

Caspar ([00:01](#)):

Anyone chronically ill will tell you that they wouldn't wish their illness on anyone. But for some overcoming illness is the catalyst needed to foster their spiritual awakening. That was the case for our guests today. She's an intuitive conduit of divine wisdom, a writer, a storyteller, an entrepreneur, and a former patient of NYCIM. This is the story of the Golden Virtue with Tanja Subotic. Tanja, so nice to have you on and congratulations on the book.

Tanja ([00:29](#)):

Thank you. Thank you for the nice introduction.

Caspar ([00:32](#)):

Oh, of course. Now listen, we know each other a little bit. We go a little bit back and when you told me you had written a book, I couldn't wait to dig in cuz I know a little bit about your story Yeah. And know about everything. But this book really wasn't your biography in a sense. It was about a character that seemed to, I think you pulled a lot of real world experience into this Yeah. Character. So can you talk about that process of the creative process of knowing you went through a healing journey yourself, and then trying to encapsulate that into a book that isn't actually your journey, but still gives the essence of it?

Tanja ([01:13](#)):

Very good question. Or analogy. So I think what ultimately happened in my process was roughly about 10 years ago when I became very chronically ill with multiple diseases, the largest stemming from Lyme's disease. And as you know, there's a plethora of, you know, that whole field of multiple ripple effects. You know, the tornado goes off or the volcano explodes, and it just keeps rippling affecting. What happened in that process was I ultimately was led to the internal self after much of the external exploration in trying to seek treatment. I mean, it was a very daunting, very lonely journey through the healing. There's a big void that I was constantly trying to fulfill. And no matter how much healing I went through and protocols and treatments and therapies and the list goes on and on and on, it was years and years of this.

Tanja ([02:16](#)):

I, I was left with a void. And the one thing about working with your clinic and, you know, your amazing protocols and just, just the mindset around how you, you approached healing was first of all, and foremost the first place that I actually found a little bit of aha moment and the light come through because it was, I was in a dark tunnel and it was pretty lonely in that, in that time and in that era of when I was hit with the Lyme's disease it wasn't really spoken about so much. It was kind of foreign. And I was pretty alone in that field. I mean, there was, was a couple of pioneers who were working in coming forth and speaking about it, but very, very few not enough to offer any insight of like, oh my goodness, this is where I need to, to go.

Tanja ([03:10](#)):

So when I found you guys and the holistic approach, this is what kind of, it was a trigger and an invitation to have deeper insight to healing, but more, more so than the healing process itself into, into my humanity Mm. As a human being and my totality, because I, I don't think I knew who I was. I, I, I don't like to speak on behalf of people, but I don't know if humanity really understands the essence of being a human being. Mm-Hmm. And we often neglect the intelligence of that. And more than the

intelligence, we neglect the totality of being, which means, like we had spoken about earlier, we can't just pump ourselves with medicines, techniques cut open like dismantle, build up again if we're not working on all levels of self, because we're just gonna keep hitting that wall. And that happened to me for many years.

Tanja (04:08):

And the deeper into my sickness, I got the deeper into the crisis, I got the, the black hole. And that void became very, very deep. And I didn't even have the claws to climb out anymore. I just, I couldn't find that. So when I came to you guys, it was very interesting because as soon as I walked in, number one, I was treated as a human being as like, oh, you know, I have a name and this is where I come from. And this is me and my totality. I'm not just another protocol or treatment in place with the same treatment that everybody else gets to the same diagnosis. It was an individual treatment because you were looking at me as a human being. You looked at my, my all aspects of self from physical to mentality and also to the energy, energy side of myself.

Tanja (04:55):

And this was very new in that time, coming into the world. Like there was bits and parts of it, but it wasn't so, first of all, widely accepted to be a healing method and it wasn't so spoken. So when I started working on the energy side of myself, I started to have relief. And I started the, the healing process and the crisis started to disperse because the quickening of what happens when you're working on an energetic level in the spiritual side really compliments and marries the physical side of healing. So I couldn't take off into, so I couldn't take off into this higher aspect of healing if my body wasn't fully, you know, in, in some sort of harmony or balance. So this is where your approach was really wonderful for me because it hit every single angle. So as much as I wanted to climb into that spiritual enlightenment after I figured out that we do have this divinity within us, and, you know, tapped into that, it wasn't until I was able to find some harmony and balance in the physical essence of myself to be able to rid the burdens.

Tanja (06:09):

And that heavy weight that was holding me suspended within the container of my body, which was very limiting. I couldn't transcend into a higher state of healing. So this energy aspect and all these approaches that you offered was what brought me into a, it, it was one of the triggers that triggered, along with a few other things, this new discovery of myself and I, I felt like a child going into discovery. So what happened was the pain and the suffering started to really transfer into curiosity and a discovery that then transcended into discernment. And often in that journey, I was I had a lot of people around me that not by fault, it's a natural, I think almost an innocent ignorance I call it that, you know, didn't believe in certain aspects of what I was going through.

