

Shrink Rap Radio #116, October 19, 2007, Undoing the Ego
David Van Nuys, Ph.D., aka “Dr. Dave” interviews Nouk Sanchez and
Tomas Vieira

(Transcribed from www.ShrinkRapRadio.com by Susan Argyelan)

Excerpt: *We found out that suffering – that the human dilemma, the cause of suffering – comes from a mistaken sense of self. It comes from identifying with the ego, and we don't mean the ego in psychological-term definition of the ego. We're talking about spiritual definition of ego. It's the belief in a separated sense of self, that everybody's separate from everything and everybody else. And this is the #1 saboteur that all of us are facing.*

Introduction: That was the voice of one of today's guests, Nouk Sanchez. Nouk Sanchez and her collaborator, Tomas Vieira, are authors of the 2007 book, [Take Me to Truth: Undoing the Ego](#). According to their website, Australian-born Nouk Sanchez has always been driven to seek the Truth, expose it, and simplify the pathway for others to follow. Initially, this drive led her to become internationally recognized within the cosmetic industry. Nouk pioneered a revolutionary concept for esteem-enhancing cosmetic application. Her holistic, Feature-Focusing technique was aimed at giving all women over the age of 25 years the opportunity to look their very natural best. Her findings led to publication of a book and the formation of her cosmetics company. The website goes on to say, “Having blazed a pathway in cosmetics, Nouk retired from the industry to live in New Mexico and dedicated herself to pursuing and teaching ego release. In 1990, after being introduced to A Course in Miracles, Nouk and her small spiritual family embarked upon learning the Six Stages of the Development of Trust. The 15-year journey of awakening led to her experience and understanding of the mechanism of the ego: how, why, when, and where we sabotage ourselves. Nouk and Tomas learned how to enter the void, hold the faith, and see the face of truth. Their discoveries led them to simplify A Course in Miracles' miraculous formula for removing the obstacles that obscure Love's presence in our daily lives. A simple and powerfully transformative six-stage spiritual navigation guide is the culmination of their work together.” Now, here's the interview.

Dr. Dave: Nouk Sanchez and Tomas Vieira, welcome to Shrink Rap Radio.

Tomas Vieira: G'day, David! It's a pleasure to be on here today.

Nouk Sanchez: Hi, David.

Dr. Dave: Well, this is unique. You know, I haven't often interviewed two people at a time. I think I did that once before, and this will be Episode #116...(laughs)

Vieira: Wow!

Sanchez: Wow! That's a long time running!

Dr. Dave: Yes, it has been. I've been eager to talk to you; I have a copy of your book, and I've been reading through it and very much enjoying it. So...

Vieira: Thank you.

Dr. Dave: ...I know that you're both authors, and you're workshop leaders. How would you describe yourselves? Do you think of yourselves as spiritual teachers? As gurus? Enlightened persons? Or...what?

Vieira: Eh, probably none of the above...(laughs)

Sanchez: (laughs)

Dr. Dave: (laughs) Okay.

Vieira: I reckon the closest definition, David, would be purely that as a result of our journey – as we say in Australia, “a traveling of so many dry gullies” – in search of the truth, that if there was any title, it would be just that we're keen to share. So, we're about sharing our experience with others and hopefully, if that helps to collapse time in terms of other people getting “aha” moments and fast-tracking their learning, well, terrific!

Dr. Dave: Okay, well, speaking of sharing, that gets us off to a good start. Share with us the story of how you came to write your book, and how you came to be called to this work.

Sanchez: Yeah, a great question, David. Well, it all began a long, long time ago, and I know we don't have that much time, but Tomas and I met in 1984. And we made an unusual commitment. And the commitment, when we met, we fell in love, just like anybody else would, and we had no idea why we met, except that we loved each other and we wanted to pursue a normal romantic goal, which is to get married and have a child, and all that sort of thing...and maybe form a business. But during our first two years together, we got to the point where we realized that because we had such dysfunctional backgrounds – and that's the truth, both Tomas and I – we realized that we wanted a better way. We wanted another way to love each other and to have a much better life, because we had suffered greatly with a dysfunctional past. I don't think there's anybody alive that doesn't have some form of dysfunction, but we really had a lot of it. (laughs)

Dr. Dave: Okay.

