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What Would It Take For Us To Thrive? Solutions - Foster Gamble (Part 2)

Guest: Foster Gamble

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LILOU: Hello my juicy Co-Creators, Lilou here for part two with Foster Gamble. You might have watched part one, if not please do. I know that sometimes it's a bit of a reality check, to look at all those facts and the things that you have been researching on. But it's important to look at them, before getting into this, 'Thrive' of course you've created with your wife the Thrive, this beautiful amazing documentary that been seen by millions of people around the world, 14 million.

FOSTER: It's over 18 at least now, it's probably more like 30-50 given that what we document is one DVD equals one view, where else people are using them for repeated community screenings with hundreds of people on that type of thing. But it's in 24 languages now, all over the world. And we're just thrilled, because we basically didn't even market the movie other than conversations like this. So, we were really heartened that people trusted the movie, they trusted the facts, they trusted the tone, they trusted it enough to be able to give it to their family and their spouses and the people at work and people in their network. And just say, have a look at this and if you are interested then lets talk. That's mostly how it spread.

LILOU: After looking in all of this, how do you find solution? Are there really solutions actually to be able to live this amazing life, so that on the planet we really start thriving too? Because things don't look that good. First, why did you call it 'Thrive'?

FOSTER: Thrive was the furthest out that we could see in our vision. I was trained as a high speed driver years ago, and in my training with a race driver. He said the furthest you can look into the curve is where you want to be looking, when you are driving at high speeds because that will help you coordinate what they call the line, that you go through that curve. So, when Kimberly and I were looking as to what we wanted to name the movie. I told her that story and I said, "The furthest out that I can see, is humanity thriving on a healthy planet." And if we had to bring that down to one word, it would be thriving or thrive. So, we both went, "Yeah, that's it." And now we're happy to see that, that mean is really emerging all over the world.

LILOU: So, in the movie you speak of this free energy of people getting together. There is a lot of different solution you propose. Where does it start?

FOSTER: Well, this is the most exciting part to me. And by the way, before I get into that I'll say that between Kimberly and I we've done several blogs recently that are on our website at thrivemovement.com. One of which addresses how to deal effectively with the emotions that arise as you deal with the bad news, about what's in the way of our thriving. And then the other one was how to share difficult information with friends without losing friendships.

LILOU: I wanted to actually talk to you about that towards the end, because that's a big one.



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FOSTER: It's a big one, because anybody who's waking up. And it is just by the hundreds of millions or billions that people are waking up. You look at this, the Arab spring and you look on what's happening in Greece and Italy and so forth. All over the planet people are waking up, and as soon as you do then you are in the game with the rest of us, "Okay. How do I talk about this without sounding like a nut case. And I especially want to share it with the people that I care most about, but I don't want to lose those friendships. So, we can get in that later on. But there is some blogs on thrivemovement.com that address that. But back to the solutions, we suggested in Thrive that the core kind of navigating compass for solutions on planet earth was this donut. Not the donut or the solution, but the torus form, is actually the key, it's the blueprint. And people are beginning to understand what we were talking about. The most obvious form is that I said in the film that every free energy lab that I had ever visited that was being successful was in some way mimicking and dancing with, instead of crashing or burning or whatever.

This fundamental Toroidal Vortex energy form. And I've had the privilege of visiting many labs since the film came out, we've been contacted by over 300 serious inventors. Probably half or more of those in the energy field, others in Agriculture, in health, in decontamination and water purifications. It's just so absolutely thrilling. So, I've gotten a chance to visit a lot more labs and I'm continuing to. And that continues to be true, they are all the successful ones are accessing this fundamental pattern that the universe uses to sustain a healthy living system. So, not only is it the key to accessing energy in the clean free and safe way, but it's also the template for the wholeness of any system.

