I was looking around. My dad was killed when I was 20. If I believed in anything, I had stopped believing in anything then because I was boom, in a car accident. This was two years later. I was mad. I was a very different person. Not yet on the healing path at all. She did this process with me and I was looking around, feeling so silly and so numb.

**Bobbi Vogel:**

She's doing the drumming. She's doing all these things that she said she'd do but when she came back, long story short, she did the process she said she would. When she blew into my heart, which was uncomfortable with anybody being close to me like that. She blew what she said would be my piece of my lost soul into my heart chakra. I couldn't exhale. I just started bawling. It scared me so much I sat up because I couldn't get a breath. I was sobbing and what she saw, she saw three soul retrievals before that that were dead on. She knew nothing about me. I never met her.

**Bobbi Vogel:**

She was dead on about my birth and my being adopted and my relationship with my brother. She got to hang out with my dad who had not yet crossed over. Because he had told her while she was hanging out with him in the other realm that I had asked him not to leave me here. She repeated that. I never told anybody that. I was like, "Wow. There's no way somebody could have known." My life began to shift a bit once my dad was fully on the other side and able to be with me and guide me. I had a sense and I knew he was because things unfolded that made no sense to me. Even then, life went on.

**Bobbi Vogel:**

I wasn't wearing spiritual pants and beads and all those things. Life just kept going on and on. It wasn't until I found myself homeless in Venice after being a top grossing real estate agent in San Francisco that I was stripped of everything but faith with a suicide plan that I in that moment said, "God, effin' help me or I'm coming back." That's a long story but in the essence of time, I said, "If I'm supposed to come back, I had a plan." Five-day plan so that was a Wednesday and I was going to leave on Monday. I said, "If I'm supposed to come back and had the reset button, I'm fine with that."

**Bobbi Vogel:**

Because I'm done here. I'm tapped. I'm scared. I had no family. I had no car anymore. I was getting evicted. I was done. I said then, "You're going to have to give me a pretty big sign because I'm too exhausted." I don't mean to give you ultimatums, God. When I heard my voice says, "God, help me," booger crying, is when I heard, "You're not done yet. You still have healing to do." Because my human

voice answered without thinking. "Please tell me what it is that I need to heal. I'm not trying to re-neg. I'm whatever it is I said I would do but I need your help. Please lead me to it and through it."

**Bobbi Vogel:**

Those words just came out of my mouth. Somehow, I knew that I had signed up. Somehow, that's the information I got was that, "Wow. I signed up for some stuff." Faith was born. I asked for that sign. The sign came through Michael Beckwith that Agape. It's a very long story. The sign came on Sunday, the day before that. I didn't even know about Agape. I said I should check it out. I rolled in there and he basically channeled my parents and God, which now I understand. Absolutely. 100%. We can all do that. Had I not been listening, I wouldn't have heard it.

**Jason Prall:**

I feel like if you'd not been suffering and "broken" and dealing with all these inner turmoil, you wouldn't have even been to the point of listening. I love your illustration of the path of many of us, which is just lost and confused and struggling and so much. Even if it's not so overt as your story, because it's quite a story, it could be so much more simple or so much more mainstream and yet, the inner turmoil is nevertheless the same. The calling or the confusion or the doubt and all this stuff is still there. I love that because these experiences that you're sharing, this stuff gets pretty weird.

**Jason Prall:**

If you start dabbling into the spiritual communities and spiritual world, there's a lot of crazy stuff that happens. I use that term without judgment. It's just all crazy.

**Bobbi Vogel:**

Yeah.

**Jason Prall:**

We need to use our discernment.

**Bobbi Vogel:**

Yes.

**Jason Prall:**

Is this in alignment? Is this coming from a distorted wounded place? Is this in true harmony and alignment? There's a lot to navigate in that world. I just want to share my story with that because I was a scientifically-minded, logic. That's how I viewed the world. My first experience with this other side of the equation was totally out of fun. I think I was 16, 17 where it really hit me. I had my palm read. This was totally a joke thing that we were doing. I was with a bunch of high school friends. We're taking a trip to LA for some basketball camp. It was a total joke. This lady nailed stuff.

**Jason Prall:**

I'm like, "What the heck." I don't know how she did that. I still don't know how. That was the first crack in my armor, so to speak. Yeah. Come on.

