

Frankie Boyer: 00:04 Welcome! it's so nice to have you with us right here on radio. I asked today Dr. Anna Gatmon to join us.

Frankie Boyer: 00:13 She's written a book called Living a Spiritual Life in a Material world: Four Keys to Fulfillment and Balance. I asked her to come back because I felt that we all needed to figure out how to reset after this horrific event that happened.

Frankie Boyer: 00:31 This weekend in Las Vegas you know 59 people dead. Five hundred twenty eight people injured. Some in critical condition, clinging to life, and if you have watched the news and you've heard the stories of survival, they are incredibly touching. They are amazing stories of bravery and heroics. Husbands and boyfriends losing their lives by being able to protect their girlfriends and wives and family members. It just goes on. There is a lovely woman from the Boston area who was killed. She went just for this concert. It's senseless, it doesn't make sense, no matter how we wrap our heads around it. We can't seem to get answers and so I I wanted Dr. Gatmon to be here to kind of just help us a little bit.

Frankie Boyer: 01:40 And it's so nice to have you with us and I'm sorry it's under these circumstances.

Anna Gatmon: 01:48 Frankie, hi. Thanks for inviting me. I'm glad to be here at this time with you, and I just want to say to you that you are so soulful in your presentation, in what you just said that you bring me to tears.

Frankie Boyer: 01:59 Oh thank you so much. Thank you well but it's true. I mean this is a man I won't use his name.

Frankie Boyer: 02:09 I don't want to give him his credit, who obviously no one, no one can figure out what happened, no one. But you and I both know that there has to be more of a check and balance when it comes to guns in this country. And the man that he bought most of the guns from said he was legit.

Frankie Boyer: 02:36 He was normal. There was not any red flags. You know, and blah blah blah blah. But you know what. Something went wrong. Something terrible went wrong and then he converted those rifles into machine guns which which you know is obviously illegal, but the parts are not illegal and if you know about guns you can do that.

Speaker 8: 03:04 So that's one piece that we all have to look at. We all have to look at the Second Amendment.

Frankie Boyer: 03:17 We all have to. But share with us.

Frankie Boyer: 03:24 You say, "Don't succumb to fear and anger. Keep your heart open through the pain the anger and the fear."

Anna Gatmon: 03:31 Yeah. You know I mean first of all there's not too much to say because it is so painful and so horrific that you know we're all in shock and it's just pain coming out. So that's the first thing there isn't much to say. But I think that after that, the hardest thing is to keep our hearts open. We want to go to right and wrong, who are the bad, the Republicans are bad, the Democrats are good, and why did it happen. I think it's the wrong question to ask. ask instead, what do we do with what has happened. We don't know why it happened. There are different reasons for it but it's not one thing. And the question is what do we do with it. Because it is so easy to become fearful to live life to the fullest because the war zone is not somewhere far away in the Middle East anymore, it's happening in our backyard when we're just going to listen to music.

Anna Gatmon: 04:27 Right. Or when our kids are going to school. That's when it is happening. So it's really staying with an open heart and when we do that something very powerful happens. It allows us to transform the pain and anger into answers. What can I do to make a difference. It's an awakening calling. What can I do to make a difference in my life. How can I be a better person today because of this.

Frankie Boyer: 04:58 When you wrote your book living a spiritual life in a material world, which I think is such a brilliant title, by the way, brilliant title, and it doesn't have to be all or nothing or if I do this then I can have that. Is that what you're trying to say to us.

Anna Gatmon: 05:21 Yes I am. Just like you don't have to give up material pleasures in order to be truly spiritual, which is what I believed at some point, you can find the spiritual in your daily material engagement because it is there. If you are with your smartphone all day and find joy and gratitude and love and connection through your smartphone. And don't try to say that this is material and that's spiritual. And so here also, this is not about political questions. Should there be more gun control. This is a human question. It's a question of the heart. Does a gun matter more than the life of one person one black person whose daughter had to see him senselessly die. 59 people who died while they're listening to music. It's like this senseless violence everywhere. And it's not an easy practice to stay with our heart open and ask the universe, or God, or whatever we believe in.

Anna Gatmon: 06:23 "What can I do to stay in an open heart and do the right thing, do the good thing, and not fall into politics but instead, fall into being human and being compassionate. And what is the right thing to do. And that's why it's not a black or white issue in that sense because it's a question of the heart and there's always a middle way. It's not no guns or all guns.

Frankie Boyer: 06:48 There's something in the middle that should be led by the heart and it's also being truthful.

Frankie Boyer: 07:04 Say more about that also being truthful and and being able to stand up to the truth which is hard for many of us to do.

Anna Gatmon: 07:15 Yeah it is hard. Yeah.

Anna Gatmon: 07:18 It's hard to stand up to the truth. It might mean that we need to do something different then staying in our comfortable lives. But again it's not happening somewhere far. So today it didn't happen to me but it happened to other people who just were living their life. So it does require us to awaken. And again the awakening is not to to right or wrong or taking sides. It's awakening. It's having our heart crack open from the horror of this and staying open and saying how can I, what can I do differently and how can I take a stand for love for compassion for this planet for other races for my best friend. Yes. How can I stand up to that and make a difference. Some people are looking for a calling and purpose and meaning and feeling that their life is senseless or purposeless. The fact that is that every one of us can ask ourselves, what can I do to make a difference, and suddenly we each feel that we're together, we're united, and there is a purpose to life and I'm going to do this small, or big thing that's going to make a difference in my life, is going to make a difference, because I've made that effort.

Anna Gatmon: 08:41 And I showed up.

Frankie Boyer: 08:44 You know we just had the very holiest solemn holiday in Judaism on Saturday.

Frankie Boyer: 08:56 Friday night and Saturday Yom Kapoor and it was a time for many of us to reflect on life and to connect. And I had the most beautiful weekend I've had in a long time where I was just surrounded by family. There was so much love and friends and it was just a very beautiful weekend to be a part of a couple of celebrations that were going on. And I just felt so blessed and filled and I just wish that for everybody, to find that balance, we find a place where we feel we are filled by the love in our lives

and the connections and the gratitude that we have for them. I thank you so much for being with us today. Living a spiritual life in a material world is

Anna Gatmon:	10:02	Her new book and the best Website is <a href="http://www.annagatmon.com">www.annagatmon.com</a> .
Frankie Boyer:	10:11	And again thank you so much and we'll be back in a moment. This is Frankie Boyer on talk radio. Stay
Speaker 11:	10:11	tuned.