Tanja (07:04):

That, you know, Lyme's disease was even something real, or that I was making up something I've been told that I was depressive, bipolar, you name it, everything. And that I needed medication from my brain and not my body cuz it was fabricated. And all of these like, you know, terrible things to tell somebody, nevermind the four years of misdiagnosis that I went through. So what that ultimately did, in having very few to almost know people around me to really support that process, of course you have your family, but like the outside world wasn't so receptive and they weren't so receptive to this alternative approach to this holistic approach. You know, and I was forced inward. I hit rock bottom on an

emotional level of loneliness. And I was seeking, I was seeking love because I, I wasn't finding this in the exterior world.

Tanja ([07:59](#)):

And it wasn't the love that we naturally gravitate to in our relationships. It was something way more profound and I could never identify it. And actually, to be honest, I think it was something I was discovering and seeking my entire life. But this illness was the very key and the gift that brought me into that journey to discover myself. So it was a great blessing for me, and it was ultimately my greatest teacher. And it cultivated a relationship with my divinity that I had never even known that existed. I didn't know that I was partially divine because we are created from divine and divinity, meaning the actual seed of life in which we're birthed from is perfected. And I had fallen so far off that track that, you know, we're all energetic beings and, and you know, there's a lot of information and wisdom around this.

Tanja ([08:53](#)):

Now, our knowledge, I should say not wisdom I had fallen so far away from our natural perfected pattern of the seat of life within us that everything was just in chaos. And my head was chaos. And, and, and ultimately I fell trapped into the constructs and the opinions of society, which start, which I started to identify with. So I became the identity of everything and everyone around me, and I had no idea who I was. So this journey inwards in the creative process of writing, actually was initiated from this disease. And, and from that disease I was able to meet extraordinary people such as yourself, such as your family. I've also met one of my greatest mentors from you from the clinic actually. Raymond Grace. He's very much a part of my life. I probably drive him crazy, but That's okay.

Caspar ([09:50](#)):

Don't we all.

Tanja ([09:50](#)):

Yeah. He's like, he's like that grandfather energy, you know, it's like you're always like Freeman. Yeah. He's a beautiful, so beautiful energy and a profound healer as well. And he's very much in my life still to this day all the time. And all of these, it's, it's, it's, it's, it was extraordinary. The second, the inner that light turned on that I was divine. That we are all divine and we are, we are spirit and within us live spirit. And this is just the fabrication of the manifested expression of that individual form of spirit. And that we can absolutely cultivate the direction and the manifestation of where this is going. That life had turned on and never turned off again. And ever since that point in my life, it has just been a divine blessing to actually be alive.

Tanja ([10:38](#)):

But more so to know that I am in the, the power. So long as I'm in tune with this divine governance, we either have governance from our outside, which is the, the chaotic opinions and you know, I guess the constructs of society or we have the governance from our higher self. So I choose higher self. And when the second I chose that I started having profound experiences because I was ultimately led by literally a golden thread of synchronicities that I decided to tune into because I started seeing all these profound people come into my life. But they were all speaking even just one word or one sentence that was like, here's an absolute gift for you, receive it. And I, I did, I was like, oh my goodness. That changed my life to, like, in example, somebody once told me, you have given all your power away to the exterior world.

Tanja ([11:35](#)):

You have forgotten the light that you are. And in that light, there's an intelligence that when that was told to me, I immediately like came down to my knees and cried. I didn't know why, but I knew it was so very true. But I didn't understand it because words, until they're experienced are just, they're quite empty. Right, right. And I started going onto a different path. So I started I am I started a really in-depth yoga practice and meditation. And I started to have a lot of out-of-body experiences that were very foreign to me, very scary for me. So I started to seek exterior help with how to cultivate and harness this energy. And in one of my experiences, I had what you could call maybe an illumination. And an illumination was this it was this profound moment of absolute light and to the point where the whole landscape around me looked as if it was white and pure.

Tanja ([12:41](#)):

And I felt the purest sense of love that I never felt before. And it wasn't the love. Like I said, that's from the exterior world. Cuz the love in our exterior world through our relationships are symbolic or reflections of the external love of our divine presence. But that, that connection I had to, that divinity within me, it just brought me to my knees. Cuz that was the pure state of love. And it was the highest state of consciousness I had ever felt. And from that moment on I started having intuition or divine guidance. We all have it, it's just are we conscious of it or are we not? Are we tuned in or are we not Every human being has this because we are birthed from it, it lives within us. It is, it is our actual makeup and our energetic form.