**Bobbi Vogel:**

Yeah.

**Jason Prall:**

I didn't even want to share with other people because I don't know what happened there. This type of experiences started to unfold for me more and more and I started to recognize that I loosened my grip on reality and just allowed more in. That's I think may be a good place for me to invite the listeners and the audience here. Because I think what we're going to talk about is stuff that some people have perhaps experienced in love and it's just so juicy. Perhaps for some, it seems a little bit untenable, untouchable, unbelievable or perhaps at odds with their current perspective.

**Jason Prall:**

I want to honor that. I think that's a good thing, too.

**Bobbi Vogel:**

100%. Yeah.

**Jason Prall:**

It doesn't have to be one way or the other. This isn't merely a discussion of your own experience and what I think is a cool thing to investigate. What's cool is that you were kind enough to sit with me in session and demonstrate your work with me. I was amazed. It was fantastic. It was beautiful. At the same time, the work is not done. You didn't fix me. Nothing like that. It was just your gifts were able to express in this experience and shown me some new aspects that were able to give me some gifts that I can take with me. There's just a lot of juice there.

**Bobbi Vogel:**

Right.

**Jason Prall:**

It was a fun thing to experience.

**Bobbi Vogel:**

Yeah. First day, I love that. For launching off because there's a saying. You know and I should say to everybody, like it or not, before we started this, I asked my guide spirit to show up and guide the conversation and what would be useful for people listening. I love what you said. You can't fix me. Because I work on behalf of who's in front of me in spirit, God, non-denominational. My biggest job and the greatest gift is to return people back to themselves to heal themselves. Yes, and to also connect to their own guides as I did that day.

**Bobbi Vogel:**

I already had a tattoo of these people that I saw in my peripheral when I meditated years before being connected in this way. Believe it or not, we all are light beings inhabiting and our etheric bodies came first. Our soul is in, our spirit is within our etheric body and our physical body is simply a hologram. It's a duplicate of the etheric. They're scientifically proven. You go look up Kirlian photography and I call it Einsteinian medicine. There's plenty to look up.

**Bobbi Vogel:**

Knowing that we are light beings and having this physical experience, this illusion of all these things, the beautiful thing is why I say bridging this gap between the spirit science and medicine is that everything, it's easy to understand if you first can understand that our grasp, that you are light beings and that this is a vehicle that we came into in order to come and heal our wounds and show love and compassion. Find purpose and all the things but we are divinely led through all of that whether you're aware of it or not, you are being divinely led. There are no coincidences.

**Bobbi Vogel:**

Our guides have been with us since we came in and took this body. Again, I'm spirit-taught. I have not read any of these things. Even I when I started being taught this stuff, I was like, "What? Are you kidding me?" Especially when they started teaching me what they told me to call etheric medicine five years ago. It lines up with Western medicine. Even though it's in different terms and we use it and we speak about it in different ways, it would make sense then if we are a hologram.

**Bobbi Vogel:**

That everything that comes through the etheric body, the wounds, the experiences, environmental things, trauma, good things, bad things, it all comes through the etheric first. Because that's what's surrounding our physical. Wouldn't it make sense that whatever is sitting in the physical, there would be a direct connection to what's sitting in the etheric? Because they're duplicates of each other. People can't believe because they can't see it, which is also why I got the term "healing is in the medicine that we can't see." To work with cancers as I do and other illnesses and everything.

**Bobbi Vogel:**

By the grace of God, I was pre-med and then I ended up a paramedic after my dad died. I've been guided to be trained and have a lot of medical knowledge. I was an amazing paramedic. I understand easily what they're showing me. Every single time I've been in a room with a doctor and I've worked with doctors, they're like, "Oh, my God. That actually makes sense. That actually could be possible." I'm like, "That's what they're saying." I've been saying for years, the most powerful thing we could do to truly heal is to heal both our ... We can call it energy body. If you don't like the word etheric, our energy body.

**Bobbi Vogel:**

I'm hearing it called quantum body now. Now that it's finally being accepted and acknowledged but whatever you feel comfortable calling it, you have an energy field around you that absorbs literally everything. It holds every experience, everything. It vibrates outward your own emotions and thoughts. That's how we communicate with a quantum field. Spirit holds all the information for everything. That's the same with you getting your palm read. Might go back with being able to channel exactly my thoughts about my plan for suicide or why I shouldn't do it.

