
















LIVE YOU TUBE COMMENTS:

conversation with Canela Michelle Meyers, on The Healing Effect of Presence With What Is

- **Wendy Ayotte**
hello Grace and Canela....it's lovely to be with you and everyone else watching.
-  **Hollybaby25**
thank you for bringing up innocence; how to allow that without the protection mechanism hiding that innocence from recognition. much love and gratitude
-  **aninja1978**
What you could say about overcoming emotional pain what i have after relationship ended with a person who had narcissistic behaviour. I can see that i needed this to happen to me but it hurts.
-  **Bernard Guy**
So. Allowing whatever is there to fully be there. Fine. Yet that brings up the issue that many people are hardly alive in the first place.
-  **Bernard Guy**
. . .So while being with is key, if something isn't sufficiently present in the first place, then what ?
-  **stephjn**
just wanted to say thanks for the discussion of innocence. So wonderful. Came up for me with some friends just last night.
-  **dominic rule**
Fear anxiety is a biggie for me. Fear of change, survival, of death, of no ground beneath the chattering mind.
-  **Hollybaby25**
there is a knowing I am awareness but it sometimes becomes overshadowed, How can this resting as awareness in the body be more cultivated, is there a useful practice
-  **Penelope Love**
Thank you, I am here! Just being quiet 🍷
-  **NonDualityDorset**
Hi Canela and Grace, it is nice to join you. I wish to look at something please Canela.
-  **Matilde Pettengill**
Hi Grace and Canela. Thank you for this living conversation.
-  **Matilde Pettengill**
It is great to discover you online.
-  **Matilde Pettengill**
All my love for you both and for other people online.

-  **Hollybaby25**
thank you Canela and Grace big hug from Jennifer in Miami <3
-  **Matilde Pettengill**
Canela, I can feel the perfume of your Being: "canela" is cinnamon in English!
-  **Alice Giberstein**
thank you soooo much , Grace and Canela for free to recieve the divine gift of being everything and nothing and all my belssings to YOU the ONE and beyond the ONE !LOVE LOVE LOVE