## Uploaded 2020

Summary of Talks Uploaded 2019 Offering Help and Accepting Rejection The Understanding and Love we have When we Return to the Earth Plane Returning to the Earth Plane with Previous Abilities How to Look at Natural Disasters Looking at The Problems in Our Lives Sharing your Wisdom and Understanding Coming to Terms with Emotions and Situations Responding to Negativity and Different Opinions Physical Suffering on the Earth Plane Changing your Opinions as you get Greater Knowledge Changing the way We React to People