# VOICES-OF-COURAGE-JUNE-16-2019.mp3

**Ken D Foster:** [00:00:32] I have a question for everybody today. How do you access the greatest part of yourself - change your choices, change your habits, and then become the best version of yourself, and maybe even leave a footprint for others to follow in the sand of time?

**Ken D Foster:** [00:00:50] Well, it starts with becoming aware of what's been blocking you. Blocking - what is that? Well, those are the things that stop us from really bringing forth our brilliance, our greatness, our power, our passion, our love, our joy. And of course, everybody has some. I know that I've been working on my blocks for I can't even tell you how many years. It seems endless, but there is an end. And what happens is that when you start to reach that end of letting go of this disinformation, these blocks, these things that don't work for you, life starts getting really good. You start having more peace, more joy, more abundance, more success, better relationships - it's pretty amazing. And we can actually do that here while we're living on this planet. So that's what this show is about today - we're going to call it The Courage to Break the Success Code.

**Ken D Foster:** [00:01:50] So, I remember, there was a time that I had one of these blocks. In fact - this is an interesting thing, because a lot of times our blocks just like the one I'm going to talk to you about, I didn't even realize I had. I was down in Mexico in Puerto Vallarta and somebody said, "Hey, let's all go scuba diving." And I thought, that's a wonderful idea I would love to learn how to do that! And so I got into a pool and took some lessons, and the first thing I noticed is when I went underwater with all this equipment is there was this feeling of dread that came over me. I felt like I was going to die and I didn't realize what that feeling was until I later looked it up. It was a feeling of claustrophobia, and it can be triggered by being in a place with a windowless room, or being stuck in a crowded elevator, or being in traffic.

**Ken D Foster:** [00:02:53] Well, in my case, it was going underwater with scuba equipment on. And by the way, it's one of the most common phobias that we can have is claustrophobia. But it does feel like you're going to suffocate. It feels like you're going to die. So, I got through the pool and then they took us out on this boat. And there were 15 of us and one by one everybody was to go down I think it was about 20 feet, and wait for the dive master at the bottom. And one by one everybody went down, and it was my turn, I jumped off the boat into the water, getting ready to go down, and about five feet in I literally thought I was going to die. The world collapsed around me, and I thought, "how am I going to get through this?" And I tried it again and again - I couldn't go past five feet.

**Ken D Foster:** [00:03:45] So I came to the surface and I said to myself, "OK, I'm just going to die, or I'm going to be at the bottom. I'm going to either die or be at the bottom." At that moment I mustered up a lot of courage, I started swimming - that feeling came over me like crazy. I kept swimming, kept swimming, and the next thing I knew, I was down at the bottom waiting with everybody. So what's the point of that story? Well, have you ever been in a place where you feel like you're going to suffocate? You feel like you're going to die? So, how do you get through that? Well, here's what I say. You follow the formula. You get clear with, "OK, yes, I've got this block, I've got this challenge, I've got this place in me that is feeling like I can't move past it - whatever it is, maybe it's in relationship, maybe it's in your career, maybe it's in your business. It doesn't really matter where it is, but what I want you to do is to stop for a moment, feel where that feels like in your body, then make a commitment that you're going to move past this no matter what just like I did. It may feel like you're going to die, but I can tell you this, as soon as you push through it you'll be sitting on the bottom just like me looking up with this brand new paradigm that you've never been in before. That's what diving is about, and that's what breaking through these challenges are all about.

**Ken D Foster:** [00:05:14] I wrote a new book it's called The Courage to Change Everything, and in that book there are... let me just back up, I wrote that book for one reason. We need more courage in this world! We need it every single day, and we need it in the moment - we need to access it in the moment. Courage is not something you think about and plan about and go find - in fact, courage is the opposite of that. Because when we're in courage we're in our heart, and when we're in our heart we're out of our head. So what we need to do is stop whatever you think is blocking you, tune into your heart for a moment - in other words tune into your courage - and once you're in that place, you'll start to move through.