**Bobbi Vogel:**

The information comes from another place. It's an impossibility that it does it.

**Jason Prall:**

That's what I'm hearing over and over again from various traditions and teachings is really it's our job to get out of the way. As the small self, as this one that I typically identify as me, it's all of my parts and all of my conditioned aspects in the mind. It's stepping aside and allowing. It's one of the divine truth in my

aspect, my being-ness because there is a me here that's a conductor in this whole experiment, if you will, that is playing a role. It's really allowing that to come through in my divine essence, in my own uniqueness and delivering that.

**Jason Prall:**

That really becomes our essence of our purpose is how do I channel that divinity through me? What does that look like as it comes out? There's so much there. I love that you pointed to this idea as you're naming all these terms. We can get lost in the terminology sometimes. The important thing is not to really get hard and fast on what these terms mean and what exactly this is and where is the boundary. How does this work? Although that's fun and then we can play in that area, we're missing the real aspect, the real gift, which is the direct experience of these things.

**Jason Prall:**

Maybe you can share that with me about just some of the things that you witnessed when you work with people. How does this really work? If we can accept and I think we can. The HeartMath Institute, we've got a lot of the scientific work out there showing that we have these fields, the heart creates a field around it. The brain has a field. We don't even know what a field is. We can measure magnetic field but there's no thing. It's just there. We can measure its strength but we don't really understand what a field even is.

**Jason Prall:**

It's an energy but only in certain instances does it actually have an impact on physical matter. There's all these different funny things about field. How does this actually work when you're sitting across with somebody, you're working with somebody? Are you sensing what's in their field? Are you being guided? Are you feeling it? Are you seeing it? What's happening there as you're working with somebody?

**Bobbi Vogel:**

Yeah. Gosh. I'm asking the guides - what stories should I tell them? You know, because I like to go back to the very beginning. Because Jason, this was a surprise to me, too. I was a real estate agent and I did Ayahuasca and these things. I didn't leave Ayahuasca playing a flute. They didn't have to drag me kicking and screaming but at that time, I was recovering. Finally flipping houses and building up money again after being homeless and everything. The thought of becoming ... A year, at the time, I was like, "I have to be poor again? What do you mean?"

**Bobbi Vogel:**

Because it was very clear that I was gifted or I was in tune. We're all gifted but then I was being asked to really pay attention and utilize my strong connection to spirit and develop my knowing of God and being taught by God because I am not religious.

**Jason Prall:**

I would just say we're all taught by God.

**Bobbi Vogel:**

Yeah.

**Jason Prall:**

I want to just quell that a little bit.

**Bobbi Vogel:**

All of us. Yeah.

**Jason Prall:**

We all have our own connection with we are all in tune with and it's just the uniqueness at which we're either doing that or developing that or working with that. Right?

**Bobbi Vogel:**

In the beginning, when I was doing sessions, I was in my last renovation project, this little craftsman in Long Beach in California. I made a little sanctuary. It didn't sell. I moved into it. I made a sanctuary in this little garage. I was doing sessions for \$50 just because there had to be a money and energy exchange. Initially, I asked spirit like, "Hey. You're going to have to help me know how I'm supposed to find people to be in service to." Because this is very different than real estate. I'm not going to get a shopping cart with my pays on it. Do you know what I mean? I never did that. I didn't know.

**Bobbi Vogel:**

I was very clear that what we will send you who we want you to help on our behalf. Here comes this lady. I'm just like, "So, what's going on?" She's like, "I can't have kids." I was like, "What does Western medicine say about that?" I didn't even know. I just start tuning in and spirit has me ask his experience. "Hey. Help me ask questions." It's not me. I'm in a tea party with somebody. It's spirit-led questions. She was giving one word answers. I was like, "Oh, my God. How am I supposed to help?" Because I communicate with them even while I'm talking. I hear them.

