

## GDL Arielle and Prana

Welcome Welcome back to Good Day Live If you don't know who I am I'm Michelle Murad I thought you needed me to do it for you You need to know what my name is Hey you never know I'm Kyle This is Michelle Murad and we have with us Miss Ariel Caputo and Pran of the black shaman Welcome back in the spirit I should say in the flesh and spirit Yes because if it was just one then we'd be in trouble right Like it was we got like just like a just like a taste of what you guys were coming in with And I when when we were rapping I literally heard in my head they need to come back they need to come back and you came up to me and you're like there's so much more that we need to talk about I was like that we are just like Syntactic We got the same thing going on So welcome back Thank you Thank you Yes Yes Yes I want to talk My first thing that I want to talk about is tell me about sea moss and for our viewers that are washing watching washing out their mouths from eating sea mouse I'm just kidding I'm just kidding I'm just kidding What is the hype about sea moss It is everywhere everyone is talking about it Why C moss Why Now I want to point out you were before the hype by the way I believe that I believe that Go ahead and speak Going No go ahead He has taught me Yes it has 92 out of 100 of the vitamins and minerals that your body needs in the one plant So it's a very high frequency plant And what's the question No I'm 92 out of 100 like just in the one plant So obviously digesting it is really good but more importantly putting it on your skin on your body because our skin is the largest organ So skin care lotion hair products um Moss hair growth oil Oh I saw that in the book That's so cool If you're gonna come in with like a pro and let me turn into I would love that I had to cut my dreads I got in trouble as a kid and you look really good with dreads Thank you You look great Now thank you You guys look great as well Thank you everybody look great Yeah I can I ask my question Yeah Oh Did you finish your No no sorry has frequency Everything has a frequency right So what is the frequency of sea moss OK So everything in the universe is energy everything is vibrating which can be measured in megahertz And so what's the megahertz for those that don't OK So let's flip to the let's go here towards the rock We actually have a little can you like measure and sound actual like sound I don't think we actually listed it in here Oh yes Yes Yes Standard human body frequency is 67 to 78 Uh colds and flus begin at 57 to 80 disease at 58 Um and then cancer at 42 So what so everything in the universe in your environment is contributing to the

frequency the state of your body So the foods that you eat the water the clothes you wear the lotions you put on your skin um air your breathing What else am I missing Everything is contributing to the measurable frequency of your body Even us as human beings our frequency is constantly vibrating and something as simple as you not having a good day could vibrate to someone else and turn their day upside down So that's how important it is to be able to tap into the frequency that you're vibrating with whether it's from you or for um from a food Um I give an example one day I was in a grocery store and a lady was um in the daily section and she had just pulled out but she was making fresh sandwiches and then she started chopping up the fruit and I was like oh that fruit looks so good I want it so bad So I was in line like I'm getting it I'm getting it and then out of nowhere spirits like no don't get it And I'm like what are you talking about I'm watching her chop it up It's fresh I'm it's coming out of the package Like no don't get it So in me had to kick in and I was like yeah I want one of those with this and as she was making it she was using all kinds of profanity and she was on a talking to somebody and she's like yeah I'm gonna do this to that person like that So I was able to tune in to OK this is why they don't want me eating the fruit You heard that before Everything that she was saying And what happened was if I would have eating the fruit I would have taken in all of that So you you just got to be aware And so that's why last week we touched on eating organic from Costco is not the same as eating organic from the farmers' market not only in the distance and time but imagine the amount of hands and whoever is going through their bad days issues arguments whatever it is all of that is affecting the food that you consume and that affects your your state of mind So then how do we if we so for people that can't go to a farmer's market and like say Costco or like even a Walmart is the closest thing to them What can they do when they're buying organic How can they wash off Is there like a prayer or is there like some sage You hit it on a dot You know words have power and they vibrate with frequency too And that's why the prayer was always the thing to do over your food Because just like they say you could speak things into existence It's the same with your food So you may have something that has uh made your food vibration change over to not such a good frequency but your words have power So when you speak when you pray over your food you change the frequency of it And that's very important and commanding the way your body then digests Absolutely My friend actually did this the other day when we went to sushi and she said she was just like uh God thank you for this