**Ken D Foster:** [00:06:02] Now, how do we tune into courage? Well, for me it's really simple. I ask a courageous question - one question. What would I do now if I was courageous? That simple little question. So think about that today. Think about that little formula - stop, tune into your body, feel where it is - if you were courageous, what would you do? And then take action steps to make it better. If you do this on a consistent basis, what's going to happen? You're going to see these little courageous steps that you take every single day, they're going to lead to better decisions because you're not going to be thinking it through the whole time, you're going to be in your heart. You're going to take some courageous actions that will probably lead you to a place where maybe you haven't been before, like me at the bottom of the ocean. But in this case, it'll lead you to more joy, more success, more abundance. Now, let me tell you, when I was at the bottom of the ocean - when I got down there and I looked back up and I saw the light coming through, and I felt this sense of oneness with everything - I felt this connection I'd never felt before in my entire life. That, my friends, is what's in store for each and every one of us when we blow through our limitations. Life gets better and better and better and better.

**Ken D Foster:** [00:07:31] So, I'd like to encourage you to go to my website - thecouragetochange.us - and if you'd like to have a little more courage in your life on a continuous basis, I would encourage you to pick up my book. See that book, it's daily strategies and wisdom to unlock your genius and bring forth your greatness. It drips on your mind every single day. Imagine every day dripping courage, wisdom, understanding, love, connection on your scattered head filled mind. What's going to happen is you're going to slow down and you're going to succeed. Slow down to succeed. Bring courage into your life, bring courage into your heart, bring courage into all areas of your life. What happens is people start looking at you and going, "Wow, did you get there, what did you do? Well, all I did was stop, tune into my body, ask a question, "If I were courageous what would I do now?" and take continuous actions.

**Ken D Foster:** [00:08:50] Coming up in my next segment I've got two of the top new thought leaders in the country, and we're going to be talking about their new book, [00:08:58] Code Breaker. [00:08:59] We'll be right back.

**Ken D Foster:** [00:11:30] I want to thank all of you for tuning into Voices of Courage - if you're new to this show, we're about empowering our audiences to step into your full power, transform your life, and become the superstar that you're meant to be.

**Ken D Foster:** [00:12:39] In studio with me I have two amazing, brilliant thought leaders. First, I'd like to introduce Sandra Biskind - she's a global thought leader, an international speaker, a spiritual mentor, and a number one best-selling author. She has a unique gift to identify and eradicate the unconscious programs that undermine success, instantly amplifying her clients ability to live freely and thrive. And her husband of 20 years is in studio with us today, too. His name is Daniel Biskind and he has a 25 year multi-award winning career in large scale mixed use property development in the U.S.. He has extensive leadership experience in community, civic, charitable, professional, industry, and spiritual organizations. Daniel has mentored and consulted with leaders for over 30 years.

**Ken D Foster:** [00:13:55] How did you guys get involved in this transformational movement?

**Sandra Biskind:** [00:14:02] Well, I was three. At the age of three honestly, I was just receiving divine guidance and all of these beautiful messages. And by the time I was...

**Ken D Foster:** [00:14:13] What do you receive at 3?

**Sandra Biskind:** [00:14:16] At 3, I was told that I was a child of God and that I was love and that it was my job to teach people that that's who they were. That was the message at three.

**Ken D Foster:** [00:14:26] That's a big - that part about teaching others, it might have felt heavy to some.

**Sandra Biskind:** [00:14:31] No, it didn't at all - in fact, it just felt natural. It was like, "Oh, that's why I'm here." It was kind of like at 3 I just knew my mission and purpose. And so from then onwards I had so many miraculous things happen. And one of them was almost dying at the age of 18. And it was during that process that I had my first full enlightenment experience.

**Ken D Foster:** [00:14:52] Did you go into the light?

**Sandra Biskind:** [00:14:54] No, definitely not. I had an enlightenment experience, not a light experience. And so for me, that was like this understanding that we were all peace - that peace was our natural state. That love is who we are. And I was completely aware of everybody around me, of what they were thinking and feeling, and I was trusting in the order of all things - if I was to die, then I was going to die, if I wasn't, OK. There was an integrity to it, and in integrity there's a strength and courage. And so there was a real integrity to it. And I was completely neutral. Like whatever was happening was happening. And I felt a unity and oneness to all life and I was totally mindful of what was going on inside me. And that was the beginning of this incredible energy work that we do, which we call an acronym for that is platinum. And I've just given you the peace, love, awareness, trust, integrity, neutrality, unity, and mindfulness, which is what you feel and how you live when you're fully connected.

**Ken D Foster:** [00:16:00] Listen, I live from that place 9 times out of 10 - most of the day. And sometimes I'm not perfect, but I know there's a whole bunch people listening to this going, "Yeah right, how do I even get there? How would I have peace of mind?" Daniel, you seem to have a lot of peace - where do you find that? Where does that come from?