Sanchez: And together, with the relationships that we'd had in the past, they were all failures. So we did make a commitment – I think it was about late 1985 we made an unusual commitment. We committed to each other. We said, “Look, under whatever circumstances may occur, no matter who might come into our lives, no

matter what situations or circumstances may occur that we would stick by each other, all right?"

Dr. Dave: Yes.

Sanchez: Now, this is just a year before we got married. In other words, what we did is, we made a higher commitment. We didn't realize exactly what we did, but we did ask, looking back, we asked for God or the Source, or whatever you might call it, to actually come into the relationship and transform us – transform our minds – and in the process, transform our relationship. Now, fast-track it to 1990. We were given a book called *A Course in Miracles*, which is a non-dual, a contemporary spiritual teaching – non-dual metaphysics – and we read the book and were absolutely drawn into improving our lives from that. So, we embarked upon a 17-year experiential journey, and most, a lot of that time, we were led up dry gullies, and boy, did we suffer from making some wrong turns...

Dr. Dave: Hmmmm...

Sanchez: ...because like anybody who starts on the spiritual path, you come to make a lot of mistakes, and we did. And what we did is, we learned from the mistakes we made (inaudible) and how to free ourselves of suffering. It was scribed by a lady called [Helen Shuckman](#) in the 60s, and it's become huge. Apparently, there's around two million copies circulated around the world today. It's aimed at undoing – and I mean this – undoing the one cause of all suffering. That's what it's there for. There's just one cause, and it's a mistaken identity; it's a sense of separation, and you know, I mean... What it says, David, is, it says basically this. It says that God *is*, all right? Now, God or the Source – whatever you want to call it – is *all love*. There's nothing other than *all love*, by God. So, it poses a very logical argument here. How, how's it possible that all love – God being all love – could make a reality, this reality that we think we're living in, that contains hatred, conflict, death, and everything temporary. So, what it then goes on to say is, that's impossible! All love would never make anything other than love. So, why are we suffering? Why do we die? Why do we have conflict? Why do we have pain? You know... why all these things? It explains it very, very simply. It's because *this* reality that we believe is real is actually a dream. That we, collectively, from the oneness, we *were* all one. We're in perfection, and all love, all joy. And what happens is, we had a tiny, mad idea, to experience something other than oneness called separation. And that's how time began. Time is an illusion as well. And quantum physics also explains that... I mean, it supports the theory that we actually make our reality. This is what the Course in Miracles says, is we projected a dream, and this is the life we're living now. Therefore, we only have *one* goal, and that is to wake from this dream.

Vieira: And I think that there's one more thing here that's important. It's also about the reversal of cause and effect.

Sanchez: That's right.

Vieira: Because we live this life believing that the effect, which is what we're projecting out into this world when we see around us, is the cause, and the Course is about reversing that, and if you like, taking back response personal (?) and global responsibility for the fact that we are creating all of this. And so therefore, the solution, in terms of the unrest and dis-ease, etc., lies at the *real* cause, which is in the mind.

Dr. Dave: Okay.

Sanchez: And I might just add to that very quickly, as I was going to say, about [quantum physics](#). Not that I know much about it, but I do know one thing. There is a term called the "observer effect" in quantum physics. It says there *is* no reality *until* that reality is first perceived, which really supports the theory that Course in Miracles is saying, is that we've projected this reality.

Dr. Dave: Okay, I've known about the Course as I say, through various friends. But I've always had, I haven't gone through the Course myself. And I have a bit of an ambivalent attitude towards it because on the one hand, I know people who tell me it's been transformative in their lives. On the other hand, because of my own early experiences with fundamentalist Christianity, I'm a bit put off by its New Testament orientation. Maybe your book is designed to put it on somewhat more neutral ground.

Vieira: Thanks for saying that, David, because that's perfectly said, what you've got there, because we shouldn't get hung up on dogma of any kind, and this book isn't about that. So, here's the thing: It *should* be, does the stuff work? (laughs)

Dr. Dave: Mm-hmm...

Vieira: So, first question is, is there a truth in the fact that all of us, as humans, have – more than once a week – this impending sense of doom, this fear, this suffering? And the answer is yes. So then the next question would be, well, if there was a way to fix this, where you didn't have to take on board a whole bunch of religious dogma or anything else, but purely, works through logically, the steps to look at what causes suffering, and that you can take responsibility for that, and step yourself through those; and recognize the difference between peace and suffering, and then make those choices yourself, then go ahead and do it. And that's really what we're all about. So I'm glad you made that comment because it's not about getting "badged" as this or that. It's about hey, we've got something to share which is our own personal experiences that have led us out of the dysfunction that we had, and we can share it. That's it, really.