amazing sushi May I digest this easily and not have any issues because we got like some serious sushi I mean it was like when we were looking at it we were just like oh boy it wasn't the living sushi was it wasn't the type of sushi that look at you when you eat it It was like like a like lasagna something it looked like lasagna but it was it was delicious It was intense I was like I know like we got to maybe have a probiotic before this happens I I love that about the frequency I am so about that About like your words make a difference the way you think makes a difference And it's practice It doesn't happen overnight as I'm sure like and as you told your story last week it doesn't happen overnight Like you had Kentucky Fried Chicken You had turkey at Kentucky Fried Chicken and and almost died from that Yeah I look during my body building days I had to have chicken fish steak and beef every day four times a day So I was a wreck I was a wreck and I thought I was the best thing walking around because of body building standards you know beefed up you know they they sell us this thing like ok you want to be beefy Look at the cow you eat the cow which is totally not true And a lot of people are saying this now in these days Um But what does the cow eat you know you know grass and things of that nature Um So yeah it changed my life and I want to say one thing going back to the mall So please take me back I would say a good five years before the world even heard of Sea Moss or alkaline water I was ingesting it consuming it Um it was getting brought over to me from Africa um from doctor So I would have it about the gallons and and and and then at that time I don't know if I should say this because the store the stores may go up on their prices as if they're not going up on everything already But I was buying the gallons for 50 bucks a gallon alkaline water and nobody spoke of it Nobody heard of it It wasn't in no store on the shelf So I was drinking it about the gallons uh two or three gallons every month And he was just bringing it to me and I was paying for it Then he introduced me to Sea moss and I was just like what is this crap But at the same at the same time I was like wow look at my skin change Wow my my eyesight and my vision is getting better So I couldn't let it go And I actually had a mother-in-law at the time who was suffering from cancer And one of the main things her doctors told her is don't consume any fluid And every time I went to see her she was so so drained and down she can barely make it to the door and she opened it So I gave her a gallon of alkaline um water and literally the next day she opened the door and greeted me with such cheerfulness and so much energy and she's like I feel amazing I feel great And I said do do your doctor know that you're consuming fluid

She's like no I don't care I feel good This is this is what I'm supposed to be doing Feeling good And she did that for about a month before she had to go back and he asked what it was that she was of course because he seen the improvement in the health Then he took her off of it and she passed away shortly after Sorry to hear that But yeah that's yeah the cancer Cancer is no something that we don't wanna really talk about Unfortunately sorry you did say um earlier before the show began that you were a shaman and the high priest we call you the black shot and we have gone into just so much uh your your knowledge is expansive Can you just like tell us that story a little bit like who was that guy who was eating that meat and and bulky and that transition to a shaman and the high priest What's that story Uh I I think I could say that that guy was uh on his journey to who I am Now That person to me is a different person someone who no longer exists uh exists excuse me Um Went through the norm as everybody does wasn't any different from anybody Uh just living life with no guidance you live life and then you die at least that's what people think Then I realized um I I it took me to have that heart attack and I'm gonna say the universe came to me while having a heart attack and spoke to me And and that's when I knew that however you wanna address it the universe spirituality was real uh because nothing like that had ever happened to me before And when I was told to change I changed and the change through that journey is when I started to experience to become who I am today And it was just so much to come to me I I didn't sleep for nights and weeks and months because of sitting up watching things come in and out of my home and in disbelief like who can I tell this What is this all about And what I noticed about myself is there was little if no fear of course the first interactions made me freak out Like I literally I I left out of my own home and I wouldn't go back in there because I need to answer to what was going on So much change was you were experiencing so much change in evolution right You were freaking out by your own personal space Yes Absolutely But then it was one day when I was out and I was like I'm not going back into that place And that's amazing I I heard the voice say you asked for a change Oh wow And this is the change you either accept it or or not We we're here to guide you and protect you not to harm you And it just brought over me a a feeling of grace and peace So I walk back into my home and with accepting that my home actually became my temple And with that acceptance is so much that came to me that was just just just amazing Um So I will say this I've experienced in my own home before I ventured out and journey with You probably wouldn't see unless you studied at a monk temple