**Daniel Biskind:** [00:16:20] Well, when you first started the show you reminded me of our favorite poet, Rumi, who said, "Your task is not to seek for love. Your task is to seek and find the obstacles within you that block love." And so, [00:16:42] whenever we're out of alignment with our true self what we have to do is find and dissolve that block. [00:16:50] And that's really what you were saying, and I love that question you asked. That's a very powerful question.

**Sandra Biskind:** [00:16:57] Plus Daniel's got no one in his life that he needs to forgive. So, when you talked about "How do you stay in the state of peace?" - that high frequency state - [00:17:06] if you've got someone in your life that you haven't forgiven, you are never ever going to know peace. So that's the first step to living in a state of peace. [00:17:15]

**Ken D Foster:** [00:17:15] I might even plus that because I think we have to make peace with the country of origin, with the religion of origin, family of origin.

**Sandra Biskind:** [00:17:26] Exactly.

**Ken D Foster:** [00:17:27] It's like, how do we make peace with that?

**Sandra Biskind:** [00:17:30] Yeah, well I mean I've just come back from the U.K. and people were saying, "I hate so-and-so, I hate this!" And it was to do with this country and politics. And I just said, "Stop it, I don't even want to have this conversation with you, because it's not my job to hate anyone." And I'm not going to add to the negativity that is in the world. It's my job to stay in a place of peace. And you can't do that when you go into judgment and hatred.

**Ken D Foster:** [00:17:55] No, you really can't. I was at a radio conference this last week. It was Talkers (?) in New York, and that convention was for the owners of radio the broadcast stations, some of the hosts were there, some of the sponsors were there, and there was a whole bunch of folks there that really have a kind of a mindset as I listened to them of why they're right and why everybody else is wrong. And it may be my own perception of that, but it's funny because I heard it time and time again - 80% of the people want to hear political talk. That's what they want to hear. Well, that may be true at some paradigm, but when I sat there and I heard that I thought to myself, "Well you know what, there's 700,000 podcasters coming up right now, and a lot of them aren't talking politics." They're talking about connecting people to their self, to their soul, to their presence, to their power, to their passion, and to their peace.

**Sandra Biskind:** [00:18:59] Hallelujah.

**Daniel Biskind:** [00:19:01] Appealing to the least common denominator is not wise.

**Ken D Foster:** [00:19:05] That's right!

**Sandra Biskind:** [00:19:05] You know, it was very interesting - I'm not sure if you've had Martin Rouge on your show yet - Project Heaven on Earth - he's brilliant. He asked for Code Breaker, so we sent it to him, and three days later he rang up and said, "What's happening? This is not a book. It's a system!" and he said, "I started reading it and I got really high. Like, what was that?!" And we both laughed and said, "Okay. So this is very high frequency information and it's going to change the way your brain functions." And he said, "And I have to tell you, I'm going to admit something." He said, "I have an addiction to watching the news, and since I've been reading this book I no longer feel the need to watch it."

**Ken D Foster:** [00:19:43] I love that.

**Sandra Biskind:** [00:19:44] And this is very important because [00:19:46] if you've got the need to hook in to one side or the other, you're out of unity, you're out of oneness. [00:19:53] And you said an incredible word there before, and that was the word attachment. [00:19:58] So they're attached to being right, which that means that they're no longer in oneness with anybody else because only their attachment. That takes you out of neutrality completely. [00:20:08]

**Ken D Foster:** [00:20:09] And you know, a lot of people listening to this show are going, "What does that have to do with anything - being attached?" So, what does that even mean to be attached? Well, it just means that you allow the flow of life to move through you and you don't get stuck in thinking one thing is absolute and this is wrong - right and wrong, good and bad, black and white. It's that paradigm, right? It's the duality. You're not attached to the duality. You realize we play in duality, but you're not attached to it.

**Sandra Biskind:** [00:20:37] It is. I think one way to make it easier for the audience to understand, attachment is that - one of our videographers actually was gay...

**Ken D Foster:** [00:20:44] I have to take a break, so we'll come back and talk about that story.

**Ken D Foster:** [00:22:20] Today we're talking about the courage to break the success code. I'm in studio here with Sandra and Daniel Biskind, and they're so kind to be here with me today! We were talking about attachment - we're talking about how people get attached to everything from what football games, to their religion, to whatever, and you were going to give us an example?