Tanja ([13:29](#)):

Right. So I actually started to really tune into that and I would have what was called automat, automated automated writing. I didn't know what that was at the time. And so I would just have influxes and floods of writing and I have multiple journals and diaries of all kinds of writing from poetry to wisdom to scientific, I don't know, it's just a lot of stuff. And then I started to really hear myself and, and tune into that faceless presence within that silent voice within and my writing. I would just pick up a pen and I would just be, you know, I would just write, like, this story just came through me so easily. And I was really guided as much as the story echoes my own life. And it truly does the, the dream scenarios. A lot of the experiences, although they're quite mild in the book just for, you know, privacy reasons, but a lot of it was my own experiences.

Tanja ([14:34](#)):

But I wanted to, I guess I was guided to connect to humanity because humanity, like myself, when I was very sick, I didn't, I couldn't see if you told me, oh, you know, you're in complete power of your life and you just have to tune into spirit. You probably wouldn't get a good answer from me at that time because I was very frustrated and I was very in a, I was in a dark sense is a place. And I, I really wanted to connect to humanity in, in a level that reaches everybody because I have the utmost compassion for human beings. You know, it's not easy in this life. We're inundated. The information input is extraordinarily high and it's very hard to navigate from the sense of noise as opposed to the sense of silence. So when, when we, when I guess the purpose of this book was to, to tap into this, the simplicity of being human, because we're always, like, I found myself in my journey always seeking these extraordinary therapies or, you know, I wanted to go into the Tibetan and mountains and stay there for months on end fasting.

Tanja ([15:42](#)):

I've done it all. I've done everything. And I, I'd always come back to myself and I, as soon as I come back to myself, that whole ascension process or the transcendence process that everybody is seeking, it happened instantaneous to me. The second I was by myself, within myself. And I didn't have to do anything to get there. So I found that extraordinary. So I started to really listen to that and tune into the power of our own breath and the intelligence of that. And I was guided on a creative side back to the essence of cultivating the arts. And I, I started off there when I was younger, I was an artist and I went to art school and fell off the path you know, due to traumas in life and life takes you in whatever ways. And that started to open up again to me.

Tanja ([16:34](#)):

And I started to really have a beautiful relationship with story and what story actually means. And I went back and I started through my own dreams and through my own divine providence and guidance, I was guided back to really, really ancient script. And I started to really dig into these scripts and I was reading quite heavily on the ancient way of storytelling and the illuminance of the divine and every single storytelling. And you know, how all the sans scripts, all the scripts, all the religious aspects of our external governance, it all comes back to one omnipresence. And the religions in all of these scripts have all been the divine storytellings of truth, the truth that we lie that lives within. And this is the difference that I understood very quickly when I started going through all my processes, especially when I was writing, when I write, I actually have the most illuminated experiences.

Tanja ([17:38](#)):

I, I get carried off into different realms of consciousness and, you know, I'll write my writing and then I'll have another diary. But I was really brought into different areas of self discernment in those processes. And I was connected to divine wisdom and the divine, the difference between divine wisdom and knowledge is, it's, it's an unveiling. It's not a seeking. And when I came to understand that, when you're really tuned into a divine wisdom, you're no longer seeking it. It's a revelation. It's the rebirth of a new mind through the unveiling of the truth within you. So all the resistance I had my entire life to find purpose, find purpose, find meaning, this and this, it just fell away because it was the first time in my life I actually became connected to the realization of who I truly was because I didn't have to seek it, I just unveiled it.

Tanja ([18:34](#)):

So when that veil dropped and I started to tap into this divine wisdom my creative aspect came out because that wisdom is the expression of our divinity in which we are born from. So we're all born from creator. We have our parents, but then we have our, you know, the, the parent. And I think that when I tuned into that knowing I quickly went from seeking to see her from surviving to creator. And I was no longer trying to survive the world and my identity because the identity that I had been attaching to I knew very quickly was false. It was fabricated, you know, through the, through our daily lives. And when I turned into the creator side, just by tuning into my divinity and it, you know, we, we, and I was victim to this too, we often make everything so complicated as humans.

Tanja ([19:34](#)):

Probably cuz we're trying to make commodities out of everything. I'm not sure why. But we're, we tend to make life very complicated. And it's a redundant cycle that we don't get out of. And when we, when we truly tune into ourselves, it's very quick to see that the spiritual process quick quickens very quickly because it's very simple. When we tune into the intelligence of our body through our God-given gifts

such as breath, such as our nervous system, our central nervous system, I like to call it the conductor of electricity, which amplifies the balance and the harmony. You know, when we tune into all of these, these aspects of self we're, we're in that, that driver's seat we're the director of our own story. So I didn't really have to even think of how to, how to write. And some of my other books that I'm writing right now, it's not a thinking process, it's a receiving.

Tanja ([20:33](#)):

So it's just very fluid for me. And I think that's what happened when I wrote the story. So it started off on the journey, which echoes my journey very much in the healing. And then towards the end it pivots a little bit and it brings in a little bit of, of prophecy because you know, sometimes speaking of spiritual aspects is not always easily received. It can be somewhat, you know, recognized as woo woo still, or, you know. So I went, I was guided to go into the arts and funny enough, because I was an artist and I studied the arts and I always, since a younger age, I had a few things that really captivated my attention. I think some of it was that we are, that life has to be more than what we see life is. There's way more to this life than what we are experiencing in our day-to-day aspect.

