

enLight'n Up Episodes—Season 1

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-LOCATION

THEME: Disclosure by PaulWernermusic (AudioJungle #19744019)

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- Show title: Verdana (bold)
- Title (name): Backsword
- Subtitle/title: Verdana (regular)
- Guest title/title: Mirabel 2
- Guest Subtitle: Verdana (regular)

CREDITS:

- Darshana Patel: HOST
- Jesse Grainger: PRODUCER/EDITOR

S1 E1 enLight'n Up—Spirit Talks Politics: The Coup of Consciousness
-Aired: Wednesday, 3/1/17

Darshana channels Spirit on the topic of today's polarizing political landscape. Spirit provides insights on why politics is important to the evolution of human consciousness. Are you struggling to make sense of the political headlines today? Then you'll want to check out this episode! Darshana takes channeling to another level as Jonesy (Krista M. Jones) intuitively illustrates Spirit's content.

Visit Darshana at www.enlightnup.net, www.unscriptedway.com,
www.facebook.com/unscriptedway, www.youtube.com/unscriptedway

For more info on Krista, visit www.alchemyenergyhealing.net and
www.jonesyart.org

TAGS: spirit, darshana, patel, medium, mediumship, channeling, trump, politics,
2016, presidential, election, krista, jones, Jonesy, Neo

RUNTIME: 43 minutes

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S1 E2 enLight'n Up—Rise'n Vibe: Art, Inspiration, and Tiny Doors ATL
-Aired: Wednesday, 3/8/17

Calling all artists and creative types! You won't want to miss this interview with my guest (and dear friend) Karen Anderson. Karen is the Director and Principal Artist of Tiny Doors ATL. Since debuting in Atlanta, her miniature public art installations have inspired a community of fans who believe in free, accessible, experiential art. Join us as Karen shares about what inspires her to do this work, how she maintains artistic authenticity, what she does to navigate the inner and outer critics, and the importance of community, collaboration, and public art. So many nuggets of wisdom!

Find Darshana at: <http://www.unscriptedway.com>,
<http://facebook.com/unscriptedway>, <http://youtube.com/unscriptedway>,
<http://instagram.com/unscriptedway>

Find Karen at: <https://www.instagram.com/tinydoorsatl>
<http://www.tinydoorsatl.com>

TAGS: Darshana, Patel, enLight'n Up, Karen Anderson, Tiny Doors ATL, art,
consciousness, public art, Atlanta

RUNTIME: 37 minutes

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S1 E3 enLight'n Up—Mindless Mindfulness

-Aired: Wednesday, 3/15/17

Darshana shares her one big “aha!” insight that expanded her level of inner peace, clarity, and focus – that we’re really not the voice in the head! Jonesy (Krista M. Jones) intuitively illustrates the content to engage visual learners as Darshana shares this teaching.

Darshana's links: <http://www.unscriptedway.com>,
<http://facebook.com/unscriptedway>, <http://youtube.com/unscriptedway>

Krista's links: <http://alchemyenergyhealing.net>, <http://jonesyart.org>

TAGS: channeling, meditation, Patel, medium, Darshana, spirituality, focus, evolution, peace, clarity, raise the vibe, consciousness, unscripted way, Jonesy

RUNTIME: 34 minutes

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S1 E4 enLight'n Up—EnLivened Living: Neuro Spirituality and Human Evolution

-Aired: Wednesday, 3/22/17

Join Darshana and her guest Dr. Stephanie Rimka as they explore spiritual realms of the psyche through neurology and the subtle energy body. They discuss a variety of intriguing topics including how the constant bombardment of high frequencies from electronic devices affect the mind, body, and energy field. Deepen your spiritual and neurological connection with Dr. Stephanie, a Board Certified Doctor of Chiropractic and a Board Certified Neurofeedback Therapist.