**Sandra Biskind:** [00:22:48] Yeah, well a quick example is that we had a gay friend of ours whose parents were so attached to their religion that they completely wiped him out of their life. And so they never ever spoke to their beloved son again. And they completely separated themselves from love. That's not a successful relationship paradigm. So, that was really bad. And I know Daniel's got something....

**Ken D Foster:** [00:23:14] Daniel, how do we detach?

**Daniel Biskind:** [00:23:16] Well, the motivation to become non-attached rather than detached - just non-attached - [00:23:26] would you rather be happy, or would you rather be right? And if [00:23:32] you think about this, [00:23:34] do you want to be trigger happy so anyone can press your buttons and get your keyboard jammed? Or do you want to be trigger free? [00:23:43] Trigger free is where we all want to live.

**Sandra Biskind:** [00:23:47] That's neutrality.

**Daniel Biskind:** [00:23:48] That's power.

**Ken D Foster:** [00:23:48] That is power. You know, one of the ways we get to trigger free is we stop trying to change our circumstances and we start trying to change our self, right?

**Sandra Biskind:** [00:23:58] It's our thoughts. Everything is about our thoughts. The problem is, let's just say that this is the white space and there was one tiny dot.

**Ken D Foster:** [00:24:08] So, you're looking at this 8 x 10 piece of paper that's white...

**Sandra Biskind:** [00:24:13] And just pretend there's one black spot in the center of it. And that one black spot is your conscious mind. The white space is your unconscious mind. So, what happened for you was your unconscious mind triggered off a memory of dying in a small space or dying in water or drowning, and so therefore you thought that you were doing that. [00:24:35] Your unconscious mind is what is always running our business and our show. We think it's the conscious but it's the unconscious. [00:24:41]

**Daniel Biskind:** [00:24:41] There's a difference in the information processing capacity of the conscious mind and the unconscious mind that's so big it's staggering. [00:24:51] The unconscious minds information processing capacity is a million times greater than that of the conscious mind. So when there's a conflict, guess which one prevails only every time? [00:25:02]

**Sandra Biskind:** [00:25:02] If you want to break the success code, you have to work in the white space.

**Ken D Foster:** [00:25:06] You've got to work in the white space. That's right. So, in your work have you found that eventually, though, consciousness expands and subconscious decreases?

**Sandra Biskind:** [00:25:15] No, what happens is - the idea is that unconsciousness gets cleared out, so that what's in there that's running our show no longer has any force to control us.

**Ken D Foster:** [00:25:35] So, in the book - and we're talking about your new book it's called, [00:25:39] Code Breaker - Discover the Password to Unlock the Best Version of You. [00:25:43] How do you clear out those blocks - those attachments, those fears, those harms?

**Sandra Biskind:** [00:25:51] We call it correction...

**Daniel Biskind:** [00:25:54] Well, there's a four part system that we call the quantum neutrality process, and we use inquiry - asking powerful questions, attunement, attuning to the frequency of your choice - corrections where you dissolve the emotional charge around the program that you've discovered, and activation - you activate that part of your true self that had been blocked by what you've just corrected.

**Ken D Foster:** [00:26:21] So, there's a whole bunch people listening to this going, "Attunement - what the heck is that?!" So, let's define that.

**Sandra Biskind:** [00:26:32] [00:26:32]We're all energy - everything is energy - and when you attune to an energy frequency you actually become that frequency. [00:26:39] So, if you're thinking about love, then you're actually attuned to the love code. When you're thinking about peace, you're attuned to the peace code, and you're in that place.

**Ken D Foster:** [00:26:50] What happens when we attune? Let's talk about that.

**Daniel Biskind:** [00:26:54] Well, your frequency...

**Ken D Foster:** [00:26:54] So, let's say I attune to love, and I'm in that love state let's say, and I walk into my environment here and everybody else is in their head or they're busy or some people are angry, some people are upset, some people want to get out of the office. What happens when I'm in that state?

**Daniel Biskind:** [00:27:15] [00:27:15]The more strongly you're connected to your true self and to that frequency of love, the more it will benefit everybody you come into contact with. When [00:27:28] you're in a very strong - [00:27:29] when your energy field is strongly connected to any of the aspects of your true self, [00:27:35] which are really all the aspects of your true self, we just focus on one at a [00:27:39] time - then, you attract the things you want to manifest and you repel the things you don't want. [00:27:48] There's a difference in your energy field. If you're thinking fearful thoughts, guess what you attract? Because that energy field - what you are attuned to is fearful.