So, in that previous segment we talked about the lack of health in our health system, and in our food system. A food system is an organic field, literally and figuratively of whole seeds developing into whole plants, giving off whole fruits and vegetables for our whole nutrition. And then we come along and we disrupt the Ecosystem, we take out the Polyculture, many plants growing together, create Monoculture, one plant as far as you can see and then we 0:05:56.3 with herbicides and pesticides and fertilizers. And then cover the ground with plastic and then inject GMOs. And then we think that somehow we are going to get wholeness out of that. Now what's that has done is systematically and intentionally, I suggest destroyed the wholeness of the ecosystem and ultimately of our food and then of our health. But the good news is that that's an example of the problem, the health was intentionally destroyed, the wholeness. So, what do we do to fix that? Well, let's use the torus as a template; let's go back to the seed. Well, it's whole already.

So, let's don't inject animal parts, DNA or something like that. And let's leave it whole. And then secondly we've got the Ecosystem, which has a natural balance as long as you've got other plants in between the rows and so forth. You won't need pesticides, you won't need herbicides. As long as you allow the plants to replenish the soil, you won't need the fertilizers. And then look at the hydrological cycle. If we're not manipulating the weather and polluting the water when it hits the ground and so forth, will have a natural recycling, that's the hydrological torus. And then if we don't fill the air with pollution and chemtrails and so forth, will have a natural torus of a healthy atmosphere.

So, that's an example of all we have to do, is recognize what wholeness looks like and then stop the practices which are destroying the wholeness. And if you look not only at our food system and our energy system, but you look at health care, you look at education, you look at media. It's the same thing always, the wholeness, the integrity, the honesty, the transparency and so forth has been systematically destroyed. And then good news is that it was done by very few people and intentionally. So, as we expose that, that can be healed, nature wants to heal that. Most people want to have that healed. And following the template of the torus, we can actually heal all of the 13 major sectors of human endeavour



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that we outline in our solutions will on thrivemovement.com.

LILOU: But it seems like a lot of them are out of control, and it's kind of always where people come from like, "I'm going to have other people deal with that." And we are not really taking our leadership? Chemtrails for example

FOSTER: Great comment. Because the controller's greatest weapon is deception, and the biggest deception is to convince us the number one they should have the authority in the first place. And number two, to convince us that there is nothing really that a person can do about it, it's just all too powerful. It's literally like the wizard of us, where you've got this great voice and all these special effects and everything. You've got the media and you've got the governmental system, and there are corporations and so forth. The fact of the matter is it's a bunch of human beings who are trying to deceive the rest of humanity, and as they get exposed then their only power comes from us, the corporation don't have power unless we buy their products, the government don't have power unless we agree to give it to them, the banks don't have the power unless we let them make up money and then put our money in their systems, so that they can multiply it by ten, all that kind of stuff. So, when I was writing articles for our website, which I did over a three year period. We've got 13 sectors, another eight issues and then topics, and then five or six critical issues in every one of those sectors. So, we wrote articles about what's the vision, what could be, what's in the way, what are the main issues and then solution strategies that don't violate anybody in the process.

LILOU: Very resourceful website, yes. Well done.

FOSTER: Thank you. And it was a depressing process for me to write about all these critical issues, until I had an epiphany. One as I was writing I realized, "I'm writing the same article over and over." If you follow the money in any of these areas has come back to a very few people, we outnumber them by more than a million to one. We have love and truth and the life force in our side, and the vast majority of people we just need to get this information out. And then people respond from the grass roots from individual's sovereignty up, rather than begging these slave leaders to let us be free and healthy.

LILOU: So, petitions and going and letters to the government for you is useless?

FOSTER: It's a step, it helps get attention. It helps mobilize people. In my observation of the Women's Right Movement, Civil Rights Movement. It's always a messy process, but it's always as Martin Luther King said, "The arc is always bending to adjust us." And so, I'm in favour of any of those type of things as long as they don't create new violations as we go along. But ultimately each of the solutions comes back to restoring the wholeness of the torus, and at the individual level the wholeness of the human level, the wholeness of the torus. Let me say this again. At the human level, the wholeness is the individual not the group. And that's the lie that we have been told that has allowed the dictators, the ferals, the governments, the church, the loyalty. And now even the so called democratically elected societies. Our belief that they should have authority over us is the only thing that gives them power, to literary come and steal our money. Put us in a cage at gun point if we don't agree and then go off and spend our money in such outrageously destructive ways.