Tanja ([21:26](#)):

Because, you know, you think that I thought life revolves around you and you're so predominant or important in this life. And we are, but we're just a small fragment of an entire collective. And when we unite to our own humanity, we can unite to the humanity as a collective. And this is where we're falling short. Because if we don't show up to ourselves, we can't show up to this collective. And hence that whole process of transcending will not carry us to where we need to be because we're still fragmented. Just like when I started my healing process, I was a fragmented part of my being. I was only body, body, body. Like there was no mind, never even mind the mind like the mind was even processing. It was in let alone soul and spirit. So when we come into our whole humanity, we come into balance and we cannot tune into our higher aspects of consciousness if we are not fully aligned in balance and harmony because we're not tuning into the resonance of that higher consciousness.

Tanja ([22:28](#)):

And so this is what happened with me in the creative process, is when I started coming into harmony and balance and cultivating the breath. And I'm not even talking about hyper breathing, although those are good sometimes too. But you know, just really just, just as we are, but just really being aware of the process and coming into presence. Because if we're not in presence, we cannot create because creation does not happen if we're falling out of presence. It's a creative process of creation is in the now because we're tuned into the spirit which is creator itself, which lives within us. So I was guided throughout that, the end of the book, of the aspects of the genius. I was always curious of what makes a genius a genius and why did they only live in a time era that they did? And how did they cultivate the genius aspect within themselves?

Tanja ([23:19](#)):

This always cur like this. I was always very curious about it. And a lot of them are artists in many fields of the arts. What was it that they tuned into that we don't? And why don't we have these, you know, plethora of geniuses that are changing the foundations of humanity in our society. This, these geniuses of our past we're the ones who built our foundations in which all our curriculum is based upon. And I always wondered, why hasn't that ever happened again since the era of the renaissance, the rebirthing process? So I tuned in and I was guided into that writing process of how that happened. And they were

after the dark ages. They, some of them were tuned in through desperation, through a surrender much like the healing process tuned into a surrender of, of just higher self, of some sort of guidance from, from God, from whatever you, you worship or pray, pray to.

Tanja ([24:20](#)):

But they started cultivating the power of prayer and prayer, not the way that we know it or we're constantly asking for something. Prayer is a direct communion, a relationship with our divinity. And that's what I, and when I tuned into that relationship, like we cultivate relationships all day long in our lives, but we don't cultivate the most important relationship. And that is with self. We very much leave that off the grid. And when we do, we don't understand who we're divinely communicating with. So when we understand these aspects, this reservoir of creative life force energy and the power of immortality or youthfulness or eternity that lives in the create in the creative aspect of ourself, which is essentially the reflection of source, divine god, whatever you call it. But this is that creative aspect of ourselves that we're ultimately meant to be here to do.

Tanja ([25:20](#)):

We're meant to be here, to create, not to survive because we we're part of this creation and we're here to be the expression of that creation. And the second you tune into that, like I did into the spirit, into defining that divine communion where I actually have divine communion and relationship all the time. And might sound silly, yes, but actually talking to the divi divine part of yourself. Because when we do that, like I said, there's no more resistance and the truth and the power that lives within that is the creative side of ourselves. Cuz we're all here as creators. And that's how this story was guided. And I was ultimately led to the genius, which is very abstract. We think it's abstract, but we're all the gene, we all have the genius within us and the genius within us is our divinity. Because within that, all the answers of the, of the universe, all that has ever been and ever will be lives in that creative seed of life which we have been created from.

Tanja ([26:20](#)):

So this is the essence of that story in the most simplistic form and the most relatable form. And then of course my other stories kind of get a little bit more abstract and creative on that in different aspects of consciousness or realm spheres and all of that. So I think that's what happened. But it was an, it was an interesting journey because it was ultimately this sickness that opened up this whole plethora of divine beauty and love and all of that part of me that I had not known. And when I became, when I, like I said, when I came into that relationship with myself, it just, my entire life pivoted. And it seems like very quickly, but it, it was not. But the power is definitely within us.

Caspar ([27:14](#)):

You know, there, there's a section of the book that I think really nicely puts it that I outlined here. And it says, your illness and suffering are uprooted from the core of your soul wreaking havoc until you recognize it is your soul calling to you and awakening and an unveiling of the treasured soul within waiting to be remembered and shine bright in this world. And that, that really kind of showed the difference between healing and treating. Because in the beginning of the book, you, you illustrate you're in a hospital or right. The, the character, Isabelle is in a hospital. Yes. And they're just giving her more pills, antibiotics, it was an infection. Here are more pills. Here's us treating the body, something's wrong with it. We throw chemicals, we correct it. So to say healing is a, is a transmutation, as you put it.