**Ken D Foster:** [00:28:00] Well, I'll tell you what - when I'm in fear I'll tell you what I attract. I attract a sense of depression, I attract a lack of energy, of just wanting to feel lethargic and go eat McDonald's. That's what I attract.

**Sandra Biskind:** [00:28:15] I think a really cute story was, we were in a seaside resort for five months and every day we would go and have a coffee and there was a very young, cute 17 year old who served us and on the last day we said to her, "We will be going today," and she had tears pouring down her face, and she looked at us and said, "What is it?" We knew exactly what she was talking about - we said, "It's just love sweetheart. We're just loving you." And she said, "Yeah, I thought that was it. Ever since you've been coming here my whole life has changed." Now, we didn't talk to that person and that young girl about love at all, we just ordered our coffees, had them, and enjoyed the view. However, the frequency of love that we were attuned to actually affected her and everybody else.

**Ken D Foster:** [00:28:57] And does everybody possess this? Can everybody - it seems like some people have more more joy in their life, more love, more happiness than others. If I'm sitting around and I'm the one that's looking for more happiness, how do I find that?

**Sandra Biskind:** [00:29:12] [00:29:12]You have to get clear of your unconscious programs. You absolutely have to find out what is it that is stopping me from being in the love code? And that is, it's always going to be a fear of something. [00:29:23]

**Ken D Foster:** [00:29:24] You know, a lot of people have come to me over the years and they're seeking a better relationship. And they're looking at their relationship and saying, Wow, I have to leave. This person has said this, or they're toxic, or they make me feel this way," or that stuff. How does attuning to let's say the love code change that?

**Daniel Biskind:** [00:29:49] [00:29:49]I can give you an example. Do you know with the sexiest trait on the planet is? [00:29:52]

**Ken D Foster:** [00:29:52] What's that?!

**Daniel Biskind:** [00:29:53] [00:29:53]When your partner's highest priority is your highest and best good. When they are there to support you to become the best version of you. Can you imagine anything sexier than that? [00:30:09]

**Ken D Foster:** [00:30:10] I can't. In fact, I've said this on the show many times - when I wake up in the morning the first question I ask myself is, "How can I make my wife's life better?" And she does the same. How sexy is that?

**Sandra Biskind:** [00:30:26] The best.

**Daniel Biskind:** [00:30:26] And is that not a beautiful expression of love?

**Ken D Foster:** [00:30:30] Exactly. Well you know, just for us self-centered guys - listen, when your wife is doing well, when you're helping her, your life does get better, right? When she's feeling good, when she's feeling nurtured and cared for and loved, your life gets better.

**Daniel Biskind:** [00:30:47] Happy wife, happy life. Not original, but ultimate truth!

**Ken D Foster:** [00:30:55] That's right! We're going to be back in a minute, but before we get there I want to tell everybody where to get the book. Can you talk about that?

**Sandra Biskind:** [00:31:03] Yeah, if you go to Amazon - but truly, go to [00:31:05] codebreakerbook.com and [00:31:08] then you can actually [00:31:09] download three free meditations as well. [00:31:11]

**Ken D Foster:** [00:31:11] Now, talk to me about those meditations - tell me a little bit about that.

**Sandra Biskind:** [00:31:13] We designed them to compliment the system in this book, so that it all works as one beautiful system. So, what happens is, when you're listening to the meditations they're attuning you to the frequency - this really high energy frequency of platinum, which is in the book.

**Ken D Foster:** [00:31:30] So, it's just like being on radio, right?

**Sandra Biskind:** [00:31:32] Yes.

**Ken D Foster:** [00:31:33] You know, if you don't like what's coming out of the radio, turn the dial! Now, I'm not telling you to turn my dial, because this dial is all about empowering you! Turn your dial. Turn your dial up to higher frequency!

**Ken D Foster:** [00:34:22] Transformation. Don't we all want to live a happier life? Have a little more success? Have a little more love and joy in our life? I think everybody does. But are you willing to do just as little work? It doesn't take a lot, but it does take consistent actions on a daily basis. Today our show is called the courage to break the success code.

**Ken D Foster:** [00:35:39] In the studio with me is Sandra and Daniel Biskind, and they have a great book out here, it's called The Code Breaker Discover the Password to Unlock the Best Version of Yourself. And boy, are we talking about that today or what?