LILOU: It sounds like a modern slavery?

FOSTER: It is. The slave owners finally realize, people are waking up. It's also very expensive to house and feed slaves, so instead will make them think they are free instead of just doing it...



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The blacks will do it to everyone who isn't us, so small group of elite or something like that. And will do it through data and they won't even notice, they'll thank us, they'll pay us for doing it. That's the scam that people are waking up to now.

LILOU: Some people really feel free now, we here the more, "I feel free. I'm out of the prison; I'm out of this cage. I feel like I can think of my own. I can make choices that are mine." There is no any other better feeling than that, I think on the planet. It's one of the top feelings.

FOSTER: Exactly. And let me acknowledge you specifically in what you are doing with your media, because you are communicating with so many people with such deep spirituality, with transformational skills and interest. And at the same time you have been fearless about looking into these more challenging subjects, and that's happening more and more. Because of Thrive I've been invited to radio and TV programs and conferences and festivals and so forth, throughout the entire political spectrum, throughout the entire scientific spectrum, etcetera. What's really happening right now is the part...

LILOU: You haven't been stopped.

FOSTER:

No, unfortunately. And what we have been finding is that people who have been committed to their individual freedom, to the transformation of their own consciousness. To really waking up to whom they are as a sovereign spiritual being, distinct but unified with everything in the universe to keep growing that experience inside and in an honest way. Ultimately comes up against, "Okay. Does my outer reality fit that?" And when the world is in death, slavery, they are suffering, they are sick; they are in war with each other and so forth. Ultimately the inner transformation is not enough. In fact when I started on this quest there was a moment in college where a friend had introduced me to Zen meditation, and I was getting quite serious about it, meditating hours a day. And the deeper I went in my meditation, the more I kept hearing this deep rumbling and I kept thinking, "Okay. This is the Kundalini, it's going to be a rise from its coil at the bottom of my spine and wake up and enlighten me and all that kind of stuff.

LILOU: Also my life and I'm going to be free now.

FOSTER: What happened instead was the deeper I got into it the clearer it got, and it was the wailing of humanity. And the more I meditated, the louder it got. And I was ready to stop meditation, it was excruciating. Until finally the inside came to me, "You can't run from this." So, I turned and I looked at it and I listened to it, and I felt it in myself. And in that moment I said, "I will commit my rest of my life to doing everything I can about this, whatever it takes." It never came back and I have held to that commitment the rest of my life and Thrive is simply the most recent expression of, "Okay. What's the most powerful thing I can do to help other people realize what's in the way of our thriving?" And then to coordinate and dissolution, so that truly everybody has the opportunity to thrive on a healthy planet.

LILOU: So, to be free, to feel that freedom and to become free. The first step is to do this reality check, right? And then...

FOSTER: Inside yourself first, and think, "Okay. What's in the way of me being free? I'm I just buying into other people's belief systems." And then at the same time balance that on the outside, "I'm I buying into other people's belief systems?" Be they're religious, governmental, society or whatever. What's really true for me? And for anybody who goes on that quest, pretty soon you come to the edge of what David _____ 0:15:48.9 was the hustle free zone. Because if you start really looking at what's going on with



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conspiracies, what's going on with extraterrestrial, what's going on with suppression of free energy and the government subsidizes of GMOs and toxic vaccine and so forth. Once you realize that, then to speak your own truth takes a whole next level of courage. But what Kimberly and I have seen as we've been travelling to cities all over the world with Thrive and our solutions workshops. Is that people and by the countless numbers on a daily basis are waking up and saying, "Yes. I can handle the truth and not only that, but I'm ready to get on with a next step of solutions.

LILOU: How do you make decisions from that place?