Caspar ([28:03](#)):

Healing is not just mitigation of symptoms or managing disease or just making you feel a little better on the body surface level. Right. It's a much deeper transmutation. And you said through that transmutation, you are able to connect further with divine wisdom. And I'd love to set up this space of, you know, if someone's going through something right now, as we all are going through something and we're all healing at all times, how, how do we tap into that more? Because you said it's not seeking, it is unveiling. And so many of us are seeking answers right now. We're going to gurus, we're going to social media, we're going to doctors and saying, please help me answer what is wrong with me. And you're saying that's not really correct. And I think my father and other doctors would say the same. We are not here to heal you, heal yourself.

Tanja ([28:59](#)):

That's

Caspar ([28:59](#)):

We, that's right. Assist you in the unveiling, but you must reach that yourself. So what would be your advice? And I know some of that was in the book ego of that, but what would be your advice to someone trying to connect to that divine wisdom and trying to unveil the truth to themselves?

Tanja ([29:19](#)):

Well, first and foremost, like I said, it's, it's, it's quite more, it's a lot more simplistic than complex. So I know we're always looking for the, the most complex because we think that we'll be served in those areas greater than simplicity. And number one is the desire. So first of all, the desire to understand self, the true self. Our desire is the ammunition that guide that can propel us to formulate thoughts around cultivating, I guess truth within ourself. I think that, you know, we're, we're it's a little, we're always in a little bit of a funk because our teaching has been incorrect. Our upbringing has misguided us. So we're not even, majority of us are not even aware that we are these divine, powerful beings already and not the other way around. So the second we tune into understanding that we are these divine, powerful human, the spiritual beings, or these spiritual energies, you know, within the body and the remembering is, and the awakening and the remembering is that we are this light and the tuning into that is the desire to do so.

Tanja ([30:40](#)):

So the desire, I had a, a profound desire for truth. I was so tired of misguidance and I was so tired of the seeking process because it disabled me. I felt like an inlet all the time because I was always in the hands and the mercy of somebody else's word. So I was, I, when I started to come back to myself again, coming back to yourself is a very strong practice. And I know we're all doing it, but we're doing it in, again, a seeking way. So we're coming back to ourselves through breath, hyperventilating, breath work. We're doing it by saying mantras and all of this. But we're still not being quiet. We're still not quiet. We have all these regimes around practicing silence. But again, it's a cultivated regime and it is somebody else's guidance who's guiding us, which means that it could potentially work for a moment.

Tanja ([31:34](#)):

But the only way that we're gonna really tune into ourself is when we hear ourselves because our practices, which I say in the book as well, what has guided me might not guide you. But the ultimate thing that will open you up to an awareness is number one, tuning into the idea that you are divine and

that the power is yours. So not to relinquish power all the time, to practice silence and, and servitude towards yourself to then towards humanity. But that doesn't mean signing up for another practice or another yoga guru and sitting in a class where everyone's minds and the collectives are going. And it's, again, you're being guided and instilled by somebody's opinions and the ways that they have been helped. And this is okay too, cuz that does work. But the, the true power comes into your own faceless presence within, because that is the expression that is the individual expression in which you were here to manifest.

Tanja ([32:33](#)):

So it cannot work for someone else the way it's gonna work for you. And we're all tuned into this omnipresent, this divine reservoir, but through an individual like funnel or tunnel that is the expression of self. So that becomes your own personal healing process. And again, in the book, I say this too, when we're tapped into this divine process, we're no longer healing. We're being the essence and the, the, the, the functionality of healing is no longer needed because we are in our divinity, we're in our power, and in that power in our divinity, it's perfected. We are perfected that seed of life in which we're born is perfected, which means there are very few flaws in that. And the only thing that cont with that is when we drop down into, you know, the ego or the personality of self as opposed to the essence of self.

Tanja ([33:26](#)):

So tuning in to yourself as much as you can, relinquish from the power of other people just for a minute. And really even start asking questions. And you'll see when you really tune into yourself and tune into your breath, just normal breath, breathe in, breathe out, breathe out. And it'll, it'll obviously stimulate your, your central nervous system, which, like I say, it's literally a conductor for the light of our ascension, you know, this ascension from the spine all the way up to the head. And all of the scripts and the, the, the stories of our past will, if, you know, in, in the state of consciousness, you can understand that those are all symbology. The 12 prophets, these are all symbol of the ascension within ourselves. It's not exterior. God is not exterior. All these stories are not exterior. So it's, it's about really coming inward and start, I used to start by asking a question to myself, whatever question it was, I would write it down and I would sit with this question for a minute, do my breathing, and then let it go.