Dr. Dave: Okay. Maybe we should talk a little bit about resistance. I mentioned that I was resistant to (laughs) going through the Course in Miracles. And it seems like

resistance is part of the process. On the one hand, we want all these things that you've been talking about, and yet there seems to be a part of us at the same time that holds back or resists. What's the source of our resistance, and what...do you see that as playing an important role?

Vieira: Yes, I'll get Noukie to also talk about this as well. You're talking about resistance. Well, the book – in our book, *Undoing the Ego* – what we're talking about there is actually learning trust. And fundamentally, our ego believes that *it* is in charge of our life, *it* is playing the role of God, and that we should trust *it*. Now if you like, we live our lives. If we were a computer program, the default position is the ego, which is always coming from lack, coming from fear, coming from insecurity. And so therefore, we spend our life on the outside, continually chasing, trying to acquire, trying to avoid, trying to resist, because we don't want to look at that pain because the default position is, we're not enough. So, I don't know if that goes some way to looking at this. But the other side is that, you know, this is almost like one of those Rumsfeld sayings, right? "You don't know what you don't know."

Dr. Dave: Yeah, now you mentioned looking at our pain. Is that an important part of the process? Personally, I think it *is* important to look at our pain. Is that also a part of your approach?

Vieira: I think it can be overvalued, in the sense of looking at our pain, but I think it's useful in terms of an indicator because I think each of us has a wounding – whatever the terminology you want to have – that's unique. And, it seems that our life travels in patterns that keep having a link back to whatever was our particular wounding. So, in other words, it's actually a doorway or a portal to our healing. So, I think in that sense, it is important. But what I wanted to say just there was this trust that you were talking about is based on our... First of all, we're asked to leave a system that we know, the ego system is our default position in this life.

Dr. Dave: Mm-hmm...

Vieira: And yet what we're talking about is learning trust, which is learning that there is a divine role that's at play, and it has your best interests at heart. But if we've never known that and never experienced that, of course there's distrust, and of course there is discomfort and resistance to letting go.

Dr. Dave: Okay. You have something in the book that you refer to as the P.I.Q. formula. Nouk, maybe you can take us through that.

Vieira: Sure. Nouk, would you like to do that?

Sanchez: Sure. This is a tool that really does help; we found for ourselves, personally, and for the many people that we've worked with in our workshops as well. And it's just a tool that you can use in the now moment, as soon as you feel a loss of peace.

And we do explain in the book that the ego – as soon as there's a loss of peace, that *is* the ego. That's doubt. Doubt (inaudible) our lives, but doubt in the divine will. So, as soon as there's, say, a feeling of resistance; a feeling of a loss of peace, like in an argument or a conflict; or you might find yourself rushing into the city in your car, and all of the sudden, you get a flat tire, and you're standing there going, "Damn!" you know? "I can't have this happening!"

Dr. Dave: Right.

Sanchez: "Not now!" You're resisting reality. Reality presents the flat tire or an argument, or whatever. In that moment, we resist that. That's when we start to suffer. We start to doubt, so we're doing the opposite to trust, and it's sort of like a closed loop; it just feeds itself. So this is the tool. It's called the P.I.Q. formula, and it asks us to get in contact with the now moment. So "P" in the P.I.Q. formula represents "presence," so it calls us back to the now moment because in truth, there's only the now. We've only ever been in the now every moment of our lives; there's never been *not* a now moment that's ever occurred. The problem is that mentally, we're usually not present for the now moment.

Dr. Dave: Mm-hmm...

Sanchez: Each now moment, we're either thinking about the past or we're planning the future. So, we're not present to the now. And this is a problem, when we're doing any real problem-solving of the spirit. So presence is calling you back to the now moment. It's the only moment that's real, and it's asking you to become the observer, right?

Dr. Dave: Yes.

Sanchez: Get out of your emotion, have a look, be the observer to observe yourself in this particular instance, however uncomfortable you might feel.

Dr. Dave: Mm-hmm...