**Bobbi Vogel:**

I see everything to answer that question. I feel things in my body. I see the etheric body but I can sense things. Yeah. I feel pain, emotion. I hear their question. They show me images like a little movie sometimes to re-experience things. This started happening. I said, "Well, what does Western medicine say?" She said, "I'm going tomorrow to a specialist in-vitro because I have a misshapen uterus and said some things like that. That's why I can't. I'm terminal." I was like, "Okay." How do I help this lady? Before I knew it, I close my eyes and they started showing me. They put her in the center.

**Bobbi Vogel:**

All of a sudden, there was this big circle of spirits around her. They had me ask her. I'm not going to say what but there were some very personal questions. It was about her history with carrying kids or not. She answered those things. Because they were specific, the questions and so she started going with it. I was like, "Wait a minute." This is my first connection to also mediumship. I was like, "Wait. Your mom's on the other side." She said, "Yeah." I said, "And your grandma? Her mom?" "Yeah." I said, "And her brother? So your uncle? So all three of them?"

**Bobbi Vogel:**

Because when I'm in the space, it makes perfect sense to me. What's the big deal? They're standing right there. It's like, "Why are you shocked?" "I'm not." It was fun. It was fun learning and teaching. They

helped her clear the energy out of her uterus. Long story short, it was a beautiful process but mind-blowing.

**Jason Prall:**

There was stuck energy. There's this energy that was being held on to, so to speak.

**Bobbi Vogel:**

Yes. For reasons, intense reasons, that she hadn't healed.

**Jason Prall:**

Yeah.

**Bobbi Vogel:**

She hadn't even thought to heal.

**Jason Prall:**

Yeah.

**Bobbi Vogel:**

She hadn't even thought to heal it because with all the stuff. That's the other beautiful thing in our healing process, which we're all in. We're in a body. We have healing to do. The beautiful thing is we're not always conscious. We don't have to remember our wounds. We don't even have to understand them, but spirit knows. Because they've been with us. We have our guides, our spirit guides that have been with us. We chose our wounds before them and our life purpose before God and they promised us that they'd be with us.

**Bobbi Vogel:**

To wake up ourselves when it was time and give us the information we need when it's divine timing. We don't have to worry about it, which is really cool. It's like, "Hey, all you have to do is ask anybody." You ask what is it? Help me. Lead me to it and through it. When people come and they have unexplained illnesses, I know that whatever it is, spirit knows what it is. With this woman, this is how it all started unraveling is that they had such specific information about her that nobody even really knew except when she paid it no mind. Here, it was the reason she couldn't conceive.

**Bobbi Vogel:**

We did this whole healing, all these amazing things. Her family stepped forward on the other side to help her. She had asked them to. It's a spiritual law I learned in that moment. I was like, "I don't know. I guess you're supposed to ask them." Now, I know. Okay. We have to ask so they could step forward on our behalf. They did and they literally cleared all this energy. I watched them do it. It was crazy like you said. I'm sitting here watching it. She went the next day to this specialist. She didn't have a misshapen uterus. I think just had her second baby.

**Jason Prall:**

That's beautiful. I think that's what's so cool about these things is that the aspect of time starts to become irrelevant. Usually, when we think about healing especially with the body, we're programmed to

think this. That the liver can turn over in this many days. These organs and the skin and everything takes this amount of time in order to regenerate. Of course, we cut ourselves. We see that the wound on our finger, it has a scab over. There's a process. We're literally from birth conditioned to believe that every aspect of healing must take a certain amount of time.

**Jason Prall:**

Of course, the greater the wound, the greater amount of time it's going to take to heal. From my limited experience and from many stories and these type of things, it just doesn't seem to be the case. These things can happen instantaneously because the mind is operating outside of time. Even the deeper aspects of our essence is outside of time. These things in other words are already here. We just have to accept the truth that the healing has already happened.

**Bobbi Vogel:**

Yeah. If you want it to.

**Jason Prall:**

Right.

**Bobbi Vogel:**

If you want it to. We could launch off into there's plenty of people who don't really want it to because they get a lot from being a victim of things. Said with compassion, but this is beautiful for two things. I'm like, "Okay. Okay." I'm very excited. This woman recently was with cancer. Like I said, I was in the Global Cancer Symposium. A lot of people came to me with this. We were on session, probably our fifth one. There's a lot to unpack. Hey. If there's density in your body being called cancer, it didn't get there overnight and it's not going to leave overnight.