Tanja ([34:33](#)):

And I would just really come into quietness. And it doesn't, again, it doesn't have to be this quietness like of a yogi or you know, a Buddha who's been in Tibet for, you know, his whole life. Like we put so much pressure on ourselves even to be in silence. It's, it's extraordinary what we do to ourselves. But sometimes I go sit with my back against a tree, a big tree on the grass and ground down. And you can literally, I, you can really feel the energy of nature. It's the returning to the nature of self. And when we do that, we're in a symbiotic process with the nature around us, and it speaks through us. I like to think that the ether in which we live, the air that we breathe is the information that is inputted into ourselves that becomes transferred into ideas or divine inspirations.

Tanja ([35:23](#)):

Because it's always, we're all connected and the energy that lives through us is there to receive. So, like I say, cultivating the practice of our creator side and this divinity is, is really truly number one, a desire for it. An ultimate desire. Every morning I wake up and I I continue my practice, or I have certain sayings for me that work for me to connect to my divinity and more. So it's not even an asking, it's a knowing. So it's a knowing I am divine, I am spirit, I am creator here. And the the divine perfected seat of life is alive and

awakened within every aspect of my being. And I am in complete totality in my humanity, mind, body, soul, masculine, feminine, earth, air, fire, water, powers of the northeast, south and the west within myself. And I am the container for this.

Tanja ([36:20](#)):

And within that, you become this sphere of light that becomes impenetrable. You, we, we, we have very few holes where the outside can start, can continue to penetrate that light. And I think in the book I also mentioned, what are your prior, prior, what are your priorities? What are you cultivating? Like if you're going out and you're, you know, inputting into the physical aspect of self, all these toxins, alcohol drugs, food, it drinks, it doesn't matter what it is. You're falling right off of balance and harmony, which means you cannot tune into higher self. If your body is struggling so much to figure out how to be in the harmony in there, it cannot lift up to the higher realms of self. So again, it's very simple, but what you do in the physical aspect will keep you either chained in the density of your body or if you're kind to yourself and really cultivate a relationship with nature by understanding what is God-given in this world and what is not, what is natural and what is not.

Tanja ([37:31](#)):

What does my body feel complimented to or not. And the body always speaks to us because it's hyper-intelligent. And when I started to understand that, oh my goodness, my body's talking to me and I am a hypersensitive being, I like to think we're all hypersensitive beings, but we're not aware of that. We just keep hurting and hurting and hurting ourselves with these inputs and influxes. So I started to really tune in and I changed my entire physical state of being. And you know, people will often say that I am <laugh> ultra committed or I'm so disciplined and it's not a discipline, it's a love, it's a love for myself. It no longer becomes a state of discipline when you want to treat yourself with beauty and love and understanding that this gift of life is truly a gift. Like we are really truly here as a gift and most of us are destroying it.

Tanja ([38:26](#)):

And then we sit in our, you know, in our, in our lives, confused and perplexed in the, the suffering of life. But we're the ones who's who's, who's propagating this. We're propelling our suffering because of our actions. So everything is very connected and it's a dynamic relationship with all aspects of self. We cannot rise. And we're always like this, I I always like this too. We wanna come up all the way to the top of self. We want the creator aspect. We want the manifestations, we want the beauty, the abundance and everything. But we're still really not nice and ugly to our physical self. Well, that's not gonna happen. Number one, it's a process of initiation. So initiation meaning what are you doing in your daily life to cultivate and harness that, that harmony that anchors in the divinity into the body. So we have to rise to the top to our divinity, meaning rise to the knowing that it's there, to then anchor in that light which harmonizes our body, which keeps us in the sustained act of gen.

Tanja ([39:31](#)):

The, the actions of genius. This is what the geniuses knew how to do, cultivating a desire to, to be in tune with our creator and our divinity, which is God, Buddha, whatever it is for you. Silence, what we put into our bodies will ultimately have a direct impact on our relationship with the divinity and the power within ourselves. We ultimately either throw off that perfected seed of life, which is programmed, which is the essence, and I believe the essence and the makeup of our entire being. And the second we have input, it's that ripple effect where everything starts to go off and our bodies are not

able to align and come back into our, our, our sustenance or harmony. So we spend most of our time trying to hack through the disabled part of self, which we have created as opposed, and again, surviving as opposed to being, creating, being creator.

Tanja ([40:33](#)):

So again, like I said, desire to that relationship, what we're doing to our body. Be very aware of it and understand that it has a direct impact cuz you're literally changing the informational input in your cells, density and energy in the body. And you're keeping our, when we're doing this to ourselves, we're keeping ourselves in a lower density k trapped within the body. So we're not able to rise into the heights of our higher self commune and literally talk to divine spirit, have conversations with it, with spirit. And surrender to the idea that we are greater than just what we're seeing in the mirror. Surrender to the idea that we are part of a collective. And that it's a responsibility to rise up to the light of our knowing within the truth of ourselves. And it's very interesting also, I know we're coming close to time, the opposite of how we, the opposite of how we live lives is the greatest defect that we have.