Sanchez: The next one is "I," which stands for "inquiry." This is radical self-inquiry, which we teach. It's remembering to question your thoughts, remembering the source of this uncomfortable projection. Because as we teach here, anything that's actually happening is a projection that's coming from your own mind. This is to teach you you're not a victim of anybody or any circumstance. As Tomas was saying before, cause and effect: our mind *is* the cause, and everything else is the effect. So, it sort of gives you that power back again and reinstates a little bit of peace again, okay? It asks you what you're resisting in reality, why you're resisting it, and that allows for universal inspiration. It's another term for, I guess, the God source to come into your mind and reinterpret the situation for you. The next one is "Q," which stands for "quantum forgiveness." This is not your normal forgiveness.

This is a different type of forgiveness. I might ask Tom to actually explain this. He explains this much better than me. All right?

Dr. Dave: Okay, yeah. That was one of the things I wanted to ask about, because one of my prior guests was Dr. Fred Luskin, who has researched and written about the importance of forgiveness. And so I wanted to find out what you guys mean by “quantum” forgiveness.

Sanchez: Yes.

Vieira: Okay. So, I guess first, let’s establish the status quo, which is that forgiveness is based on you did something, and it’s real. So you did something and it hurt me, so what you did was real, and the hurt that I experienced is also real. And then, forgiveness asks me to be big enough to forgive you for doing it, which still says that it was real and I’m now going to be big enough to forgive you. So, we’ve (inaudible) the issue is real. In quantum forgiveness, what we’re saying is that based on that concept that (inaudible) and the guidance around the fact that there is only one of us, and we’re projecting it. So that means that what you’re doing, or seem to have done, is really a part of me, reflected back to myself.

Dr. Dave: Mm-hmm...

Vieira: So, if that’s the case, then when I’m extending forgiveness – or quantum forgiveness – what I’m saying is that it’s all a projection of my mind. Nothing really occurred; there’s been no sin. And so, it’s about overlooking. So, it’s not about me being bigger than you; it’s about overlooking the event in its entirety and forgiving the fact that I created this scenario and this circumstance. Now, every time I do that, what I’m doing is I’m healing that unconscious guilt around that separation. And this is something we’ve removed ourselves from *so far* that most of us can’t actually relate to that.

Dr. Dave: Mm-hmm...

Vieira: But it’s reclaiming that sense of ourself. It’s removing judgment from this world whenever we do that. And in so doing, we’re actually forgiving ourself. Yes, there’s a side benefit that the person in question, in this event, is being forgiven, but that’s actually the secondary issue. The first issue is about, “Oh, what’s presenting here is some part of my unowned trait, unconsciously projected outward.”

Dr. Dave: Mm-hmm...

Vieira: Let me reclaim that by overlooking it.

Sanchez: Okay. I might qualify that, David, very quickly, because when I first heard this, I was quite threatened by this idea. Because my argument was, I was abused as a child, all right?

Dr. Dave: Yes.

Sanchez: Now, if I had quantum-forgiven my abuser, who was a teacher, when I was eight years old – if I had forgiven him, then where would I stand? I can't just say that didn't happen, all right?

Dr. Dave: Right.

Sanchez: So, what we're saying here is that, okay, at the level of form, which is the level of the world that we're living in, (inaudible) I was abused by that teacher, okay? But as I grew and became more awakened spiritually, I realized that that teacher could not have abused me at the age of eight had he not been totally, absolutely unconscious. In other words, he was acting fully from his mistaken identity. If he'd been awakened, he'd have never done that, all right? So what I, so at the level of form, that act did happen. I had to heal; I had to have some psychotherapy back in the past to help to heal that. All that had to be done in form. But at the level of spirit, which is the level we're talking about – the highest of levels – I see that he was asleep. He was absolutely unconscious, so I can forgive that totally and extend that. Does that make sense to you, David?

Dr. Dave: Yes, it does. It does, and in a sense, it sounds like you're talking about ultimately, it comes down to a form of self-forgiveness. Is that right or not?

Sanchez: Exactly, exactly.

Vieira: Very much.

Dr. Dave: Mm-hmm...

Sanchez: I mean, it runs on this very, very simple principle, which is, whatever we give – and that means everything – we receive, all right?

Dr. Dave: Mm-hmm...

Sanchez: So every time we give quantum forgiveness at the level, at the highest levels – right? – what we're actually doing is we're undoing a great chunk of that unconscious guilt that A Course in Miracles calls the ego. And it frees us, and that's what allows miracles to occur and infinite possibilities, that were previously not available to us, to actually flow into our lives.

