



“Beyond “The Secret”... Living From the Overflow – Spirituality and the Consciousness of Wealth”



**Expert Interview with
Dr. Michael Beckwith**

**Hosted by John Assaraf
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JA: Hi everybody. This is John Assaraf. Thank you for joining us for another weekly, expert interview where we bring you great ideas for making more money, helping you with your contributions and always so you can live that extraordinary life. I have a wonderful friend on with us. Michael Beckwith and I will talk about *Beyond The Secret – Living From Overflow with Spirituality and the Consciousness of Wealth*. That’s a mouthful. Many of you may know Michael. If you’ve seen *The Secret* you absolutely know him. If you’ve seen [Larry King Live](#), [Oprah](#) and a whole host of other shows, you’ve seen him on the TV side of it. It was just such a joy to be on some of the shows with him and to be part of the movie, *The Secret*, with him. I’m honored and excited to be interviewing him. Let me share with you some things you may not know. We have people from all over the world listening. Michael is the Founder and Spiritual Director of Agape International Spiritual Center in Los Angeles with over ten thousand members, all trans-denominational. I can share with you I used to live in L.A. and everybody said I should go over there and I never did. I ended up meeting with Michael years later. This community has millions of followers all over the world and friends all over the world. Michael serves on international panels with spiritual luminaries such as His Holiness, the Dalai Lama and is cofounder of the



- Association for Global New Thought which brings together scientists, economists, artists and spiritual leaders who are on the cutting edge of their fields. As you all know, that is a passion of mine, finding and bring leading edge thinkers, doers and believers for the higher good of all mankind. So it is with absolute great pleasure, joy and love from my heart that I welcome Reverend Michael Beckwith. How are you, my friend?
- MB: Brother John, I'm doing quite well and it's a joy and honor being with you this afternoon.
- JA: Thank you. It's been a long time coming. Our paths were meant to cross sooner rather than later and so it is.
- MB: We were sitting right next to each other on the Larry King Live Show.
- JA: I know. We were sitting there and I was looking at you and you were centering and doing a couple of deep breaths and meditation just to connect more to the source. And you looked at me and we knew exactly what we were doing.
- MB: Absolutely. Don't leave home without it.
- JA: It was really a joy and I look forward to many more moments together. Let me start with a little bit about *The Secret* since it is so hot. I'd like to talk about Agape, *The Secret* and spirituality and maybe you can share with us, before you filmed *The Secret*, what was your intention at your wonderful, wonderful Agape International?
- MB: You mean in reference to *The Secret*?
- JA: Either in reference to *The Secret* or I believe *The Secret* was the path for each one of us to fulfill some of the bigger visionary missions that we had prior to *The Secret* and the universe brought that to us. What was your intention of attracting as a result of *The Secret* or for Agape Church?
- MB: First of all, we founded Agape a little over twenty years ago...example of the next stage of human evolution to really birth individuals that were wealthy in heart, generosity, consciousness and spirituality to break free from mediocrity. And to not just start a church, but actually to have a group of individuals who are so sincere and passionate about their evolution and about their growth that they actually represented the next stage of human evolution. So it was more than just a church, it was actually developing a community that would represent the highest of our global community. That would be ethical business



practices, ethical, spirituality and healing modalities, medicine, entrepreneurship; all of that is a part of our community. *The Secret*, when I was asked to do that, I didn't have any preconceived ideas as to where that particular DVD would go. But when asked to do it, my first intuition was just to do it and be of service, to cast some kind of ripple out there that, as you know, whatever you cast out there always comes back to you. It was just an energy of being in service and having another venue in which to share what I know about these sacred laws.

JA: Michael, I know you had some challenging times in your life that turned into wonderful opportunities. You went through some challenging times; you discovered some new practices, new beliefs, an awakening of sorts. Could we go there for a moment to share with people where you've come from?

MB: Absolutely.

JA: You have evolved, I don't want to sound judgmental, the things that you are doing right now are so far removed from where you were. I just want to show people the gap, or the Agape (hahaha), between where you were and where you are right now.

