

RECLAIMING CONSCIOUSNESS

Embodying the Truth of Who You Are

Alyse Bacine

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*0:00 - **Quote Collage!**

0:50 - Intro to the Podcast (Alyse)

1:50 - Intro to Timothy + His Work (Alyse)

3:15 - Intro to *Breathwork, Money, and Receiving* (Alyse)

5:20 - Additional Invitations (Alyse)

7:10 - Episode Introduction (Alyse)

8:15 - **Discovering the Truth: A Lifelong Theme**

10:20 - Timothy's Relationship to Human Design

11:00 - Importance of The Body Keys (Alyse)

*12:20 - **Surrendering to Life's Productive Flow**

14:10 - Human Design: Tool or Trap

14:50 - Original Experiences

15:40 - Melancholy (Alyse)

18:50 - **Origin of The Body Keys**

*20:30 - **The Body Keys:** Why They Work

21:05 - **Introducing:** Stuckness Patterns

21:35 - **Introducing:** Body Keys

21:50 - **Introducing:** Gifts

22:30 - Understanding = Permission (Alyse)

23:25 - The Body Key of Soundscape (Alyse)

24:15 - Melancholy + Creativity (Alyse)

25:15 - Prevalence of Melancholy

26:35 - The Body Keys: Analysis

*27:25 - **The Gap of Understanding**

29:00 - Speaking Chinese

30:25 - **The Body Keys:** Personal Formula

32:25 - The Body Keys + the Gene Keys

33:25 - Avoiding Limitation (Alyse)

35:05 - **The Body Keys:** Less is More

36:35 - The Body Keys + Ancestral Trauma

38:10 - Empowerment vs. Disempowerment
*38:50 - **Nature is Elegant + Relaxed**
*39:20 - **Our Natural State is Perfection**
41:40 - Remembering the Miracle of Now
42:15 - Seeking Underlying Truth
*42:40 - **The Healing Power of Truth**
*43:25 - **Celebration is the Key**
43:50 - **The Truth is Simple**
44:25 - Courage to Be Different (Alyse)
46:30 - Innocence + Sincerity
47:10 - **Sustainable Empowerment**
47:50 - Freedom of Self-Permission (Alyse)
*48:30 - **Metaphor of the Hammer**
*49:40 - **There is No Brokenness**
*50:00 - **Living Up to Our Spiritual Ideals**
51:40 - Comparison Trap (Alyse)
*52:30 - **Life Replenishes Itself**
*53:20 - **Connection to Source**
*54:25 - **Choosing to Trust**
*55:20 - **Complete Empowerment**
56:50 - Recommended Packages
57:20 - The Forgotten Sense + The Body Keys
58:30 - Outro (Alyse)

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