or something like that So uh I went through the stage of levitating and I was through meditation and breath work So that was really like actually going yeah I I've done it twice I've done I feel like I'm levitating every time I'm here especially with these shoes on I've done it once 33 times total in my life once was with intentions and the other two was without intentions It just happened while I was meditating I I had so much free time to myself Like I I was pretty much like a lab rap rap just a living experience Like anything that I heard them say do or do it like this I was doing it because I was excited to see what was it gonna bring And uh my energy levels had increased so much as far as frequency I remember on a Thanksgiving Which is ironic Thanksgiving You know wait it was it wasn't the same Thanksgiving as the turkey from it was actually a a year later a year later I'm ready for Thanksgiving Um home alone Uh the movie Oh not the movie right Not the movie And I'm in the kitchen I'm a very uh O CD person Like I like to keep stuff clean I'm in the kitchen so it's nothing to clean And I of course I didn't even eat for Thanksgiving There's a glass sitting in my sink I'm like ok Yeah How did they get there Because I don't play that you know No Right So I said here here's what I do I put the dishes up that's sitting in the drain and then I get this and put it away So I didn't even get to put the dishes up in the drain and I had just finished meditating and I'm standing in my kitchen and the glass just bust show it popped And I was like wow what was that all about So I went in and did a reading and that was part of my growth as well of doing readings because they want you to communicate just like you would want your girlfriend boyfriend husband wife to to talk to you This is what they want from you So yeah they don't like to be ignored It's an exchange of energy Do this with us We do this for you You know So uh when I went into acts there was like is your frequency growing You're vibrating so high with the earth the earth vibration recognized you more than human can So being in that silence in that time of still isn't alone I was vibrating so high that anything around me it's just like a sonic boom Yeah that that's what caused the glass to explode So I was like wow you know so frequency is extremely high Yeah And I wasn't around anybody at that time What you would address as friends was calling me They thought I was in prison or something I was like where you been and to bring it all the way back you were mentioning Doctor Sebi and just for you guys at home Doctor Sebi took like the entire nation's health care by storm by himself He was a very prominent character and I thought he was like unreachable I can't believe you learned directly from Doctor Sebi himself He's like a it it's a huge part of my journey

You know how I got to be in contact with him was actually his sons Um They had a cool blog radio talk show and I would love to listen to the knowledge that they brought to the world and I was just upset that I wasn't they was based in New York and I was like man I can't travel to New York just to be around him and talk to them So I called in the show one day and I just told him I said hey I really really would like to have a chance to study with you guys Be around you guys I'm in Atlanta You're in New York And they said oh you in New York It's like hold on son And I was like ok take this number down and they gave me the number to the other brother which was in Atlanta And I was like wow and I made the phone call to him told him who I was and how I got the number And he's like oh ok then he was like I see that you're on the word he used I can't even remember But he knew pretty much I was on my journey my higher self and he said I got you And he just started feeding me He said you take this for this You take this if you want your king senses to open up everything was plant based and it had got so extreme with my changes because I would call him and tell him everything that happened to me He started calling me in when they did speak events Use me as an example like a yes yes Tell the people what you experienced tell the people what happened Let them know what took place to taking this So yeah a lot of the speaking events I was at uh he would call me and say would you come out and I say absolutely be honored And then uh definitely on over the phone He I and Mr we would talk for hours up until three or 4 a.m. the next day and it was crazy about it We were the ones tired not sa he was full of energy full of just flowing through him Right It was just like it's how I feel like when I'm here Yeah I feel like when you're here six months three months now and you've detoxed leveled up your hair food everything else the amount of energy that you have Oh I am so excited I'm be levitating I be in sea And also remember this influences every category every area you watch your relationships improve watch your money improve I love that love that keep going keep going I didn't mean to cut you off That's a true fact You mentioned earlier how everything was happening to you and just to back what she was saying Yes So you you have uh iman a frequency from your being So it's just like a a cell phone tower or a satellite That's what you're doing now when you consume that in in that one day So like she said imagine six months from now imagine a month from now I'm telling you the changes I mean Andy is our producer is like a testament Everyone that works is here knows that like so much has changed like in the past week it's unreal It's activators Yeah Going on people switches I love it I love I love both of