MB: I can share a couple of things along those lines. I had a tremendous spiritual opening

when I was in college, my last year attending USC. At that particular time in my life I was hustling as well; I was selling marijuana. I guess because of my entrepreneurial spirit the enterprise had gotten so big that I had individuals working for me in Atlanta, Nashville, New York, and Los Angeles. It was a tremendous enterprise. I'm not proud of it or anything of that particular nature.

JA: We share very similar backgrounds. I think you know that.

MB: Yes, I know a little bit about it. I was involved with very shady characters. That kind of enterprise doesn't necessarily bring you into the highest of the high. Even though I didn't totally lose myself, I did lose some of myself during that time hanging out with all kinds of interesting people. At the same time, I was very aware that this was not the life I wanted to live. This was something I'd gotten into because I was smoking myself and was just seeking to get my own stash for free. It ended up escalating into a tremendous illegal enterprise, which also led me to other illegal enterprises: hot items, guns, cameras and many things like that. On my very last dope deal, it had come to me that this was not the way I wanted to live my life. I told the guy that I'm not doing this any more; this is



the very last time that I will be doing this. So my very last dope deal I got busted. I was busted with something over a hundred kilos of marijuana, a number of stolen guns, semi-automatic rifles and cameras. Interestingly enough, I never, ever, ever had any of that stuff in my house where I lived. It was always in another house that I kept. This was the only time that that stuff was ever in my house because the guy that normally ran that other house for me was not in town. I was arrested. I was actually sitting with the guy I was buying the stuff from and my intuition went through me and I said, "We have to leave the house right now." He said, "Why?" I said, "I can't even explain. I know something is happening. I don't know what, but we have to go." I left the house, was driving down the street and was run off the road by the police. They asked me where I lived and I explained I lived at my mother's house, which I did not, but that was the address I had on my license. "...side of the street?" And I said, "No, I don't." They proceeded to knock on every single door on that side of the street until my wife opened the door. They were checking all the houses. They checked and saw the marijuana there and said, "It's in here." They brought me and this guy into the house and asked me if this was my stuff. I said, "No, I don't live here. I don't know what you're talking

about." Subsequently they took me to the police station, handcuffed me for about eleven hours, got a search warrant, brought me back to the house, searched the house, found it again and arrested me in the house with the marijuana. This was happening at the same time I was having a spiritual breakthrough.

JA: How many years ago was this?

MB: This was at least thirty years ago.

JA: Okay, so we're talking a long time ago. I just want to make sure everyone understands this wasn't last year.

MB: This was in the early seventies. I'd had this tremendous breakthrough. I had this reoccurring dream for almost a year. In this dream, these three men were chasing me. But I'd always wake up before they could get to me. And somewhere around this time I was captured. Two of them held me down and one plunged a knife into my heart. The pain was excruciating, John. I could feel it physically and I screamed out and I died. When I woke up I could see that we were surrounded by this presence of what I called at that time...I just simply called it the *Love-Beauty Presence* because it loved me at my core as it does everyone. And the presence was so luminous that I could not



describe it. I was different. I'd come back to myself and my values. I was more integrated into my soul. I began to go on a search, studying the universal spiritual principles, eastern and western mysticism to discover what had happened to me. While this is going on, I've been arrested now and a search warrant. But the inner voice told me that I was walking away from this clean and I knew I was. So while in court, I'm reading meditation books. I'm not even concerned with the trial because I've been given an awareness that this is over. So the trial is going on for a while and they are interviewing the police officers. My attorneys are interviewing the police officers and going back and forth. I, myself, had not taken the stand. At one point there was a motorcycle cop and my attorney was interviewing him. He said, "Why did you go to this house at this particular time?" And the cop said, "Well, we had some information from an informant that a big drug deal was going on so we staked out the house, etc." My attorney said, "That's hearsay evidence. We demand that you bring the informant forward or we ask that the case be thrown out." There was an immediate cessation in the trial and they met in the judge's chambers for about three days, back and forth. Finally I was invited back into court about three days later and the judge said, "Mr. Beckwith, the