**Bobbi Vogel:**

The beautiful thing is it's not supposed to because the path to the healing as you started out that conversation by saying is like, "It's a beautiful path. We're meant to come home to ourselves and connect to our guides and to truly inhabit our brilliance and our high vibration and our power." That's what it's calling us to do. It's not a punishment. It has nothing to do with "God I hope saves me." It's like, "No." This is a beautiful path. She's on the path. We're in the fifth session. She gets on the session two times ago. I actually did a video about it. She was like tears running out.

**Bobbi Vogel:**

I was like, "What's wrong?" Her hair is gone. She said, "I have such a level 10 plus pain right in the middle of my gut. I'm thought to go to the hospital but this is only the second time I've ever had it." She has liver and lymph cancer. She was in horrible pain. She's a doctor. That's right. She's a doctor. She had gone to the doctor the last time it happened and it was a while ago. They said, "We don't know what's wrong." As a doctor, she's like, "What do you mean? Check this and this and this and this and this."

**Bobbi Vogel:**

This is her first experience of spirit as well as there's so many people that I've been working with with cancer. They now utilize their guides, their healing and for making vacation decisions and all kinds of fun stuff. I asked, "How do I help her?" Because it's different for everybody. I have no route thing I do with

people. I call it in. I ask them to breathe in light because for me, it illuminates their etheric body because I'm able to see where density resides in the etheric body as it relates to the physical body.

**Bobbi Vogel:**

If you can think of it as I can see straight through the etheric but also where the density resides. It's almost an overlay. That's the best way to describe it. It's an overlay. If I took that etheric overlay off, all I would see is the physical body and then I can't see where the density is. If I put the overlay back, "Oh, there it is," just like in grade school, at least for me. I ask. I tune in and I just started sending light. Because they've taught me that ... Actually, in Ayahuasca, I was shown light coming out of the palms. They've taught me acupuncture. I can see meridians.

**Bobbi Vogel:**

I was taught that while I was working with an acupuncturist a few years ago. Phenomenal. Yeah. Okay. I'll explain that. The etheric body overlaps the physical body as well. It's not just outside of it. For me, it looks like a space about this much where it overlaps. Within the space overlapping resides the meridians. Chakra is another thing, but the meridians reside in that space that is both. I was taught that that is where the communication between our etheric body's electrical system, which also has one, just as our physical body has our spine has our electrical system.

**Bobbi Vogel:**

Without those operating right, everything falls apart. We see this. I couldn't see her meridians. Because when people are in pain or their anxiety's running the show, the electrical system quivers. The etheric body, which is my specialty, it looks like this for me. When it's doing that, nothing flows. There's no flow in our light body, which we are. Like it or not and believe it or not. When the flow isn't going, that's where stagnation starts. If we're not clearing that, then stagnation turns to density. Density then duplicates into the physical body. Now we have cancer or autoimmune or all other things.

**Bobbi Vogel:**

Pain and inability to heal, whatever, all of the things. Different for everybody. We did this work. She's like, "It's helping a little bit." This was crazy. Because I didn't see this coming. Me, Bobbi didn't but I'm doing this work up here. All of a sudden, I see this other woman from afar hanging on this wall in the other realm. Because this is the quantum field, right? We don't really live here. That's a little shame, which is why we could just pick whatever we want from the quantum field. It's yours. Take it or call it in. That's where I work.

**Bobbi Vogel:**

I was like, "Wait. Is that my client?" I was asking spirit. Because she was not dead. She was barely alive but she was beat up and her dress was all tattered and all these things. Telling the short version, but I looked and she had a sore. A jagged, dirty sore straight through the gut right there. Because I was looking at my client's etheric body and it was still here. I was like, "Who's this then?"

**Bobbi Vogel:**

This was a past life that she had had and fascinating that this life, this life didn't fully cross and was still trying to cling to and having the experience of being in that position and having this knife and all these other things. I did all this healing and reading. I've pulled the knife out. I thought that was going to save the lady and the wallet and actually allowed her to leave fully.

**Jason Prall:**

Yeah. Things don't fully process. We're just caught and it's-

**Bobbi Vogel:**

Sometimes. I want to be careful with that because that's not true for everybody. I have to say I haven't seen this a ton. I don't go in and say, "Well, let's look at your past life." I wait because it's the spirit's agenda, it's not mine. That took them five sessions to get to. We weren't ready to do that until they said it was time to do it. It's not my call. They tell me what to do next. I have doctors flanking, which is really cool because I want to be a doctor since I was a little kid. That's who's teaching me and handing me these tools.