you so much I think it's just oh man I just I feel like so much Ariel was on your Instagram stories I think it was last night or this morning I think it was your stories And it showed bottled water or plastic water and it said poison Talk to me about that We don't even drink water don't drink at all So we drink just steam off fruit juice fruit juice Yeah water is it's dead It's not alive anymore No I thought water was so alive And then so many of the bottled waters have an incredible amount of toxins phas plastics everything So it's disrupting That's what I thought Yes So many women right now are having massive blow issues and they just stopped drinking water or started with that So some things to help bring about change with that is I mean you can get the machine Is that in the book The book For sure Yeah definitely removes all the toxins from the water But um as she said fruit juices natural fruit juices um things of that nature coconut water I love coconut water I love coconut water Gain that and just stop drinking the water I drink it all the time He makes fun of me because I go to creation and it's like \$11 per month It's worth it because you don't need to drink as much water then because you're getting so much more Ok That was my next question And the vitamins and the mineral Yes Exactly Um and with that being said it's a science to it of how things have been structured So you get into the fruit juices and have you ever been curious when you go to the hospital Whatever is wrong with you The first thing they do is is get into your vital signs and they hook you up in your veins and they're running this fluid through your system If whatever is going on with you is so problematic why don't they just give you water to hydrate you Why don't they run that through your system That should be a question that we're all asking Oh interesting That's fascinating I never thought about that The reason is going back to what the statement she just made and we're speaking on water and also keep this in mind a baby They tell you not to give a baby water That's it You ever thought about that the first six months or something So they know that the water is poisoned They know that the water is problematic So in those little valves that you hooked up to is the same elements that come from fruit Yeah it's right It's like this is what I was telling you I probably gonna get attacked by this What I'm gonna say the liquid IV pack Hey no no no don't drink No no no thank God that is not I'm probably gonna get attacked for say and take them off your shelves Ok So they're all out now But I you know I we were going to an event and he was like I want water and I was like well I have liquid IV he's like I'm not touching that and said well I'm out of I'm gonna be doing that I'm just kidding She was like well do you want real quick story She's like I have

liquid IV I was like I don't want that I'm just gonna go the ginger ale and she had a problem with the ginger ale So we had we've been there's been an ongoing debate on our problems with each other and with what each other are ingesting like she doesn't like the ginger ale I don't like the liquid IV we're not there then they talk about and I was like I was like oh my gosh this OK First of all liquid IV I hear what you but on the back of the pack it did not say high fructose corn syrup No not anyway we we dig the wrong thing I'm so curious How did you get on to this journey Uh other than Instagram and like connecting with him on Instagram live It was all him on my health jour This is a very long story Oh OK Let's see Where do I start Um I was in a really bad accident at 18 I dislocated my pelvis broke both feet Oh my God fractured my neck I was in several car accidents One of them exploded suffered second degree burn I've been through my fair share of body pain and about 89 years ago now probably I was in chronic pain I was on traMADol prescription pain meds and then eating a normal diet And one day I was like this cannot be normal Like I'm a young healthy person I should have been able to bounce back faster and our bodies and cells are constantly regenerating So even if you've been through a horrific disease you should at some point sorry accident be able to be back to this normal state of mind I was like and the doctors just keep prescribing the pain pills and they tell you oh you know you go to physical therapy and and I was just like something is not right here I need to get to the root cause of this And so I went cold turkey say not to do but I stopped it in one day And I decided I also was at a very low place in my life I was incredibly depressed Long story was homeless for a while But um and I was just like ok if we are if they say our words affect our reality right They say we are creators of our we're constantly writing our story So if I don't like where I'm at how much power do I have to completely change it And I was just kind of like I have nothing to lose at this point So let me just test out all of these theories and see what happens But I was like let me test them as fast as possible as I can and how much I can actually physically control Wow So I went I did this massive exam on my personal life OK If everything is energy like they say right Right then everything is either contributing to pushing us forward or pulling us back There's nothing stagnant in this universe not a rock not a mountain not a pebble Last time you were here everything is moving So which one of these things can I control So I said alcohol goodbye TV Goodbye Goodbye meat goodbye And basically it was like I'm just going to do this super overhaul and it's if you think of life like a glass and it's full of murky water So at that time I'm 25 I