informant refuses to come for fear of his life, so I have nothing I can do but let you go free. I hope I never see you in my courtroom again." And I said, "Your honor, you never will." I walked out of that courtroom free and never looked back. I never got high again. That life was absolutely over for me. I went home and the wind was blowing tremendously fierce. There was a weather vane on the house next door to mine. I looked up at the weather vane and I said, speaking inwardly to The Presence, "I believe but if this is really true I ask that the weather vane point in my direction against the wind." And before I could get the words out of my mouth, the weather vane pointed in my direction. I started crying and I just surrendered my life to excellence, surrendered my life to God, surrendered my life to being of service and have never looked back from that day.

JA: Isn't that beautiful. I feel like we're getting the inside scoop of the Reverend Michael Beckwith's life.

MB: Those were some wild times.

JA: I shared some of those experiences in another part of the world in Montreal when I was a child. So I can relate. Now the word agape has been used in different ways by a variety of sources: contemporary, ancient sources, biblical authors. From



my little bit of research, the word represents divine, unconditional self-sacrificing act of volitional and thoughtful love. Was that your intention when you started Agape twenty years or so ago?

MB: Absolutely. Agape for me meant the unconditional love of God. Love without condition or agenda. It's the total Spirit God, Higher Power, The Source, whatever you want to call it. It does not have the power to withhold. It can only be itself. It cannot compromise or contradict its own nature. Agape means that kind of unconditional love without restriction, without withholding and without condition. The idea was to have a spiritual community by which to love at that level and grow using the spiritual principles that govern the universe, to evolve and become beneficial on the planet.

JA: Become as much as much as we can become. I love it. So, when you started this, what was your intention back then? I want to show people the power of intention and the power of love. Could you maybe go there for just a moment?

MB: Absolutely. We had a very strong intention of a couple things as I said earlier to actually be an example of the highest possibility in the human experience so that when people would look at us, they would say,

“There's an example of what the world could possibly look like.” There are a lot of books out, a lot of people doing lectures about where we could evolve. I wanted to actually build and cultivate a community that would live those principles that we could point to and say, “This is what compassion looks like. This is what forgiveness looks like. This is what a group of people that loves or in service looks like.” The diversity was very important: all walks of life sitting together, being of service together, doing business together, praying together. Today, Agape reflects all of that. Oftentimes they call us the United Nations of Spiritual Communities because we have Latino, black, white, Jewish, Asian. They're worshipping together. It reflects the highest in the human experience. That was a real intention. And another intention that we had that sounded silly at the time was we wanted to be the community that gave more than it received. That was something we took objectively and now we understand quantumly that there are multi-dimensions that aren't readily available to the five senses. You can actually begin to give more from those levels more than you're receiving at this level. All kinds of scenarios unfold when you understand that. And so that's happening. We've morphed into a mystical, service-oriented, philanthropic organization that gives, that is of



service to the world and practices the universal principles that govern the universe. Now all of that was part of an intention at that time of about twelve or thirteen people in my living room that met for months and months in what I call *division process*. Now it is three services on a Sunday so we're looking at a minimum of five thousand people on a Sunday. Then we have another fifteen or sixteen hundred that come on Wednesday night and then classes and programs all during the week, as well as on-line community and thousands upon thousands around the world who subscribe to tapes and things of that particular nature. There are people around the world who feel, even though they don't live in Los Angeles or California, that they're still an associate member of Agape through their support saying, "That's my community even though I'm not there," because it holds their values."

JA: I can share with everybody who is listening, if you're a member of One Coach, you need to check out what Reverend Michael Beckwith is doing, with the love and gratitude that he does it with, with his entire team. We'll give you the website for that.

Michael, I want to ask you about *The Secret* and how it has helped you and Agape attract for yourself and for your

community. What has attracted? How has it impacted you?