Darshana's links: <http://www.unscriptedway.com>,
<http://facebook.com/unscriptedway>, <http://youtube.com/unscriptedway>

Dr. Rimka's links: <http://www.brainandbodysolutions.com/>,
<https://www.facebook.com/Brain-and-Body-Solutions-with-Dr-Stephanie-Rimka-Atlanta-GA-155265801171079/>

TAGS: Darshana Patel, consciousness, neurofeedback, chiropractic, evolution, Dr. Stephanie Rimka, spirituality

RUNTIME: 46 minutes

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S1 E5 enLight'n Up—Conversations with the Cosmos: Navigating Negativity
-Aired: Wednesday, 3/29/17

Darshana channels Spirit on the topic of how to navigate the negativity in your life! As we deepen our spiritual practice, we often become much more aware and sensitive to the perceived negativity of people and situations. How does one remain peaceful and centered when navigating negativity? Darshana takes channeling to another level as Jonesy (Krista M. Jones) intuitively illustrates Spirit's content.

Darshana's links: <http://www.unscriptedway.com>,
<http://facebook.com/unscriptedway>, <http://youtube.com/unscriptedway>

Krista's links:

Krista's energy healing: <http://alchemyenergyhealing.net>

Krista's art: <http://jonesyart.org>

TAGS: channeling, Patel, Darshana, consciousness, medium, spirituality, unscripted way, Jonesy, evolution, Neo

RUNTIME: 34 minutes

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S1 E6 enLight'n Up—EnLivened Living: Posture and Breath
-Aired: Wednesday, 4/5/17

Dr. Kate Edwards joins Darshana to share the basics of posture and breath for balance and vitality – physically and energetically! Dr. Kate offers practical approaches to bring your body and breath into alignment and dispels common misconceptions about “proper” posture and breathing. Dr. Kate, PT, DPT, OCS, is a Board Certified Orthopedic Specialist.

Find Dr. Kate at <https://www.precisionpt.org/>

Visit Darshana Patel at <http://www.unscriptedway.com>,
<http://facebook.com/unscriptedway>, <http://youtube.com/unscriptedway>

TAGS: Dr. Kate Edwards, therapy, posture, Darshana Patel, breath, physical

RUNTIME: 35 minutes

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S1 E7 enLight'n Up—Conscious Communication

-Aired: Wednesday, 4/12/17

Join Darshana and her insightful guest Sonali Sadequee as they discuss a new paradigm of communication – Conscious Communication. Explore how to transcend the primal brain's triggers to open a space for deeper, heart-centered interactions with anyone in your life. Sonali is the founder of Sustainable Wellness where she coaches her clients as a trauma informed Lifestyle Transformation Coach. Her roots as a practitioner are in Social Justice, Trauma-sensitive Purna yoga, Integrative Nutrition, Reiki, Tantra Energy work, and her own journey in exploring the mystery of Life.

Find Sonali Sadequee at:

<http://www.sustainable-wellness.com/>

<https://www.instagram.com/sonaliwellness/>

<https://www.facebook.com/consciouscommunicator/>

<https://www.facebook.com/Sustainable-Wellness-187878874573010/>

Visit Darshana Patel at:

<http://www.unscriptedway.com>,

<http://facebook.com/unscriptedway>,

<http://youtube.com/unscriptedway>

TAGS: Darshana Patel, Sonali Sadequee, Conscious Communication, consciousness, Imago

RUNTIME: 45 minutes

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S1 E8 enLight'n Up—Nonviolent Communication (NVC)

-Aired: Wednesday, 4/19/17

Join Darshana and her guest Cynthia Moe as they discuss Nonviolent Communication (NVC). Cynthia came to practice of NVC out of frustration that her interactions with others were sometime not in harmony with her values for peace, respect, and caring. Desiring to be in the world differently, she found Marshall B. Rosenberg's NVC model, his personal presence, and his worldwide teaching inspiration for being the change she wanted to see in the world and herself. She experiences NVC as offering a reliable and tangible tool for maintaining connection and compassion when navigating through life's differences.