**Bobbi Vogel:**

I'm doing this debriding, which I already knew how to do because I worked with burn victims and necrotic dead tissues. I had to do that to the person on the wall and then her. As soon as she crossed over and I did all this work in the physical with my client, she was like, "It started to feel better." She sent me an email an hour later and said it's completely gone. She was sliced almost in half. It is crazy.

**Jason Prall:**

That's what I mean.

**Bobbi Vogel:**

Yeah.

**Jason Prall:**

This is the thing. As you get into the details, to some degree, we can lose ourselves in what you're describing. I want to bring this back to the reality, the truth of the essence and simplicity of what's really going on. You have a woman. She probably got to that point that you mentioned earlier where she prayed. She set an intention. She claimed her autonomy and authority and said, "I am ready to heal. Please, God." Whatever your method is, as you got to and on your knees and what am I supposed to do? I want to bring that forth, which is that we are here and we can claim this aspect of ourselves.

**Jason Prall:**

It is I am ready to heal. What do you need me to do? Pray however your method is but there's this intention that is set. Whatever unfolds, unfolds. I can pretty much guarantee that this woman got diagnosed with cancer or she got to this point of recognition that she felt lost and confused and didn't know where else to turn. I'm pretty sure she wasn't imagining that she was going to end up in front of you with this story that was going to be the result of the way her feeling better. Same thing with the woman that wasn't able to have kids.

**Jason Prall:**

I think this is what's so cool about the way reality is, is that it's crazier than we can imagine. That's the truth. Things are so wild. If we can just allow ourselves to accept the possibility that things are as wild as we can imagine, then that actually opens the door for some of these possibilities to creep in, doesn't it? That the possibilities of meeting someone like you doing the crazy work that you do to actually get the

thing that I'm really wanting, which is to heal, to feel better, to get back on my path that doesn't allow me to get off track and take me down.

**Bobbi Vogel:**

Right. I took a walk this morning. I'm on the beach. I try and do that every morning. Something really important to say and people might not like this, but we don't need to do Ayahuasca or mushrooms or any other thing to connect to our higher self and spirit and get guided and get messages and feel what I know is euphoria. Because I hang out with spirit all day long. I have never felt more love in my life just because we are all so adored, so loved and so guided. Why not lean in on that and ask for it. Right where you're standing right now, you don't have to set up an altar.

**Bobbi Vogel:**

You don't have to be on your knees. You don't have to be in an ashram or anywhere. You can literally be in the grocery store and say, "God, help me." Quietly or help lead me. Give me a sign. What's next? When you ask, you will receive. If you can't get out of your own way and if you don't believe it, try it. I dare you. Start asking. What is it? Please be with me. Lead me to it and through it, just like I did. Then pay attention. Pay attention. If you're in the busy and you're devout to not hearing it, then you won't. Ultimately, your life can change literally overnight.

**Jason Prall:**

That's the possibility that I think if we can hold that within ourselves and then the two qualities that I'm feeling as you're discussing this is one is to remain curious like a child. It's really just allowing things to present themselves. Remaining super, super curious about what's possible and then the other one is using discernment. This really, really inner quality of truth that is your truth and discerning where to go and what to do and what to listen to and what not to. It's a very important quality as well.

**Jason Prall:**

If we can hold both of those things with this idea that anything is possible, then all of a sudden, that unlocks a certain alchemy, a certain magic.

**Bobbi Vogel:**

Yeah.

**Jason Prall:**

That you can't even imagine what's going to unfold. I think that's the fun. That's the fun of it all as opposed to trying to control and trying to hold this tight grip on reality. It just constraints the possibilities when we're in that view.

**Bobbi Vogel:**

Yeah. If we can have the courage to first of all have faith that is true that we are divinely guided and highly vibrating brilliant beings and we have the courage and compassion with ourselves and others to get on this path, you will if you ask. You will find your way to the purpose that you signed up for, which our soul ... I know this because I'm taught in school everyday about it. I know that our soul, every one of us, we want to honor and have reverence for ourselves at that level to actually find our way to the thing that we said we would do.