MB: That little DVD has actually brought in a lot of people who had heard about Agape for a long time and it probably had on the back of their mind, "One day I'm going to go there." We know on the calendar there's no such day as "one day" or "someday I'm going to go there." But through *The Secret*, it gave a lot of people the impetus to come over to Agape or go on the website and order a tape or something to that effect. So the numbers increased tremendously of people who were sitting on the fence and always wanted to come here. Also a number of young people, that age group between middle twenties into the thirties, *The Secret* went out on MySpace and UTube and people noticed me on it and noticed I was right here in Los Angeles. So there's a large youth contingent that has emerged in our community. We always had a large youth contingent but now it's really magnified at this point.

JA: That group, that psycho-graphic profile, was on the "untouchables." I do believe between the appearances on television and the movie worldwide, it resonates with a new order of thinking that I think people have intrinsically felt and now they have a way to put their finger on it. A community that



they can actually be a part of which is wonderful.

MB: Yes, that's exactly what we have found. They're filling up our classes. The demographics in our classes that go on here during the week, at least fifty percent of the individuals in class now are under forty and a lot of twenty and thirty year olds, at least fifty percent.

JA: Great. Let's shift and talk a little bit about the title, *Living From Overflow with Spirituality and the Consciousness of Wealth*. What is the overflow and how would you determine or how would you refer to explaining the *consciousness of wealth* for people listening?

MB: When I think of the overflow, I think about the fact that we live in a universe of plenitude. Though individuals may have scarcity or lack or limitation, that is only a belief, it's not reality. It does not hold true to the multi-dimensional universe in which we live. The universe in which we live is full; it's overflowing with its qualities everywhere present. This is why we call the Higher Power omnipresent because it is everywhere present in its total fullness. So the idea and with plenitude is where overflow comes from. So as people use their talents and gifts, they must learn to do so from an overflow awareness not from an emotional feeling tone of lack or

limitation or it thwarts their movement. So overflow and plenitude go hand-in-hand.

The consciousness of wealth bespeaks of overflow. When I think about someone who is wealthy I think of someone, as I teach it, who has stabilized their structures in life and are constantly improving them so that they can now be a tremendous benefit to the planet. Wealth includes money. Wealth includes creative expression. Wealth includes the health of your body. Wealth includes right relations. Wealth includes your spiritual practice. It includes your participation in local and global community. When your structure is balanced or stabilized, it means it's an asset to you and no longer a liability. For instance, the body, if you're constantly sick or if you're a hypochondriac and you're constantly going to the doctor then that's siphoning energy that you could be using for creativity, generosity or developing a talent or a gift. So to stabilize that structure would mean to serve an apprenticeship to health, to wholeness, to well-being using the spiritual principles until you are whole, until you're healthy. When I think about wealth, I think about having all those structures together. The same thing with money. You learn the laws of money, the ways of money. You learn how to save it, how to invest it, how to



support with it. You learn all these things about money so that money serves you and it becomes a stable structure in your life that now becomes an asset to your growth and development. So wealth contains for me all of what are sometimes called the unstable structures of one's life. But I call them the *belife structures* stabilized so they become an asset.

JA: I love that. That is great. Stabilize the structure in your life and look at the different pillars: health, wealth, relationships, spirituality, career, business and what was the other one?

MB: There's one I forgot to mention, creative endeavor. I always separate money from your job or creative endeavor because they may not be the same. A person may have many ways of managing money, but they may be doing something very creative that may not be where their money is coming from. Sometimes it is and it's a beautiful thing if it is.

I also put in as a structure, ego, simply meaning self-worth. Learning to get out of the superior-inferior game and to really understand your worth and the worth of everyone else too so that the ego is not running your life. You're actually being run by a higher value system.

JA: What have you found is the most difficult for people who want to stay in this consciousness of wealth? What's the most difficult part of it?

