

Camera Talk

If you are like most people, you have a constant chatter going on in your head, of which mostly you are unaware. The human heart beats 100,000 times per day, pumping as much as 2000 gallons of blood through our system without conscious awareness. Our thinking 95% of the time is also unconscious. The thoughts coming from your unconscious are the driving force and navigation system for your life's path. It would seem beneficial then to actually know what you are saying to yourself, so that you consciously direct your life in the direction that you want to go, instead of following the navigation system of some past belief system that you mostly inherited. Human evolution is the application of awareness within our environment and within our self. All technological advances had the intrinsic laws in place prior to their discovery. However, the awareness was not accessible prior to those discoveries. The laws of the universe have always been the same. The awareness of those laws was not at our disposal until we discovered them. This is the same truth within you! The question becomes then, how can you attain more awareness, and consequently make use of the laws of the universe that are already in place and waiting for you to tap into? Your greatness, your beauty, your uniqueness, your authenticity, your brilliance, your magnificence; it has always been there lying dormant within. You are a part of the wholeness of the one intelligence that permeates all of life. You are that one! The secret to your freedom lies within you, to know you. And when you do, the limitations fall away. You are the diamond deep beneath the earth's crust that requires your own mining. It is beliefs from experiences, and inherited beliefs from your ancestry that make you believe something completely different. The voice that says, "I'm not good enough", or whatever the self talk is that negates our true value ". The truth inside of you knows this is not true! You are a unique manifestation of the divine that wants to express through you. Your cup runs over when you get the small you out of the way and allow what wants to come through you without judgment or attachment. Recognition comes more easily as you practice being in the moment, allowing the divine energy within to transform the old you. This is what it means to be reborn. This is the beginning of a new path, one that opens up by knowing yourself intimately. What I am suggesting is that you can begin the journey by talking to a camera. It's easily accessible, you can do it in your home, in your car (not while driving) or in any place you can have privacy.

Why Camera Talk Works

In psychology, they call this type of therapy "Free Association". Free association, originally developed by Sigmund Freud, expresses consciousness without censorship as an aid in gaining access to unconscious processes. "Camera Talk" is a perfect method to become conscious of what lies within. To truly know you is to love yourself, which is the ultimate experience of self-acceptance. "Camera Talk" is an intimate way to connect to you through the lens of a camera. There are, of course, other methods to have a more intimate journey of this life through such means as talking to a mirror, journaling, writing poetry, meditation, and other creative methods to discover more of whom you are. The reason I advocate talking to a camera is it works and is easy to do. You can also play back your recordings to see your growth. Michael Singer, author of the "Untethered

Soul” and the “Surrender Experiment” discusses how there are two of us inside of our heads. There is the one doing the talking and there is the one doing the listening or observing. Most of us don’t talk to ourselves in a way that encourages us to be the best version of our self. Unfortunately, the voice inside of us is often berating or judging. Our self-talk feeds our energy system, which affects our well-being and quality of life. It is not what you eat that makes you who you are; it is primarily your beliefs and your thinking that determine your experience. Your thinking is a honing device that dictates your future. With this knowledge, it’s very important that we protect our thinking against negativity, which is incessant and often inherited from the past. If you truly want to live a new life, you must break the chains from toxic thinking. Talking to yourself through the lens of the camera enables you to connect to yourself consciously by bridging the gap between you and your thoughts.

The Gap

There’s a great deal of discussion today in the scientific and metaphysical communities about “space”. The cells in our bodies comprise mostly of space. We live in a universe made up mostly of space, and our planet is rotating in the middle of space. The gap between our thoughts is also space. We are told we think between 60,000 to 80,000 thoughts a day that traverses space before becoming a thing. We are constantly reminded that thoughts are things. Everything you see around you in the physical world began with a thought. In meditation, we sit in stillness and let thoughts drift pass as if clouds passing through space, practicing non-attachment to our thoughts and encouraged to focus on the emptiness, on the space. When practicing “Camera Talk” you are putting space between you and your thoughts. Wayne Dyer referred to space as the gap between our thoughts. He said that we need the void of nothing-in order to create something. As an example, consider any sound that you might make. Where does it come from? It comes from the void, the silence. Without the gap, without the void, there would only be noise. The precious present moment is the gap between the noises. Joe Dispenza says we are continuously keeping our life the same because we are keeping our attention (thoughts) and our energy (feelings) the same. In his meditation retreats, Joe encourages his students to enter into the black space of the unknown. During his meditations, Joe constantly talks of “space”, where all change takes place. Just as sound comes from the void, our creations are born from the unknown, from the emptiness, from the space. When talking to a camera, you are putting space between your thoughts and what comes back to you. You are on the other side of the camera as the receiver of your thoughts and your messages back to you. When we are in our unconscious thinking (thoughts) we berate and judge ourselves (feelings). When we talk to a camera, because there is more conscious awareness and space between our thoughts, we can consciously talk to ourselves gently, with honesty, as if talking to a close friend. We are more aware of how we are feeling when talking to our self. When observing your recordings, you can be present with yourself and listen as you share what’s most important. You are becoming conscious of yourself, your thoughts, and how you feel.