**Bobbi Vogel:**

If your ego is wrapped up in what your purpose is or isn't, then you're in your way. If you ask to be divinely led and you're paying attention and you just keep showing up everyday, who can I help and how can I help them?

**Jason Prall:**

Yeah.

**Bobbi Vogel:**

That is in every cell of my being. I say it with every cell. Whatever it is, I want to have that level of reverence. I am trusted as much as I trust spirit. I couldn't do this work if I didn't trust because I'm saying crazy shit. You know what I mean? All the time and I don't care because I know it's the truth. That's the beautiful thing is like, "Hey." We're seeing a lot of mental health issues showing up here as if we didn't have enough already but the pressure people are putting on themselves to get to this life purpose without having ... It's like, "Shut up. I'm busy finding my life purpose."

**Bobbi Vogel:**

You're brushing off spirit. You're not even utilizing because you're too deep in survival mode and you don't know how to receive this level of support. It's showing up in all kinds of different ways. The truth is, all the power resides in us. We're the ones that have the courage to come here.

**Jason Prall:**

I love that you lead us back to ourselves. That's really what it's about and relaxing into the greater aspects of this great mystery that we're all wrapped up in. I really hope everybody enjoyed this conversation. For me, it's a lot of fun. I think what you said at the end, I say crazy stuff. That to me, there's a playfulness in this stuff, too. It doesn't have to be so serious. I'm Captain Serious. I'm recovering from being serious. There's just a joy in exploring these things and playing with these things and figuring out what is real. What is truth? Who am I?

**Jason Prall:**

This is a very, very crazy reality that we're walking through. Bringing a little levity to it and playfulness to this experience with that child-like curiosity, I think it just makes the confusion a little bit more tolerable for me.

**Bobbi Vogel:**

Yeah.

**Jason Prall:**

It's a lot more fun.

**Bobbi Vogel:**

If you're into this constant field and manifestation and all this rage, it's fun to watch to be honest. Everybody is banging into each other trying to get this all right and get this and this. It's like, "Hey, number one. There's an endless supply of literally everything." It's like, "Hey. If you want to reap the benefits from the quantum field but you don't want to be in acceptance that you were divinely guided

and a light being connected to all that is, which is power and source and everything else. You don't get to sidestep that and then try to reap the benefits."

**Bobbi Vogel:**

If you're reaping the benefits from the quantum field now, try actually filling with light and calling to spirit and pulling in what it is that you say that you want. Because your life would literally tenfold change. All those things are true. All of them. Speaking the things and having kindness and compassion for self first, that speaks gratitude. Gratitude is ... Right? Anyway, I love this. I love talking about it.

**Jason Prall:**

That was beautiful. Like I said, I hope people enjoyed this conversation. It was really meant to open up some things for people. Wherever you're at, I hope you just enjoy this conversation. Bobbi, please tell us where people can find your work if they're interested in learning more about what you do.

**Bobbi Vogel:**

Yeah. [ethericmedicine.com](http://ethericmedicine.com). E-T-H-E-R-I-C medicine.com. [bobbivogel.com](http://bobbivogel.com) also points for people who don't like ... I'm on Instagram @ethericmedicine.bobby and YouTube, Etheric Medicine. Yeah. All of those places and then you can also get the Breathing the Light, which we didn't get to talk about. Maybe another time but there's a free Breathing the Light on my website.

**Jason Prall:**

Cool.

**Bobbi Vogel:**

Click on it and it will explain this beautiful process that spirit taught me five years ago when I started teaching etheric medicine during my own healing. It's profound. It will not only help you heal whatever it is but it will help you connect to your guides and God, non-denominational. Start pulling from that field and all these beautiful things. It's a wonder. It's spirit's. It's not mine. It's theirs. Go check that out. Yeah. I'm excited for everybody. We're all ready, like it or not.

**Jason Prall:**

That's right. If you're listening to this, then that's a pretty good sign or something.

**Bobbi Vogel:**

Yeah.

**Jason Prall:**

Again, I just encourage everybody to play with this stuff. Have fun. Explore. Bring that child-like curiosity out. See what comes out the other end without holding on so tight. Thank you all so much for joining us. We'll see you on the next one.