Find Cynthia Moe at:

www.SacredSpaceInc.com

Visit Darshana Patel at:

<http://www.unscriptedway.com>,

<http://facebook.com/unscriptedway>

<http://youtube.com/unscriptedway>

TAGS: NVC, Nonviolent, Communication, communication, compassionate, Dr. Marshall Rosenberg, Cynthia Moe

RUNTIME: 32 minutes

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S1 E9 enLight'n Up—Channeling Neo: Making Empowered Decisions

-Aired: Wednesday, 4/26/17

On this episode of enLight'n Up, Darshana channels Spirit on how to make empowered decisions in life. Do you ever feel paralyzed when making big or small decisions? How do you know when to trust your head or your heart? What does it mean to be empowered? Join us in exploring how to feel a greater sense of ease and freedom when life offers you choices.

About Darshana Patel:

<http://www.unscriptedway.com>,

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About Krista Jones (Jonesy):

<http://www.alchemyenergyhealing.net>,

<https://www.jonesyart.org>

TAGS: consciousness, Darshana, medium, Patel, channeling, Jonesy, spirituality, unscripted way, Neo

RUNTIME: 35 minutes

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S1 E10 enLight'n Up—Exploring Gender and Sexuality

-Aired: Wednesday, 5/3/17

Join Darshana and her guest, Dr. Anneliese Singh, as they explore the differences between gender, sex, and sexuality and what this means for individual quests for

self-expression. This insightful conversation explores “LGBTQI” and non-traditional definitions of gender across time and cultures. Dr. Singh is a professor and Associate Dean for Diversity, Equity, and Inclusion at the University of Georgia. She has authored numerous books and articles exploring gender and sexuality, including *Affirming Counseling and Psychological Practice with Transgender and Gender Nonconforming Clients* and the upcoming *Queer and Trans Resilience Workbook: Skills for Sexual Orientation and Gender Expression* (New Harbinger).

Dr. Anneliese Singh’s Ted Talks:

Trans Liberation is for Everybody -

<https://www.youtube.com/watch?v=-onhIoDRMmM>

Let's Talk about Gender - <https://www.youtube.com/watch?v=XlIMOpw8m9M>

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TAGS: gender, sexuality, gender expression, LGBTQI, Anneliese Singh

RUNTIME: 40 minutes

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S1 E11 enLight'n Up—Reiki & Energy Healing 101

-Aired: Wednesday, 5/10/17

Dr. Kate Edwards hijacks the show and interviews Darshana about the basic premise and philosophy of Reiki and energy healing! Tune in to see how a western-trained medical professional makes sense of eastern energy healing modalities. Having experienced the benefits of Darshana’s energy work firsthand, Dr. Kate seeks answers so she may share the possibilities of energy healing with patients and others in the medical community. Dr. Kate, PT, DPT, OCS, is a Board Certified Orthopedic Specialist.

Find Dr. Kate Edwards at <https://www.precisionpt.org/>

About Darshana Patel:

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TAGS: Reiki, Precision Performance, chakras, energy healing, Dr. Kate Edwards

RUNTIME: 31 minutes

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S1 E12 enLight'n Up—Darshana's Favorite Books

-Aired: Wednesday, 5/17/17

Darshana gets personal and shares the stories behind the core books that influenced her spiritual journey. How did the books enter her life and what wisdom did the books open up for her? Join the conversation... let us know your favorite books at <http://facebook.com/unscriptedway>.

About Darshana Patel:

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TAGS: Spiritual books, Darshana Patel, enLight'n Up

RUNTIME: 33 minutes

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S1 E13 enLight'n Up—Channeling Ra: Translating Cosmic Wisdom – Part 1

-Aired: Wednesday, 5/24/17

Darshana translates a “braingasm-inducing” RA channeling that ties together many core universal concepts including the vibrational nature of reality, being triggered versus being in the flow, the energetic body, sacred geometry, the matrix, polarity, the non-local mind, Akashic field, releasing patterns, soul journey, and soul contracts. All this and more!

Darshana's correspondence with Ra transcribed Below.