How Camera Talk Works

In most of my “Camera Talk” sessions, I would often start seriously, talking about the issues in my life; business, relationships, and why I was feeling disconnected. After a while, I became bored with the same dour, dark energy that was regurgitating itself through my consciousness. After wallowing in my unhappiness, I would become bored, and so I would get up and dance, or become a character to entertain myself; a Jew, a Chinaman, a German, a Gay guy, or whatever I felt like doing to feel free and laugh. After all, no one was going to view the recordings but me . This is not something I am going to post on Facebook. These intimate recordings were for my eyes only. I was free to be myself without the filters and negative self-talk. It’s incredibly freeing to be silly and have fun not worrying about what someone may or may not think, as well as talking seriously about the important matters of life. Talking to my camera has helped me to express myself freely and connect authentically without beating myself up about the past and what I cannot change. When I play back the recordings, I feel connected, listening to what my inner self knows to be true . For me, it relaxes me, providing a sense of peace as I listen to the truth that I already know, but never listen to. Talking to your camera may sound narcissistic, but it really is not . Being authentic is not narcissistic; it’s necessary for your happiness and health. “Camera Talk” is an excellent method of practicing being at one with yourself, and letting go through self-expression.

The Groove

While practicing “Camera Talk” you may experience, as I have done, the feeling of being in the “groove” . The “groove” is when you are so connected that time stands still; there is no sense of self-consciousness. When you are in the groove, your consciousness flows through the lens of the camera directly back to you. When you watch the recording, you feel aligned with yourself and with what you are sharing. You will have an experience of feeling at one, both during the recording and while playing the recording back. The truth is the truth. It sets you free! The benefit of this practice is that you can share from your authentic self, instead of being ego driven. It is important to understand that this is a practice like any other. The more you practice, the more you will feel at one with who you are. Just as the example of a top-notch entertainer who is comfortable in their own skin sharing their gift, so it will be with you. Your authentic self will naturally come to the forefront in your life as you practice becoming more at one with who you really are. You are that never ending spring of life that constantly wants to give of yourself. You cannot give from an empty cup. You must fill your cup up first, and then all good will come from that space. As Shakespeare’s character Polonius quoted in Hamlet: “To thine own self be true, and it must follow as the night the day, thou canst not then be false to any man.”

How to Begin

I began “Camera Talk” over 30 years ago, which was a more arduous process than it is today. With smart phones, everything is so simple. If you don’t have privacy in your home, you can always go for a drive, park your vehicle, and have a conversation with

your camera. No one questions this because we are talking on our phones all the time. If possible, I would suggest you find a comfortable space in your home where you have privacy. When speaking to the camera, it is best to focus on the lens of the camera. I have found that when I reverse my camera, so I'm looking at myself while talking to the camera, this can be distracting. My intention is to be in the moment with myself and watch the recording in the same manner. I place a book or piece of paper over my image so as not to see myself while speaking and focus on the lens of the camera. I also use a camera case with a flip stand so I can place the camera on my desk when filming. I don't use special lighting or an additional microphone. Most smart phones are sufficient for this exercise. However you decide to record yourself, the focus should be to talk directly to the lens of the camera, imagining yourself on the other side of the lens. One thing to mention here, for whatever your reasons, you may feel like this exercise is not for you. I would suggest trying it to see how you feel.

Camera Talk Steps

1. Speak honestly to yourself by using your first name. Talk using your name and YOU as the noun. For example: "David, you know YOU are being resistant to change. How long are YOU going to keep yourself stuck?" ALWAYS call yourself by your name and refer to yourself using the noun YOU. Remembering you are talking to you by separating yourself from yourself.
2. Decide what subject it is you want to discuss with yourself to have more awareness. It could be your work life, personal life, health, or understanding your purpose for being here and what makes you happy. Whatever the subject is that you are struggling with, or want to gain more insight, focus, surrendering to what wants to come through you.
3. Don't judge or berate yourself for past behaviors or current circumstances. You are talking to your best friend, which from this point forward is you! Give yourself the gift of understanding and forgiveness. Be your own best friend!
4. When talking to yourself, focus on how you feel. Try to get out of your head and into your feelings. If you are passionately talking to yourself, this shows you are entering the "groove". You may feel angry, frustrated, joyful, happy, whatever the feeling is - be honest with yourself. The answers will come to you as you become more present. Below is an example of a "Camera Talk" session about how frustrated I've been in getting a business off the ground.
5. "David, you know you're feeling stuck in this business. You've been working on this project now for several years! You know you're frustrated, and you're taking the frustrations out on your relationship. It's not worth it. Give yourself another year; don't focus on the negatives. If you have to let it go, then move on and know you gave it your best shot. You're very courageous to take the kinds of chances that you do. Give yourself credit. Decide what to focus on and make a new plan. Life is too short! Give yourself one more year. If you don't see any progress, then cheap sell everything and move on". You never know, maybe you'll become a best-selling author!"

6. Talk about whatever comes to your mind! When you give thoughts space and awareness, they have less power over you, because they are now being given to the light. In “Camera Talk”, you are shining a light on the unknown driving forces of your life. As you gain more awareness, you gain more freedom!

7. Be patient. Connecting with you on an intimate level takes practice. This is a nurturing process of loving yourself through honesty and intimacy.

8. Commit to “Camera Talk” sessions several times per week. You are talking to yourself all the time. Make your conversations conscious? “Camera Talk” sessions can be as short or long as you want. Understand that you are in process, accepting what comes through you without judgment.

9. When you experience an “aha” moment, talk about your new awareness. Remember, you are following your stream of consciousness as you become more aware.

10 When you playback the recording, don’t judge you! Listen to yourself, because you know you better than anyone else. Are you being authentic? Are you telling yourself a story? Be honest.

11. It’s OK to pay attention to how you look. However, pay attention as an interested observer, not as someone judging you. For example, when I talk to my camera these days, I observe I am looking older. I can embrace my older years and how I look without judging myself. When you accept and embrace your current self, your outer self radiates the same loving energy.

Talking to your camera is a practice in surrendering and being authentic with yourself. This is when the unconscious becomes conscious, and you become one with your stream of thinking. It is an experience that will free you to be who you are without the negative self-talk.