This last year we have been given a precious gift, reintroduced to time and reintroduced to self.

Before we were quarantined to our home, we were quarantined to work 9 to 5, five days a week, if you were lucky to only work 9 to 5 five days a week, however for a significant part of the population more hours and days were needed in order to live a life of prosperity and success.

Ever since we were required to stay home, we have what seems like an abundance of time thought unavailable before the lockdown.

What has been done with this new allotment of time?

I believe many people in the world are learning to simply ‘be’, in other words, experiencing meditation without comprehending that the meditation they are experiencing is simply ‘being’, I want to teach secrets to maintaining this way of ‘being’ and how simply ‘being’ will bring an abundance of joy and happiness.

My speech will be called, ‘the absence of being’