MB: I think what I call the *tyranny of trends*. The *tyranny of trends* is what happens when the lowest common denominator becomes a standard of our society. You see this on the media all the time where they take the lowest common denominator of any thing that is happening, whether it's with our celebrities or what's going on in the world and that becomes a standard for our life. People are influenced by that, or they're pulled down by that. Or they're suddenly sucked into an agreement with mediocrity with the world rather than having an agreement with excellence. I think a person has to be inoculated from that kind of low standard that the media gives us a lot with a strong spiritual practice and it will take risk and to take action based on your intention, your vision and your spiritual practice. As one does that, they become inoculated from the *tyranny of trends* that happen in the world.

JA: What about people who just feel like they're not good enough, they're not smart enough, they're not deserving enough and that success or wealth in any area of their life is not meant for them? What do they do? What does that person do who feels that it's



just not for them, not that they don't want it, but that it's meant for others not them?

MB: That's what I mean when I talk about a person may have to serve an apprenticeship to a structure that's not stable yet. If a person is dealing with a lack of self-worth, low self-esteem, not good enough, this isn't for me, then they have to actually enroll in some kind of coaching class that assists them in moving beyond transmuting those emotional barriers that have not been placed there by the universe, have not been placed there by the Higher Power. They've been through the parents' beliefs or through the society or through some kind of malicious hypnotism. They have to actually serve an apprenticeship and go to school and break that kind of hypnotic spell until they understand that they have a reason and a right to be here. They're not an accident. They're an "on purpose" from the universal flow to deliver the gift that the universe can become conscious through them. So a person has to do a little work.

JA: A lot of times solutions show up in workflows and people start running.

MB: Absolutely. But if you're willing to pay the price, I mean there's a price to pay for everything. If a person's willing to pay the price with their time, their attention, and some practice, anyone can be

an instrument in changing their life. There is no one on the planet that is victimized by any person, place or circumstance or situation that cannot come out that victim state and change his or her life around. I've seen it thousands of times and I know you have as well.

JA: Absolutely. I've seen it. I've witnessed it. I'm in absolute agreement with you on that. I understand that you have two or three ways that you stay in consciousness of wealth. Do you mind sharing that with us? I'm being easy on you sharing two or three ways.

MB: I have a number of ways. First of all, my spiritual practice begins with meditation. That's like when I said earlier when we were checking each other out on "Larry King Live." I don't leave home without it. I don't let a day go by without meditation. Going within, become free from the external world and its pulls and getting a real sense of my contact with The Presence that I'm actually at the center of the universe. Where I am is its center. As all the great mystics say, the center is everywhere and the circumference is nowhere. So I sit and get that awareness that I'm at its center, that I have all of my needs met and every answer that I need comes swiftly, quickly in a language and in a way that I can understand and act upon, that I am guided. I sit and



get all of that. Then I add to that, of course, affirmative prayer. We allow with capital R to begin to express through us His wisdom, guidance and direction. I have a strong physical regime. I work out everyday. I do gong. I weight lift. Those are certain things that I do.

- JA: So back to stabilizing your structure: physical, mental, etc. How long do you meditate and when do you do it?
- MB: When I first get out of my structure here, we actually stop the day, do our spiritual practice and then come back.
- JA: We actually have a meditation room with two massage chairs, candles and music. People are encouraged to take ten or fifteen minutes a day to go in there, as well.
- MB: It's very similar. It's very necessary. Someone once asked me, "You mean you meditate every day?" I said, "Yes." He said, "You must be some kind of superman." I said, "No. If I was Superman I wouldn't need to meditate every day." I need to inoculate myself and keep myself in good stead so that's why I do it. If I was Superman, I could probably just get along without it.
- JA: Very well said. One Coach and the people listening are all small business owners who are creating

extraordinary lives and living a conscious, love-filled life and giving life as well. I know you have thousands of people in business that are part of the Agape Church. How would you advise business people to bring more spirituality into their business for themselves, their teams, larger groups, their lives in general?