Tanja ([41:39](#)):

For an example, when we're in hostility or in a situation that is not so for us, our ego acts up because it's, it's resisting because we want it to be our way in this and this. But we, what we have to understand is our relationships are the greatest teachers and they're often reflecting to us that part of self that needs to be risen into the light to then let go of. And there's a teaching in that. So discernment is really powerful. And for an example, when I used to have, when I started to understand this game of life, if you wanna call it, and I used to have a hostile moment or a moment of confliction, I would surrender my ego and say, okay, you're gonna step aside for now. Now I really, truly wanna listen to what this person is going on a rant about because there is truth in what that person is.

Tanja ([42:32](#)):

But it's reflecting me. It's that what is happening right now is that's the part of me that's getting really loud, that needs to be heard discerned and to be released and loved. Because we ultimately create all the personalities of ourself, whether they're good or bad, we create them. So I started to get into this and I actually saw it as a game. Like, you know, when it would come at me, I'm like, okay, right here we go, put on my spiritual gloves and my, you know, higher governance ego, step back. And I'd be like, okay, what is, what is this? What is happening right now? And you honestly can feel that part of yourself transcend the more you do it. And the more resistance we have to people around us, the more resistance we have to ourself. Love thy neighbor is in every form of scripture and, and every form of sacred doctrine that you can imagine in different wording. But love thy neighbor because you're actually loving yourself. And the more we can transcend through love and compassion, we're ultimately loving that greater part of ourself. And this becomes that resonance that we're trying to tune into. It's the art of doing and the art of being human where we're transcending not the art of escapism, it's through the everyday actions that we we take that we have to be so completely aware of in our presence. That becomes that transcendence. Yeah. Again, all easy but not done.

Caspar ([43:58](#)):

No, no. And that's the thing, it is simple and you, you beckon on this earlier that, that we overcomplicate things, we keep things very, you know chaotic in a sense. And you know, I saw a post by Ryan Holiday today, him and his wife. He is the author, him and his wife. Yeah. Talk, talk about a mantra every year that they go through. And their mantra this year was less, less screen time, less, you know, saying yes to

things less just simplify life, enjoy life, connect with nature, have time. I see it. And you probably, you know, this, this cuz it was talked about in the book. I don't have time. It's the constant pings. It's the text from work as you put it in the book. It's everything. Not being able to connect with your own children to listen. Cuz we're always in a rush.

Caspar ([44:44](#)):

We're always running to something that we don't actually have time to sit down and ask ourself. A simple question of what do I need today? Let me connect with divinity. And I do wanna ask you this before we wrap up cuz it seems like there's a little bit of an assault on this idea of divinity. If divinity gives us power, if divinity gives us a higher calling, it also allows us to break free of control. It allows us to be our free to, to do what we truly want. Where I think we can agree, there are some that do not want, that they want to control us, they want to remove our divinity. And I know a lot of people, Greg Braden, Dr. Bruce Lipton, Marion Williamson are talking about right now we're in a little bit of a spiritual war where there are people that want to strip us of that divinity, want to make us more mechanistic, want to actually implant computers within us that will start to lose our divinity. How do you feel about that? How do you counter that in a world where so much social media, big tech, big pharma, big government, all of these things seem to be wanting us with less divinity, less control, less health, less freedom. What's, what's the best way in your mind to counter that in a world that is so complicated right now?

Tanja ([46:18](#)):

So yes, this is also in the book, but I think knowing that we have a choice, that we have our, our will and our will is also a gift. Which makes, you know, being human super special. Because when we understand that we have that divine governance within us to choose in what we engage in, which is in this book, so engaging in the media, I don't do ever engaging in a lot of supernatural, materialistic conversations in the world wars, all these things. I don't engage in it. Hmm. Because like I said, I started to, the way I was able to cultivate a better relationship around my divinity was to really make the choice that I was going to go all in with my divinity. And that was that. So staying away from public arenas that, that really try to manipulate or create that input, it's all a choice.

Tanja ([47:24](#)):

You know, whether you wanna be living in the center of a huge city with all that noise that deflects you from any silence, that's a choice. We don't need to do that. We could be in quietude in nature. And if you are in that for whatever reason, we all have our own situations and sometimes we're dealt certain cards, definitely constantly tune into the higher state of self. Whether you, you believe in it or not, that you are that number one, of course the belief and the faith that you are is the, the energy which energizes the emotions, which create the thoughts that then become materialistic or materialized into manifestations, the belief in the faith around it. But surround yourself with beautiful people. And if you don't have beautiful people around you, then remove yourself from them as much as possible, even if it's family.