have 25 years of whining complaining eating toxic I Yeah that has been pouring muddy water into the glass If you take that glass and you have a big picture of clear water and you keep pouring it in Eventually the murky water flows out you're just do it clear water So that's what I wanted to do with my life and I take all this peace joy happiness health drench myself and then would clear water come out That theory I needed to find out So then I also did things like reading as much as I could We talked about books podcasts youtube channels I wrote sticky notes all over my house I love affirmations affirmations Um On my phone I had an alarm go off on my phone every single hour every hour every hour And I would pause no matter what I was doing and I would breathe because you have to understand in order for change it has to start internally first And the feeling of what you want has to be greater than the feeling of where you're currently at You're incredibly depressed That's very hard It is So for one minute no matter what was happening in my world if I'm starving I'm homeless whatever it is in that minute could I be ok And what would that feel like in my physical body So I would sit there and be like I'm not ok I'm miserable I don't remember the last time I smiled or laughed or any of that But in this moment what does OK Feel like in my nerves my atoms my blood I don't know But can I start to practice that And then the timer would go off and I would carry on with my life What happens is these feel good moments start to take over And now the scale has tipped and now you're having more of these feel good moments And so that's what happened I remember walking out of a grocery store randomly and I was like oh I'm smiling I'm actually smiling because I had worked on creating these moments in what I could control I was still grinding I was still working my ass off I was still a single mom whatever the outside circumstances are but I could control this one minute and eventually the minutes became more and more That's the name of your next Yeah Yeah And so then I expanded to I would do it for an hour I would set the timer for one hour every night before bed I was like ok I've elevated my life to this next level Now I want to get to this next level financially happiness relationships whatever it is So for one hour could I sit here and practice what I wanted to experience or bring into my life would be a job and I would feel it So I remember wanting my dream job before I was 30 Ok Closing my eyes What am I smelling in the office What am I eating on my lunch break What do I hear Am I going for a walk on my break Am I talking with my coworkers How do I feel when I walk the hallway What am I wearing to the office Yeah And I would sit there and I would practice for one hour and it

was the same thing when I wanted a new apartment Same thing I want a bright open airy place What does that feel like I didn't think that I could afford one I wanted a specific area But if I could feel that create it internally next thing I know I walked into this office for an interview and it was a state of remembrance Oh my I was like this is the job and I remember before I even left they already called me back in and they were like we want to hire you right now Same thing for an apartment I was going on Craigslist said Zillow or yeah Willow might be a new one And um there was an ad that said Bright Open Airy which were the three words that I had been And I almost didn't go in You remember I did into the building and I opened the door and I said oh my God I'm home The front of the apartment was floor to ceiling windows open airy I love that So these are just examples But back to your original story sometimes it takes being broken you know going through shit and then being like whatever I'm willing to try anything I'm willing to listen And I you know I think we'd rather complain Oftentimes I'd rather be a victim because it's easy It's easy When is enough enough or you can answer that Did you experience any fear in that time or was there just no fear You were just going for it There was lots of nothing to lose So I was like let me just test out these theories Let's see It's incredible Give out love love comes back to you Yeah they say give 10 times and it'll come back 100 whatever it is Like I just was like let me just test these theories in my life And I remember not being ok And so the key is and then I ended up long story I ended up becoming suicide certified intervention I ended up running a support group that was very successful for a few years because I started going to depression or a a meetings and all that kind of stuff and um trying to find answers or trying to find tools And I realized everyone in the support group was saying the same speech every single week and I was like well how can you expect change if you're walking in So your words are not only creating your future but it was keeping your past in the same One of the things we worked on was like ok you're not OK we can recognize that we can see where you're at but could you be ok tomorrow Ok In three months how does that feel Ok I think in three months I could start to feel ok it's possible to find my smile back So it's taking this little shift and turning yourself in that direction using the power of your words and your thoughts But you told me about how the two of you met And I you know I'm so I was so curious about your journey and how you got so involved into it And I'm a big believer and I would say this to my mom God rest her soul Um That yeah she's awesome Um Like she was a therapist and um she would have all these