- MB: When I work with business people, we always start with the awareness that the business is established for service. The byproduct of the service and the love is money and revenue or *noble profit*. We actually establish businesses to be of service. So as one begins to see their business not as their own, but their business as an instrument to express certain values: love, generosity, bringing people together with items that they need and things of that particular nature. Now you're in tune with the way the universe is operating. You're not working against yourself. You're not being myopic. You're not being narrow-minded by having a business that is just for money. You're having a business that is really an instrument for values and the profit becomes what I call *noble profit*. *Noble profit* is profit that, of course, goes back into the business to secure and amplify your business, but also to be a beneficial presence on the planet. That to me is being in league



with what I call the *evolutionary impulse that governs the universe*. If I were to say spiritual terminology, I would say you'd be giving your business to God and allowing it to be an instrument. I know you teach this left and right. You have to have a vision clearly articulated. You have to have strong spiritual intention, a strong mission and all of that, whenever you have to make a decision, it just bumps against your vision, your mission, your intention and keeps you in alignment with that.

JA: I agree. One of the things I believe in is when you have a higher social or moral purpose that goes beyond yourself and your immediate needs, the universe conspires with you to create and manifest.

MB: Absolutely.

JA: I'd like to ask you a question about religion versus spirituality. From all of my encounters with you and what I've heard and we don't know each other very well yet in physical form, everything leads me toward you being very spiritual. How do you differentiate the two?

MB: Religion oftentimes carries a lot of rules and regulations. It depends on what the religion is. Oftentimes it's monitoring people's behavior, making them operate within a particular

framework so that when they die they go to a place called Heaven. So we're not speaking about religiosity as much as we are spirituality. Spirituality is about liberation. It's about liberating your mind from narrow thinking, beliefs that are not true, small paradigms so that you're actually liberating energy from within you so that you can express the highest and best within you. If you study the teacher, Jesus, he was teaching that the Kingdom of Heaven was at hand now, not at a place you go to when you die at the Kingdom of God which is the kingdom of harmony, love, wealth and well being. All of that is within you. A spiritual individual is one that is liberating themselves from the false notions of life so that they can be a strong beneficial presence right here on earth. There's an old paradigm that still follows us around, even until this day that states that you come to earth, exist on the earth, be good and die and go to a place called heaven. The emerging paradigm is that you are a spiritual being that's having a human incarnation to reveal heaven while you are on earth and take that expanded consciousness wherever you go, even when you no longer have a body. The religious container can birth spirituality. Once you birth into a spiritual dynamic, you may or may not choose to keep the religious container. That's just choice after that. Once you



- understand who you are, whose you are, why you are here, what life is, what does life want, what is needed in any given situation, you may or may not need the religion per se, even though it's sweet and it's nice. But it's really spirituality that's the real nugget, the real jewel there.
- JA: I love the way you said, "Who you are and whose you are." That's a very good, defining piece of jewel right there.
- MB: You don't belong to your parents or the society. You belong to the universe. You're the universe becoming conscious of itself. You belong to the Higher Power.
- JA: What are the easiest ways for people to discover more of their true nature? What have you found? And we're going to definitely play and let them discover the wonderful tools and resources you have available there. For people who are seeking to understand more of their spiritual nature, I know a lot of talk about it, what's the first step?
- MB: We spoke, of course, of meditation and prayer. The other thing is people need to carry within themselves a set of questions that keep them open to the flow. Most people ask questions like, "Why is this happening to me? Why me? What did I do wrong? Who's to blame? What's wrong?" People have a set of questions like that and because the law says, "Ask and ye shall receive," the universe starts to fill all of those requests: What's wrong with you? Who's to blame? Why me? But you have to ask another set of questions in order to grow spiritually. Those kind of questions sound more like, "Who am I? Why am I here? What is the nature of reality? What is the nature of God? What is the nature of life? What's needed here?" If you ask those kind of questions, the universe begins to speak to you according to those questions that you ask and you'll begin to discover that we're all emanations of light, emanations of God, emanations of love, intelligence that govern the universe. And that we're here just as a sunbeam is emanating all the qualities of the sun, we're emanations of the Higher Power. And we emanate all the qualities of the Higher Power. And it's not so much that we're on our way back to God. a sunbeam is not on its way back to the sun. The sunbeam is radiating the qualities of sun wherever they go. We're here to radiate the qualities of the Higher Power everywhere we go. And if we ask, "what is the nature of life? What does life want?" the universe will in some way say to you that life wants to be known and manifested. Then if you ask, "What's needed here?" You will begin to activate within yourself those qualities that are needed in