**Sandra Biskind:** [00:35:57] We are, and you've promised these people that this is how to break the success code, and I'd love to give everybody [00:36:03] a process of four questions that are going to shift your whole world and shift your frequency. [00:36:11] So, just a quick background - when I was 27 I owned a chain of fashion boutiques in Australia and I'd just come out of a painful marriage, failing health, total financial disaster going on, and I'd go to work and a very courageous staff member came to me and said, "You know Sandra, we never know what we're going to get with you when you come to work - angry, sad, unhappy, a bitch.".

**Ken D Foster:** [00:36:58] That's how I used to show up, I get it!

**Sandra Biskind:** [00:37:00] Exactly. But I was totally oblivious. I had no awareness of that. And rather than getting upset and justifying myself I thought, aha! This is an opportunity for me to change my frequency and to show up as the best version of who I am. So every morning I would do this - and I really, really want you to do this. We've taught people all over the world and it's changed companies, it's changed financial situations, it really has broken the success code - and that is, take a few deep breaths and have a think about, "How am I feeling?" And I was feeling angry, upset, alone, and unsupported. The second question is, "What am I focused on?" And I was absolutely focused on the fact that I had suppliers ringing me for money every half hour that I didn't have. And I just didn't want to go to work. The third question is, "What do I want to feel?" And that was the big one, and I'm going, "OK, I just want to feel happy about being in my own businesses again. I want my staff to love me. I want my business to improve." And then the last question, which is the one that you focus on, and that is, "What focus will serve that?" And that was like, oh, that deep breath - and I went, "Wow, I need to get back into love and gratitude - of feeling this love and gratitude for my staff, and even for the suppliers who were calling me for money. That changed my frequency so powerfully that when I walked into my business my staff were happy about me there, it attracted more people, and within three years from going from financial disaster to the age of 30 of being a self-made millionaire. And I actually put it down to me being able to master my frequency. In other words, being very mindful of what the emotions were, not allowing yourself to show up that way without any awareness of how you are helping or hurting the people around you, and really taking control. And you can ask yourself those four questions in every every area of your life.

**Ken D Foster:** [00:38:58] So, let's review those questions again. And Daniel, do you have those memorized? Have you used these?

**Daniel Biskind:** [00:39:07] All of the time. The first question is, "How am I feeling?" The second question is, "What am I focused on?" The third question, "How do I want to feel?" And the big kahuna, "What focus will serve that?" And then you stay focused on what is going to give you the feeling you want.

**Ken D Foster:** [00:39:38] As a result of asking those questions how has it changed your life?

**Daniel Biskind:** [00:39:42] Better and better and better. It's like, when you're flying an airplane with autopilot - you make a lot of little corrections. If you don't have that on you might go way off course before you realize it, and then you have to make a really big correction, and that process can be really big corrections or you can have lots of little corrections. And as you integrate this and assimilate this and make it part of your natural order of being, you make these corrections all the time. I do it without even thinking about it now, so I use it all the time.

**Ken D Foster:** [00:40:20] That's really good. So, I want to go off script a little bit, because I think I can ask you these questions and I'm very curious as to the response. Sandra, who are you at your core?

**Sandra Biskind:** [00:40:33] I'm a perfect divine being with love as my essence and there is nothing else. That's all I am at my core.

**Ken D Foster:** [00:40:40] And as that place that you live from your core, when you get off track of that - how often does that happen? Do you make mistakes and get off track?

**Sandra Biskind:** [00:40:53] Absolutely. I, like everyone else, have slipped in my magnificence often. Because I'm human - of course! And when I'm not in that place of love, what happens for me is I absolutely do go into fear and I lose trust and courage. And so that's why it's very very important for me to stay in that place of love.

**Ken D Foster:** [00:41:15] So you lose trust, you lose courage. Danny, do you feel the same way? Who are you at your core?

**Daniel Biskind:** [00:41:21] I am love. I am a Platinum being. I am an extension of God. As we all are.

**Ken D Foster:** [00:41:29] Now, why isn't everybody saying this?

**Sandra Biskind:** [00:41:33] They haven't been taught it.

**Ken D Foster:** [00:41:35] Do we have an identity crisis in America?

**Sandra Biskind:** [00:41:37] In the world.

**Ken D Foster:** [00:41:38] I mean, most people in the world think they're their car, their house, their job, their girlfriend. I mean, but who are we really?