About Darshana Patel:

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Channeling RA on BEING IN THE FLOW – 05.04.2017 by Darshana Patel, Spiritual

Activist, Medium, & Healer

Darshana: If I connect with my body's energetic pulsation (remembering I have a unique vibrational signature), I will feel exactly when I am in the flow or when I am triggered at any level - mentally, emotionally, physically, energetically/intuitively. When I become so in tune with the hum of my body and its natural nuances throughout the cycles of the day, I will know precisely when there is a distortion in my energetic field that is keeping me from integrating the ENERGY (INFORMATION) around me (STIMULUS). [RA prompted to elaborate]

RA: To be in the flow is to process through (INTEGRATE), without RESISTANCE, any information coming into your AWARENESS (your PERCEIVED REALITY). If there is a RESISTING PATTERN in the field, it is brought to the LOCAL MIND'S conscious awareness (although it may materialize as if it were subconscious) through the permission of the SUBCONSCIOUS MIND, which is an extension (FRACTAL) of the COLLECTIVE CONSCIOUSNESS. The collective consciousness (SOURCE, ONE CONSCIOUSNESS, INFINITE INTELLIGENCE) acts in accordance with the AKASHIC FIELD of information to determine whether or not the pattern's lessons, or contribution to other (in their lessons), or experience has been resolved.

If the pattern (learning) has been transcended by the individuated consciousness (the individual being), the pattern is RESOLVED in the field of energy, returning the pattern's unique markers to a "0" on the binary algorithms surrounding the being. When the same experience enters awareness again, it remains IN THE FLOW. There is no DISRUPTION in the field - no REACTION and the individual continues to experience of the enlightened BLISS of the timeless, PRESENT moment.

The AKASHIC FIELD holds, among other things, the information related to an individuated consciousness's (SOUL) intentions for learning, growth, contribution, and experience in that lifetime (JOURNEY). Timing, context, and completion (or renunciation or modification) of a desired LESSON determine if a pattern resolves (is deactivated) or remains activated in the field. The MATRIX (the arrangement of "1's" and "0's") in the ENERGY FIELD around every being and around every ARRANGEMENT of beings, is a series of COMPLEX SACRED GEOMETRIC PATTERNS with "1" and "0" MARKERS at every point. A PATTERN is a standard vibrational signature created through the activation and deactivation of a specific arrangement of markers along these interwoven geometric shapes.

Prior to INCARNATION, an individual designs, with support from ascended masters and guides, a journey. A JOURNEY is an arrangement of ACTIVATED PATTERNS (SCRIPT) in a being's complex arrangement of geometric configurations around the body to support the soul's learning, growth, contribution, and experience. As lessons and experiences are TRANSCENDED (what one was SUBJECT TO is now OBJECT... "being had by versus having"), these patterns are DEACTIVATED ("released," "reframed," or "reintegrated"). A being's collective activated and deactivated

patterns (SCRIPT) in the field determine the overall vibrational frequency. Each octave of consciousness provides greater access to additional possibilities of experiences through an increasing complexity of pattern arrangements (EXPANSION OF CONSCIOUSNESS – AWARENESS).

The soul's YEARNING is a return to the perfect state of DIVINE CREATION through the simple recognition that the perfection is EVERPRESENT and IMMATERIAL. The recognition of the Divinity Within all Beings is the Return to the One Infinite Creator, Source. It is not a separate BEING. It is the Oneness of All Beings.

TAGS: channeling, spirituality, enLight'n Up, Darshana Patel, RA, consciousness, astrology

RUNTIME: 34 minutes

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S1 E14 enLight'n Up—Channeling Ra: Translating Cosmic Wisdom – Part 2
-Aired: Wednesday, 5/31/17

Join Darshana for a soul-enriching exploration into the concepts unveiled to her in a recent RA channeling in this episode Part 2. How do astrology and the natal chart imprint patterns in your vibrational field to create your life blueprint? And how does one transcend patterns to generate new possibilities in life? So many rich topics to dive into!