any given situation. People will discover they are not victims, that they have everything they need within them and they'll begin to grow in the qualities that appear to be lacking by asking the question, "What's really needed here?" In order to grow spiritually, the quality of questions is very important, as well as the spiritual practice that we mentioned earlier.

I have six C's that I teach: conversation, company, commitment, changes the content of our consciousness.

Conversation – what are we speaking about all day long? What is coming out of our mouth? What is our conversation like? Is it uplifting? Does it carry vision? Does it carry possibility? Does it carry encouragement? Or is it blame, shame, regret, gossip, putting people down?

Company – What kind of people do we associate with? Are we associating with people that are walking the direction of our values, the direction of how we want to live our life? Or are we associating with people who are blaming, shaming, putting people down, complaining all the time? Are we always constantly involved with being in a pity party? Are we involved with individuals who are celebrating life?

Our conversation and our company and our commitment, our day-to-day commitment to practicing these spiritual principles whether we feel like it or not. Here's the rub as you were talking about it earlier. Oftentimes people will work in their best interests when they feel like it, when they feel good. The real work is when you're not feeling like it, when you can overcome emotional reasoning. I'll ask people, "Did you do your practice today?" And they say, "Well no, I really didn't feel like it." And they say that as if that's the real reason. And it's not. So people have to develop a level of commitment where they stick to their intentions, whether they feel like it or not. Just as an Olympic athlete probably wakes up some days and doesn't really feel like running around that track or swimming those laps in the swimming pool and even though they don't feel like it, they do it anyway. In the process of doing it, the feeling comes. So commitment to sticking with our intentions and our agreements that we make to ourselves and our vision and our mission even though we don't feel like it is very important. And those change the content of our consciousness.

Now I separate content from consciousness. Consciousness is your ability to be aware that you are aware. That's our consciousness.



Content are the things we fill it up with: thoughts, beliefs, patterns – conscious or unconscious. If we have right conversations, right company and commitment, it will change the content of our consciousness and then we become more aware that we are aware. And then we become more aware of the endless opportunities. We become aware of the divine support that's everywhere. We become aware that the universe is for us and not against us. We become aware of the universal principles that govern the universe.

Those six C's are a guide for growth.

JA: I've got conversation, company, commitment, changes the content of our consciousness. I love that. As you said awareness, it sounds to me and it feels to me like the more we can raise the level of our awareness with our oneness with excellence and with God, the more enlightened our lives become.

MB: Absolutely. It's lawful because as you know and teach everything is vibration. And so you can lift your awareness into those victorious and celebratory tones of love, joy, generosity, compassion, beauty, they have a totally different frequency, a totally different vibration than hate, lack, limitation, scarcity. If

you keep your vibration up, those particular thought forms can't touch you because you're vibrating too fast. Ultimately as you would hold that, then your life begins to take on that shape and that feeling tone and sometimes people discover that things begin to happen for them even beyond their planning because the tonal quality of their vibration is matched by the universe. Extra good comes beyond what you can even realize or plan.

JA: I'm sitting here, Michael, and I'm thinking that's how the law of resonance works. I think people think that things start crawling toward you, almost like attraction. What I look at is things that resonate with me start to show up. I become aware of them already being there when I resonate at a higher level and the intention of my vision and creation and love.

MB: Yes, you can now see it whereas before you couldn't even see it. Years ago before I was a vegetarian I saw fat burgers everywhere. I never noticed the vegetarian places. As I changed my diet, I started noticing all these vegetarian restaurants. I went into one one day and said, "This is beautiful. You're right on the way to where I have to drive everyday. How long have you been here?" They said, "Twenty years." (hahaha) I'd never seen it. It wasn't in my



field because I wasn't at that vibration. That happens with anything.