**Sandra Biskind:** [00:41:46] Well, we're none of those things. They're things that we accumulate while we're having this earthly experience. But the truth is that every single being is a perfect divine being of love. Can you imagine what the world would be like if people actually knew the truth? It would be a very very different world. And you can begin to love that, you can begin to move into that place, it just takes a system and it takes a little bit of work. And quite frankly, that's the reason why we wrote Code Breaker: Discover the Best Version of You, because the best version of you is this perfect divine being that you are. For Daniel and I, when we work in live events and when we work with people, we don't see them as who they think they are. We only see them as who we know they are.

**Daniel Biskind:** [00:42:37] Michelangelo has said, "I see the angel in the stone and I carve until he is set free." And, we see everyone as that perfect divine angel, and what's covering them up are these programs in the unconscious and our work is about chipping away to set the angel free.

**Ken D Foster:** [00:43:01] So if somebody is sitting here and they're listening to the program and they're thinking, "You know what, I would like more joy. I would like to have more peace in my life. You know what, I'd like to be a millionaire. I'd like to have more success in my life - with my family, my friends, my relationships." What's the first steps. What do they need to do?

**Sandra Biskind:** [00:43:20] Well, read Code Breaker - and don't laugh, but the fact is that this book is 40 years - four decades - in the making, five years in the writing, and two years in the editing. And the reason why this book has been produced is because this is a recipe - a system and a process - that actually gets you and changes your life as you're reading it. You don't even have to go through the whole thing. It just starts to take you to that place of peace, love, and joy.

**Ken D Foster:** [00:43:51] I love it. OK, Code Breaker - you can get it on Amazon. Discover the password to unlock the best version of you, and you will! Sandra and Daniel Biskind - forward by Jack Canfield, a friend of mine, and he wrote the foreword to my first book. So, if you don't know Jack Canfield, he's sold about half a billion books. We'll be right back - I'm going to ask what your message is. What your message to the world is. Let's find that out when we come back.

**Ken D Foster:** [00:45:57] This show is the courage to break the success code - in this section we're going to give you the specific tools that you need to have more success in your life.

**Ken D Foster:** [00:46:08] In the studio is Sandra and Daniel Biskind and they have the book code breaker. OK, code breakers - I want to break some codes today. That's like, breaking some ass, only breaking some code. I love it!

**Daniel Biskind:** [00:47:23] Yes!

**Ken D Foster:** [00:47:26] Ok. So, we we're talking about your message. Your message to the world - what's your message?

**Daniel Biskind:** [00:47:34] Nikola Tesla - the genius who lit up the world - said, "If you want to understand the secrets of the universe, think first in terms of energy, frequency, and vibration. And if you want to understand how to manifest and experience the life you dream of, think first in terms of energy, frequency, and vibration."

**Sandra Biskind:** [00:47:56] And that's our message. Our message really is about empowering you - we want you to be empowered with the tools and all of the meditations to actually change your frequency so you can shop as the best version of you, getting free from the unconscious programs that would stop you from having a life you want.

**Ken D Foster:** [00:48:16] Is there neuroscience behind this?

**Sandra Biskind:** [00:48:18] Oh, what I love about this. Having been downloading spiritual wisdom all all my life - right now, quantum physicists and scientists are backing everything up. So we know for a fact that when it comes to the meditations we know that that is aligning the brain and that the brain has plasticity and it can change. We actually know that Russian scientists have discovered that what the Western science world thought was 99% junk DNA is not junk DNA at all of course, and that that DNA responds to language and frequency. And so when we're correcting out the habitual thinking and the information in the DNA that is sabotaging us, we're talking directly to the DNA on the frequency that we work with, and we've got the exact language so that within seconds we can actually now change what is happening in your body. We had one woman come to us who had markers for diabetes, heart attack, stroke, and cancer, and every woman in her family line had died of one of those things. After working with us she had her bloods taken and she no longer had any of those markers.

**Ken D Foster:** [00:49:39] Well you know, this is important because I know my daughters just did their DNA and they sent them into 23 and me and they came back with these markers and they're like, "Oh, I might have breast cancer, I might..." they didn't have that, but they're coming back with these markers saying, "Wow, I'm afraid of this. This is scary, what am I going to do?" And I love what we're talking about here because some of the greatest research I like right now is the fact that we can turn on and off genes with our thinking.