Vieira: Mmm... because we would be imprisoned by our prejudice and by our judgment. So forgiveness is very much the key because we understand that all that we give, we receive.

Dr. Dave: Yes. Yes. You refer to – Nouk, you were saying that if your teacher had been more enlightened, there's no way that he could have done that. And so that raises the question of the whole concept of enlightenment, you know? Of an enlightened being. Where are you with that idea?

Sanchez: What was that last thing you said, David?

Dr. Dave: About the idea of a person being “enlightened” in some kind of ultimate sense.

Sanchez: So, you're asking what do I define enlightenment as?

Dr. Dave: Yes, or do you think that there is some end state of enlightenment that people can attain in this life, that...

Sanchez: Yes, well this is what we're doing in the book. We're actually giving a six-stage map. It's a spiritual navigation guide for people to follow, and to let them know that, okay, let's be honest here – it's not easy. If anybody says that the path to enlightenment is easy, they're lying. (laughs)

Dr. Dave: Yes.

Sanchez: Because the first thing that has to go before any light can be returned to our mind is the darkness. So, we have to undo the darkness. And this is another thing I might say here, and I think you might've seen this yourself, with the people that you come into contact with. There are quite a few teachers in the world today – spiritual teachers today – that we've realized are *stage*-enlightened, and not *state*-enlightened. The difference is that anybody can have a stage-enlightenment. Anybody can go into a fantastic point of revelation with God, all there is. They can actually have a state-enlightenment, I'm talking about; they can have a state where they've gone into meditation, they've met with the face of God, they've – and they could be and come out of that and have a year or two or three or whatever, thinking that they're enlightened. What I'm saying here is, that's just a state. It doesn't mean once you've reached the top of the mountain, it's a state; it doesn't mean that you're going to stay there. Nor does it mean that you're going to actually lead anybody to that state, right?

Dr. Dave: Yes.

Sanchez: What has actually, what we've seen – and we explain this in the book in depth – is that what we've seen is that it is a process. We're in this body; we're in this world. We're in gravity, all right? We're in time, and we have to actually work through stages, and this can take years to do. And it's stages of development of trust, which equal stages of undoing the only block there is to the awareness of love's presence. Because once we undo that block, which is the ego, there's only one thing left. It's like you, David: you're pure light. At your essence, that's all

you are. David, as David knows himself, doesn't really exist. Nouk, as Nouk knows herself, doesn't really exist. And this is the process that we're going to find as we go through the stages of enlightenment. If you've gone through a state of enlightenment, and sound (?) enlightenment in some sort of meditation or revelation, you've got to come back down the mountain and join the real world, and start in the process of undoing the ego. And this is what we talk about. Does that help?

Dr. Dave: Yes, it does, it does. And I'm always remembering the Zen saying that before enlightenment, chop wood, carry water. And after enlightenment, chop wood and carry water. I mean as long...as long as we're...

Vieira: You know, (inaudible) David.

Dr. Dave: Yeah, as long as we're embodied here (laughs) there's a certain level that we still have to deal with.

Vieira: Yeah, I think the other thing that I'd like to add to this is that somewhere, when we use that term "enlightenment"...

Dr. Dave: Mm-hmm...

Vieira: We use it in the same way that might be connected in religious terms or spirituality terms with the Buddha, Jesus, whatever. Immediately our eyes avert upwards to the sky.

Dr. Dave: Mm-hmm...

Vieira: So there's this kind of "Oooh, this is, you know, only a few can achieve this, and what these guys have done, it's like inhuman and nobody can do it."

Dr. Dave: Yes.

Vieira: And yet the whole deal was, in my mind – and I can only speak from the sense of actually being raised as a Roman Catholic, okay? – was that my interpretation now, having done my journey – is that Jesus would be pissed! Because the whole idea was to come here and show that, "Hey! I'm just one of you guys and we can all do this. And it's no big deal in the sense that all it is, is undoing the illusion of the self that we think we are, guys. That's all it's about." But what we've done is elevated this guy to this stage, here, that the game is actually that ego's work to try and separate us. To try and show us that it's unattainable, and we are but mere mortals.

Dr. Dave: Yes. Now, Nouk referred to meditation, I think, at one point. What role does meditation play in your approach?

Sanchez: Okay, I have to tell you, quite honestly, that I tried to meditate for ten years, David, with very little success. And the reason for that – and I didn't find this out 'til later, much later, when I had a series of visions that actually told me what was happening – was that I already lived in a state of contemplation. All right?