FOSTER: Well, here is what we suggest. First of all we never set out to centralize control over some big global corporation, and we are not doing that. We are simply providing tools to empower self creating movements, the less we can do, the better. So, what we recommend that people do is first of all look inside yourself deeply and go, "Okay. What is my purposes in life?" A lot of people go a long time without ever asking that. And you are the only one who knows the answer to that question for you. So then write it down. For me it's something I realized it was to learn everyday more and more, how to thrive and then to share what I learned with anybody who is interested.

LILOU: How did you know that, that was your purpose? Because a lot of people are looking for that purpose.

FOSTER: I just look inside and listen. And so, there is also another blog on the website that we just put up a couple of weeks ago on finding your purpose, and what purpose really is. Because for some people purpose has to do with the quest, others it's learning, others it's sharing, others it's finding, others it's protecting. And what I realized after teaching workshop for years on this, I collected people's purposes and they fill naturally into seven categories. That started with listening inside yourself, and then seeking and finding and learning and experimenting and integrating. And then finally protecting what you had learned, and then teaching it sharing it with other people. It turns out, "Those are simply different facets of the toroidal dynamics." So, I realized purpose itself is the toroidal dynamic that each of us are. So, at some point in your life your purpose maybe more to nurture your children or it maybe more to teach knowledge in a school or to protect justice in the court or whatever. But you will find your purpose, will fit somewhere on that sequence, on that torus. And so, you come to realize that not only do you have a purpose, nothing in the universe exists except as a function or purpose. This table, these clothes, you and I as human beings, we all are being motivated by purpose.

LILOU: It's like once we realize that we are part of this, the whole and that we are all connected of course our presence just makes it purposeful. I mean we are purposeful.

FOSTER: Yeah. Try and stay in bed in the morning, just take a week off and see how long you actually want to stay in bed. Even if somebody brings you food or something like that, pretty soon you will start feeling that urge to get up and get on with it. And I was blessed in my life to have enough financial resources that my life hasn't been a lot about that. So, I could actually get on with it more quickly. But we are all in the same boat. Once you have what you need, the next natural question is, "How do you help other people get what they need?"

LILOU: The whole money conversation is another one. But I do feel and having done what I have done through donations, I can definitely certify that it's not about the money. It's quite about really having the courage to step forward.

FOSTER: And the privilege to be able to live your purpose. Maybe other than having good health and



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love, that's it. And really is available for all of us. It's a step up. Back to the sequence of what can and individual do, we recommend starting with what's my purpose. Then ask yourself. What sector I'm I most interested in? Or, what I'm I best at? I'm I drawn towards justice or I'm drawn towards environment or health, or the arts or spirituality. And then write that down. And then within that sector or the two or three sectors you are interested in. What issues most draw me or most tick me off? What most motivate me? And then write that down. And then one more thing is recommend people determine the level of engagement, that most excites you. And by that I mean are you someone who... You are a doctor who wants to go to Africa where they don't have much medicine and do doctors without borders?

Do you want to go down to soup kitchen and feed people who literally are hungry right now? So, that's immediate needs level. For other people it's like, "No. I want to work on changing the systems, so that so many people aren't suffering." So, immediate needs are getting met better. So, you might want to work on the money system or on media systems or on education systems or something like that. There is a lot of leverage and affecting a lot of lives that way. And then the third and final level that we identify is the consciousness shift itself, because those systems all come out of people's world views and that's a function of your consciousness. So, you might want to be writing or teaching or you might want to be studying philosophy or study logic or world views or whatever it is. Because the more clearly our consciousness is aligned with a natural flows of nature, the more our systems are going to reflect healthy flows and then immediate needs are going to be getting met.

So, none of those are any better than any others. It's a matter of which one is right for you. And the punch line of this is... Because we've been doing this workshops now all over the world. Is that people get to, first of all start by looking inside themselves without just running around, crashing around to do something. But get clear on. Who I'm I in the world? What is my calling? Because once you realize that then you've got all that fuel of nature telling you. You know what? Through it's biofeedback system, what you most want to do. And the truth is you can actually do that. You need to make ends meet and if you haven't coordinated your purpose with your job yet, work toward that.