Tanja ([48:20](#)):

But put boundaries and it's nothing, nothing offensive, but just make yourself a priority. At least until you can, you can be so well in your knowing and so strong and, and courageous in your own strength of your divinity that nothing can penetrate you anymore. So how I do it is every day I, I wake up and I, I I am divinity, I am spirit and it is spirit that governs my, my, my thoughts. And even before I go into

anything, or before I make a decision, I will literally sit down, take three deep long breaths, connect to spirit and just say, please guide this conversation. Please guide my words. Please be the resonance of my voice, divinity, like, you know, divine God, spirit, whatever it is, be my words. I am the word of the truth. And you know, and I know it seems very simple, but right there in then it, the power in that knowing is the power of being.

Tanja ([49:19](#)):

We start to transcend because our energy is attached to a higher state of self as opposed to the lower state of self and energy is instantaneous. There is no gridlock on it. So again, it's that power to really just commend, like you can commend you what will happen and will not from moment to moment. The problem is, is we're too tired to do, we're not aware of it and we're definitely not in presence enough to commend. So being in command by literally dictating and commending, whether it's a sickness in your body, whether it's an act in a moment, whether it's somebody else around you, when somebody else around you is condemning you, I love you in your mind. You don't have to say it to them. Cause that's really hard to do, but you know you know, and then that energy, you just shifted the energy. And, and it's the healing, it's the, it's that divine essence of power that comes in. Cuz you're in power. The outside forces cannot penetrate that light. It's too strong. The light.

Caspar ([50:18](#)):

Yeah, no, it's, it's wonderful advice and it truly is that simple. And if you're listening, just do that. Take, take a few seconds, take a few deep breaths and simply ask yourself, try and connect, ask to connect to divinity. Yeah. And just be one with it and ask questions and see what pops up. Right? It's like you said, energy is instantaneous usually that first thought, that first Yes. No, give it a binary question, you know, or anything. And what comes up right away is usually that is energy unbridled and everything. Then usually what people do is doubt. Right. That comes later. That's right. That is your human mind. That is your monkey mind going, no, no, no, maybe it's this. And then you start to say, wait, which one is it? It's the first one. Trust me. You know, disconnect the monkey mind. Always come in, doubt comes in later and usually talks you out of things that are in your best interest. Right? And we do that over and over in life. Over and over. We talk ourselves out of things. Don't let yourself do that. So I found the book really, really good to, to kind of show that, that it is that simple. It will come to you. It is if you create the space for it to come to you, and That's right. Can be a few seconds only it's not this hours and hours in a cave, as you said with other Tibetan monks around to help, you know. No, that doesn't, that's not necessary.

Tanja ([51:33](#)):

Although those experience, those are interesting experiences, but you know, yeah. They can

Caspar ([51:37](#)):

Be amazing, right?

Tanja ([51:38](#)):

Yeah. I love, I love all those other alternative experiences. They're all stunning and beautiful. But it really is a simplistic form and it's like said these, this exterior world and these forces that are penetrating and manipulating us to be other than self, other than true essence. This is the chaos and the noise. But the ga it's a game. And you, we have to be able to play the game because if we're not on top of it, we're going, if we're going to be taken under in our own self, in our own, in our own, you know essence and all that noise from our exterior world is deflecting us from that silence within us. Cuz it's an intuition. You

have all, we have all the answers we need. We have the creative forces within us. It's just, we, we live in a very loud humanity right now and we can't hear it. That's it.

Caspar ([52:28](#)):

Yeah. Yeah. Tanja, where could people learn more about you? Pick up the book Golden Virtue.

Tanja ([52:35](#)):

So the Golden Virtue is available on quite a few sites, but the main three is Barnes and novels, Cobo and Amazon. And I also have my website, which is tonjamsubotic.com. Yeah. And that's

Caspar ([52:53](#)):

It. I'll put that up as well. Tanja, thank you so much for, for spending the time with us, for, for healing yourself and then sharing and paying it forward with this beautiful book. And we're looking forward to the next book and the next one after that. And keep, I hope keep allowing divinity to, you know, go through you and write these wonderful pieces of work and art.

Tanja ([53:12](#)):

Thank you so much. It was so nice to, to speak with you as well. And thank you for your generosity for having me. Of course. And hello to everybody there. I, I so wanna come back in there. I see you on your, your Instagram and I'm like, oh no, I wanna come back.

Caspar ([53:27](#)):

Please do. We, we always would love to see people that have gone through healing. And as we all say now, it's just about optimizing wellbeing and all those things. It's, it's, it's a never ending journey, right. To try and always do that. So that's, that's part of it. Beyond the, the connection, the art and everything else is it's just the upkeep of keeping yourself healthy in a toxic world, unfortunately. But yes, please do stop by when you can.

Tanja ([53:51](#)):

Thank you.

Caspar ([53:52](#)):

Thank you. And to anyone, oh my best. Yes. To anyone living with or battling illness. I hope Tanya's story today offered some encouragement, maybe some direction for you. And the book is well on your journey back to Health. Check out the book, the Golden Virtue Unveiled. And until next time, continue writing your own healing story.