people because she would like work out of the house and we we would talk but never about specifics because she would never tell me the specifics because you know that's confidential And um I would say mom did you ever think when people are broken Actually things are falling into place And I would I said at a very very young age and my mom like used that So like when things and I I have to remind myself when things feel like things are shattering and breaking I have to just and it's tough for me and let me know it's tough for a lot of people A really good example is do you know the geostones I like an ugly rock from the outside We crack them up in their crystal So what is it like We all came here on a Souls mission on a soul's plan right We end up sitting here like you're not going to crack me open to this But the the universe is knocking on our door and the knocks get louder and louder and more in our face And that's what was happening with the accidents I was like no I'm stuck here and the universe is like no let's break you open So now people can see the light that you chose to give in this lifetime Wow All right And then OK so you were doing you were on this journey you were doing the one minute the one hour things were happening When in that journey did you stumble across prana When was that ig live What was the IG live What three years ago It was um just talking about the universe life Um Before and after life I'm really fascinated by reincarnation Same before and after what happen do we live multiple lifetimes And that you guys were kind of touching on that But um I mean leading up to this I had been praying to the universe God source whatever you want to call it for a while Like show me No bring me bring me I need someone I need help I need a guide I didn't have parental figures I didn't have other people that you think we should have So there have been a long time coming and like I was a single mom for a while It's a big burden to carry I mean like bring me someone who can teach me show me things Yeah I I did the um I did a reading with prana before the show and you were just talking about how people are very closed off and like don't don't break me and it's just funny because you have such a calming voice but he's also like immediately breaking and like opening you up like before you even know it you know Oh wait Yeah I just I I did have that thought and so it's just runs a one on one session with you for you guys at home Um Very useful I'd suggest it I'll just stop there Life changing very time You do a plant medicine journey that next level hands on my life I already experienced the next level Earlier today it was a level up level up level up level up level That is so cool I mean my question is and I don't know if I asked this I don't think it did Can we measure our frequency Like like

you know how we can take our temperatures Can we measure our frequency  
Sure It actually devices out there that you can use to do that Not only not  
only your frequency the frequency of food water and everything So  
definitely you can do that I'm guilty of the coffee like I drink coffee and I  
know that's like something that you guys are like don't do it And you know I  
hear it all the time Don't drink coffee And what do I do Substitute it for like a  
high grade ceremonial macha with ah you know I'm gonna try that you know  
what it is because I really had to ask myself why And it was the smell of like  
my mom and my dad every morning making coffee and it was just it's just  
home to me your your drink that you prepare in the morning your same ritual  
your same It's a mental thing So our high grade ceremony Macha get a really  
fancy little frost on having fun putting it together and creating it that way  
You still get the smell of your mother and father making coffee just switch  
out a couple that's beneficial to your health So yeah you know I did notice  
that you had Macha and he was he had and he was like a whole another  
person I was like who is this guy Yeah Yeah Yeah I got that's the coffee man  
You got a you got a coffee I thought that was just a like for the the product  
we're going to stick with a coffee Can you switch to a clean or organic coffee  
bean Add some mushrooms in there Can you do some lions Main cortic ups  
Yeah I got you Raw energy Yes Yeah I think you still bounce off the wall but  
not have the crash effect or just like the jitters I'm getting jittery and that's  
not good I don't want that at all Like I can call that Michelle just had coffee  
and you your adrenal glands That's right Your adrenal gland thyroid gland  
Uh Yeah Yeah But um sorry you were speaking as she was saying adrenal  
glands you you you're messing with those the thyroid and the most important  
thing to us as humans the the gland you know the caffeine destroys that so  
often we find ourselves having to find a way to decalcified and most people  
don't care because they don't know what's happening They're just dealing  
with whatever they're going through but it affects the mind in a major way  
and the decisions you make So deifying What's the you have so many  
questions I don't know if I think we're I think we're running out of time  
Unfortunately we have a minute Go for it Well the dec so wrap it up if you  
wanted to decals is is it in here It's in there many many options to doing it  
But the number one was always water So just make sure you have clean  
water clean water Ok That is a very very good thing for the I did with black  
pepper A little bit of black pepper juice What is that I'm sorry I have to say  
I'm not getting enough of you guys and I know that people that are watching  
aren't getting enough of you guys Where can they get more of these Are your

cameras Away get away share Book number two number two I like that book  
Number two It is on its way high frequency fools I feel like you need a  
school or something on its way I want to be part of that I want to help you it  
out You guys are incredible and I I just I cannot thank you enough for being  
on our stage and on our show and and being part of our audio sharing with  
our audience It's been an absolute pleasure and a joy Thank you Thank you  
and coming back and and we just want to say thank you wherever you are  
today I hope you find the good in your day and have a beautiful beautiful  
weekend