About Darshana Patel:

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TAGS: Darshana Patel, enLight'n Up, spirituality, consciousness, RA, channeling, astrology

RUNTIME: 36 minutes

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S1 E15 enLight'n Up—DiSpelling Myths about Wicca and Witchcraft – Part 1
-Aired: Wednesday, 6/7/17

Ready to dis-Spell myths about witchcraft? Join Darshana and her guest Haley Murphy "Witch Mama," owner of ATL Craft, in this two-part episode. Witch Mama shares a wealth of information about witchcraft, Wicca, and her inspiration in

opening ATL Craft as a shop and community resource center.

Visit Witch Mama at: <https://www.atlcraftshop.com>

About Darshana Patel:

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TAGS: Darshana Patel, enLight'n Up, spirituality, ATL Craft, Wicca, witchcraft, paganism, new age, metaphysical, Witch Mama

RUNTIME: 26 minutes

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S1 E16 enLight'n Up—DiSpelling Myths about Wicca and Witchcraft – Part 2
-Aired: Wednesday, 6/14/17

Join Darshana and her guest Haley Murphy “Witch Mama,” owner of ATL Craft, in the continuation of this two-part episode. Witch Mama shares about witchcraft’s roots in natural law and helps us explore the practical magic of symbols, spells, and rituals in everyday life.

Visit With Mama at: <https://www.atlcraftshop.com>

About Darshana Patel:

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TAGS: ATL Craft, enLight'n Up, spirituality, Wicca, metaphysical, new age, witchcraft, paganism, Darshana Patel, Witch Mama

RUNTIME: 24 minutes

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S1 E17 enLight'n Up—Channeling Neo: What's Missing in Today's World
-Aired: Wednesday, 6/28/17

Spirit shares a perspective of what’s missing in our individual and collective lives that would bring about a fundamental shift in our balance, harmony, and happiness. Don’t miss the “3 C’s” if you’re seeking a positive change in the world within and

around you!

About Darshana Patel:

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TAGS: medium, channeling, enLight'n Up, Darshana Patel, consciousness, change, Neo

RUNTIME: 31 minutes

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S1 E18 enLight'n Up—Authenticity in Channeling

-Aired: Wednesday, 7/5/2017

Darshana opens up about her experience in mediumship and channeling. Are you developing your intuitive skills and do you find yourself saying, "Am I really doing this?" or "I'm afraid of being judged or considered crazy!" It can be a lonely road at times, so join Darshana as she openly shares about her channeling journey.

About Darshana Patel:

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TAGS: Darshana Patel, enLight'n Up, channeling, mediumship, intuition

RUNTIME: 32 minutes

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S1 E19 enLight'n Up—Schooling Alternatives for the Empathic Student

-Aired: Wednesday, 7/19/17

Join Colleen Zeigler, Pranic Healer, Mother, and a regular on The Lighter Side, as she shares the insights along her journey in exploring alternatives to traditional public education for her empathic daughter. Are you a parent struggling to find educational options that better support the needs of your bright, ambitious, and empathic child? Then definitely check out this episode!

Contact Colleen Zeigler at: colleen@jamiebutlermedium.com

About Darshana Patel:

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<http://instagram.com/unscriptedway>

TAGS: Darshana Patel, enLight'n Up, sensitive children, indigo children, education, school, alternative school, Colleen

RUNTIME: 33 minutes

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S1 E20 enlight'n Up—Presence, Grounding, and Connection in Nature with Darshana
-Aired Wednesday, 7/26/17

Take an intuitively-guided nature walk with Darshana and learn techniques like: how to see subtle energy in the sky and around plants, how to ground your energy into the Earth, and ways to experience the interconnectedness of existence. If you didn't get your outdoor recharge time today, here is your opportunity!

Heads Up!: Energy interference caused some static distortion in parts of this episode's audio. Be mindful of the volume when listening with headphones.

About Darshana Patel:

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TAGS: Darshana Patel, enLight'n Up, nature, empath, take a walk, subtle energy

RUNTIME: 22 minutes

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