But mean time, only take on the sectoring issue that most excites you. And then what we are doing on our website on the solution sub, is giving people a tool where they can connect, by region, by sector or by issue with those people who are also working on the same thing. So, you don't have to recreate the wheel. Somebody has already done the flyer, they've done the petition, they've done the class action lawsuit. Often times people have already raised the money, and they are looking for other people to collaborate with. So, this way, people can organize in a way that is based not on, "I've got to go out and save the whole world in what chances are there."

LILOU: I can do it on my own.

FOSTER: Exactly. But instead, I get to do exactly what I came here to do and I get to be in communication with other people who are also joyously doing exactly what they came here to do. And that's the tool that was effective in back 2007 in Northern California, when a lot of us got together and were able to stop a presidential year mark of a billion dollars to spray eleven million people in Northern California with toxic pesticides. We were able to stop that, we stopped the spraying in a few weeks and stopped the project in six months with only about \$40,000 because people were organized. And their lawyers did their thing and the artist did their, and the media people and the environmentalist and the scientist. So, it was able to coordinate random activism into a laser beam of effectiveness in a very short amount of time. So, what we are doing now is offering those teachings to the world and will be coming out soon with a webinar against chemtrails. But using that as an example to teach people how to coordinate either locally or globally on any issue.



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LILOU: I start my videos with, "Hello, my beautiful Co-Creators." I believe co-creation. How would you define co-creation, because it's kind of something that I feel is a big idea that we get together. It's even more than sharing or coming together. There is something also to do with being unconditional also for each other, but there is though these issues that we want to contribute to. So, what is your view on all that?

FOSTER: Yeah. I always love it when you start it that way. Particularly because I feel so grateful and blessed in my life to be experiencing such a co-creative partnership with Kimberly. And it was especially manifested in the film, and when we started in on the film we knew this was going to be a big deal. It took eight years to make, and we sat down. And the first thing we decided was that our relationship is primary, nothing having to do with schedule, stress, decision making, nothing will come in the way of the quality of our relationship. And then our second commitment was, we won't stop this project, we won't finish the film until neither one of us has any, what we call the cringe factor. Where we had to settle for something or put something in we didn't feel good it, take something out we didn't feel good bout. So, lots of times we didn't necessarily agree on things.

We were very compatible and aligned, but there is always that creative tension of you coming from different perspectives. So, we always kept going until there was alignment between us. And it was always a better solution that we finally came to, than either one of us would have done on our own. So, that's just a little microcosm of what I see going on all over the world now. Is people are learning to co-create with spirit inside themselves, learning to actually distinguish between the noise of your monkey mind and that kind of clear guidance of your spirit. So, that's I think the initial co-creation and then as you get some skill with that, then it's natural to find other people who are doing that already. And then work out, "Okay. How do we communicate? What kinds of contracts do we make? How do we handle the communication, decision making, conflict resolution?" And so forth.

LILOU: All new. The way of working and being is completely new from what we were taught.

FOSTER: Right. This isn't something that we lost the book, this really hasn't been done. The history of the world is pretty destructive and adversarial, and we not only can create literally heaven and on earth right now as we master these skills of aligning with nature, listening to spirit, respecting the freedom and integrity of every single being. But we actually have to, because we have the weaponry on this planet right now where we can destroy the whole thing in a day. If we don't really wake up to these things and have the necessary conversation, step out of the house of free zone, start loving each other and telling each other the truth.

LILOU: So, I know that you have a lot more questions out there. I could hear them already and that's why there is this beautiful site that has been created where you can check out, and get the information you need. Including the one of how to deal with friends and family. Thank you so much foster for this delicious conversation, I love it. Really enjoying...

FOSTER: Pleasure Lilou. And thank you so much for what you continue to do around the world, I really believe that independent, brave, honest media is literally the lifeblood of the transformation on the planet right now. So, thank you.

LILOU: Yeah. It takes courage to step in the truth.

FOSTER: Thank you. And thank you for listening.



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LILOU: Thank you my juicy Co-Creators, big, big kiss from beautiful Santa Cruz, California. And please stay tuned, because there is Kimberly Campbell is coming right up. Thank you.

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