JA: Everything is here; we just have to open our eyes. Michael, I could do this for the next few hours with you. I know you're very, very busy. I have a couple final questions for you. One is what more do you want to share with our listeners all over the world and people that are paying intent attention to you right now, that I may not have asked you or covered?

MB: I like to always leave people with the awareness that really everything they could ever want, hope for and desire is already within them. And as they begin to notice it everywhere, even if it's not within their own personal life, as they begin to notice the good that they're seeking, even in other people, and begin to celebrate it and then embrace it they will begin to resonate with it as you were speaking about the law of resonance. And it will begin to show up in their life. No one is any more special than anyone else. Some people are just paying more attention. Some people are just more highly practiced, have greater intention. So if a person is working on prosperity, they're working on wealth, they're working on health, whatever it is that they're seeking to manifest in their life, just begin to notice it everywhere. Then celebrate

where you see it instead of feeling, "They have it and I don't have it." Don't lower your vibration with jealousy or envy. Raise your vibration with celebration and say, "Oh, I noticed a very prosperous human being, a very generous human being, a very loving human being." Celebrate it and then embrace it and begin to feel what that feels like. It can then begin to express through you because it's already within you. You need a kind of mental tuning fork so that you can begin to vibrate with it. By recognition, celebration and embracing, you become your own turning fork and begin to download it into your own life based on the awareness of the overflow that you already have it.

I would leave that with them as well as no one needs to be a victim to circumstance. We can raise our vibration to such a level that circumstances bend themselves around our frequency and our vibration thus becoming true ambassadors of the realm of peace, harmony, and love on this planet.

JA: I love it. I concur and I accept that invitation in my own life. So thank you. For our listeners to reach you, I'd like you to share a little bit about Inspirations of the Heart, Manifesto of Peace, Four Day Mind Fast, Soul Feast, and Living from the Overflow. Where can people get a hold of



- you, Agape and your books and anything else that they're interested in find out more about and diving deeper into?
- MB: Most of what you mentioned can be found on our website, www.agapelive.com. In that website they can go the portal and find the books and the talks. There's also a place where they can press a button and get a free talk and free music. My wife and I write the music here for the choir and the different soloists.
- JA: Michael, I was given a CD, Ricki your wife's CD, by a chief operating officer of a fairly large corporation here in San Diego. He said, "You've got to listen to this!" I said, "I know Michael and I met Ricki once so thank you so much." They absolutely loved it. It's absolutely spectacular, everybody, so definitely pick it up.
- MB: They can order the music and get a free download of a talk and a free download of music. They also can discover some of our conferences. We have a major transformational conference that this year is happening in May. They can go on the website and look for that. It's in Washington, D.C. Our phone number is 310-348-1250. Between the website and the phone number, we're located in Culver City at 5700 Buckingham Parkway 90230. We're easy to find. Follow the crowds.
- JA: Friends, we've been enjoying immensely a talk with Reverend Michael Beckwith, the Founder and Spiritual Director of Agape International Spiritual Center in the Los Angeles area and also all over the world. Check out the website, www.agapelive.com and send your friends over there. Pass the word along. He's doing some phenomenal work to increase the vibrations, the love of humanity. It's work that is worthwhile for all of us to get behind. Michael, lots of love to you, my brother. Thank you so much for enlightening us and sharing your precious moments with us. I appreciate it from the bottom of my heart.
- MB: Thank you, John, and keep up the good work. We hear nothing but good things about you. And we so appreciate all the wonderful work you're doing on the planet.
- JA: Thank you and we'll connect some more. Everybody, go out there and create a peaceful, wonderful, loving and outstanding life. Take care. This is John Assaraf and on behalf of the entire One Coach team saying goodbye and thank you, Michael. Bye-bye now.
- MB: Bye-bye.