**Sandra Biskind:** [00:50:06] That's right. Healing by the speed of thought.

**Ken D Foster:** [00:50:09] Exactly. So, Daniel, I know you're just waiting to come in here with this.

**Daniel Biskind:** [00:50:14] We see this show up - when we transmit energy, which we do all the time but we do it also very intentionally and formally in our programs - we have seen scientists show hemispheric synchronization without touching, just by transmitting this energy using an EG machine. We've also found other studies that show brain-heart coherence instantly increase. So that's something that is - you're used to feeling when you're feeling in a high state. But it shows up in physical lab tests.

**Ken D Foster:** [00:50:57] Which I love that. I have a guest coming on the show here shortly - he wrote a book that the Buddha Never Had Alzheimer's. And what they're finding of course is in the brain - the exact area in the brain where Alzheimer's hits, when people are doing deep meditation they're actually through neuroplasticity are rebuilding brain cells in that exact same area.

**Sandra Biskind:** [00:51:27] Exactly. Reprogramming it. Like in the book we quote Bruce Lipton and Lynne McTaggart often. yes. So, we quote her from The Field often. Now, if you really want to know the science behind everything that we're saying because you're thinking, where are these people coming from? Read [00:51:45] Lynne McTaggart's The Field and Bruce Lipton's The Biology of Belief. [00:51:50]

**Ken D Foster:** [00:51:50] And also Lynne has a new book out called [00:51:51] The Power of Eight. [00:51:53]

**Sandra Biskind:** [00:51:53] So when you read those books what they do is they tell you the millions of research that has taken place all over the globe and that backs up what we're saying.

**Ken D Foster:** [00:52:03] Which I love. I mean, don't believe anything we're saying, but go do the research. At least give yourself the opportunity to look at the science behind what we're saying. We're here reporting on the science and telling you right in this moment you could actually change your life with the speed of thought. Now, if you have doubt around that and uncertainty, then obviously you're not going to change your mind with the speed of thought. You really need to get in a place where you're clear, you're certain, you have a sense of that energy, that power that comes through us, that will, to turn your mind on and off. Most people's minds are like a wet match - you light it and it's just nothing there. But, when you do this work, your mind becomes like a flare. You light it and it goes off and everything starts to happen around you, in you, through you. It's amazing.

**Daniel Biskind:** [00:52:59] I suggest you use Ken's question. What would I do if I was courageous?

**Sandra Biskind:** [00:53:07] I love it. You know, the other thing is that everybody's suffering. And everybody feels anxiety, lack of trust, everybody feels fragmented, alone, depressed at times. And when you're feeling that, does it matter how you get there? Does it matter really that you're listening to us and we're saying things that maybe you don't agree with? Does it matter if you're going to use something that's very out of the left field for you if it changes the way you feel? So, changing your state - [00:53:34] the faster you change your state, the faster you get out of suffering, the quicker you get back into your heart and love, the faster you start having happiness and success. [00:53:42]

**Ken D Foster:** [00:53:42] Absolutely. So if you're listening to this show today, listen, everything counts. The reason that you're here right in this moment listening to this is most likely because you're ready to listen to it. So I encourage you - do yourself a favor today - go to Amazon and pick up The Code Breaker: Discover the Password to Unlock the Best Version of Yourself - you'll be glad you did. As I mentioned, I have a new book coming out on July 20th, it's called [00:54:10] The Courage to Change Everything. [00:54:13] Again, it's dripping on your mind wisdom, brilliance, understanding, and some of those really amazing questions that I asked today - those are all in that book so that you can use your mind to focus it in a direction of your dreams. Hope you've enjoyed this show. Any final thoughts Sandra or Daniel?

**Sandra Biskind:** [00:54:31] Just that we love you, and congratulations on your new book. For those who don't understand, actually putting pen to paper and giving your heart and wisdom to the world, that's one of the greatest things you can do. So thank you. Thank you for all that you're doing in the world.

**Daniel Biskind:** [00:54:47] Thank you, Ken. And thank you to your amazing audience. We can just feel their incredible wisdom, curiosity, and their courage.

**Sandra Biskind:** [00:54:58] And I think if anybody wants to work with us, if they go to [00:55:01] thebiskinds.com, [00:55:02] go to our events page and see where you can come and visit us live. Or spend 40-50 minutes with me at the women's wisdom on Friday.

**Ken D Foster:** [00:55:14] That's true!