Dr. Dave: Hmm. Yes.

Sanchez: I had, on a daily basis, I had huge chunks of time regularly where I was living in the now moment, in contact with essence or with the universal inspiration. So, it was like I was having an open-eyed meditation experience for most of my days during that 10-year period. And yet I was still getting down on myself, getting hard on myself about not being able to actually do conventional meditation. So, what we found – and we do say this in the book – is that hey, go with the flow. If you're not the type that can meditate, then simply use the formula here, which is presence, inquiring quantum forgiveness. The more and more you can stay in the now moment while you're awake – while your eyes are open – you're working, your – you know – interaction with other people...you're in spirit!

Dr. Dave: Now, that really works for me. (laughs)

Sanchez: Does it? I'm glad to hear that!

Dr. Dave: Yeah, that really resonates because that is something that I feel that I do work at, and have worked at, for some time. And I'm not sure that the sitting meditation really does work for me. So, I really feel reaffirmed in what you've just said.

Vieira: Yeah. And I'm in the same boat as that. I couldn't do that. I guess, hopefully, for some of your listeners that can't do that, that they can at least feel, "All right! Well, at least I'm not wrong or there isn't something off with me," you know? (laughs)

Dr. Dave: Yes. Yes. I've been hearing a lot about this video called The Secret, which I have not seen. But I've heard enough about it to feel like I know something about what it's about. And everyone's talking about it, and I hear they've been on "Oprah." Do you think you're saying... I don't know if you've seen it or not... Are you saying something similar? Or, do you have a different viewpoint?

Sanchez: Yes, I did see it, David. Yes, I did. And 15 years ago, I would've jumped in, boots 'n' all, and gone, "My God! This is fantastic!"

Dr. Dave: Mm-hmm...

Sanchez: I am going to manifest everything that I want, okay?

Dr. Dave: Yes.

Sanchez: And I'm going to help others manifest everything *they* want. But now, with a bit more wisdom, I realize just who is doing all this manifesting. And the answer to that is, sadly, the ego.

Dr. Dave: Yes, because there's a very materialistic kind of ambition that seems to me, with that...

Sanchez: That's correct. And I think even deeper than that, and probably, more dangerously than that is that the ego itself is – as we've said before, it's a separated sense of self – and what it does, is it believes in lack; it believes in scarcity. That's part of its foundation. It believes in separation and scarcity. And what it does, it has a mantra, and it's mantra is "Seek and do not find." In other words, seek and *never* find. So, it doesn't know its own best interest. So if we enter, trying to manifest the life we want – you know, the love of our life, the soul mate, the great car, the fantastic business, our creative expression – what it really is we think we want. The thing is, that what's going to happen is that's going to run from the ego, unless you handed it over to spirit. The ego will create a wonderful partner, a soul mate...and maybe 12 months later you might find that you have cancer, right? See, it gives on the one hand and it takes on the other.

Dr. Dave: Mm-hmm...

Sanchez: That's how the ego does it.

Dr. Dave: Okay.

Sanchez: So, so...yeah. So, I'm just saying that if we're going to manifest from the idea of The Secret, which is the Law of Attraction, we have to – if we really want to do that, what we do is we undo the ego first, hand that all over to the universal inspiration, and anything we *really* need is going to be given to us – and more than we could possibly have imagined.

Dr. Dave: Okay. In your view, what happens to the people who don't do the inner work, for whatever reason? Are they banished to some sort of New Age hell, or...

Sanchez: (laughs)

Vieira: (laughs)

Dr. Dave: (inaudible) a series of unpleasant reincarnations? (laughs)

Vieira: I don't know. I reckon that we just keep going around and around, I guess.

Dr. Dave: Uh-huh.

Vieira: I mean, our view, or our belief, is that eventually we're all going home because we actually *are* still home because this is just a dream. So, it's like we fell asleep, and just as in the dream, we're acting this out as if it's all real. But eventually, you do wake from the dream. So I think eventually, we will all wake from the dream. Where Nouk and I got to was to a level of suffering and pain, carrying our bloody baggage around with all this dysfunction, that we just said, "Look – no, that's enough now." (laughs)

Dr. Dave: (laughs)

Vieira: I don't know how many lives I've lived, or whatever, and I'm not into that, by any stretch of the imagination. But it was just that, "That's enough!" you know? "This has gone on far too long." So if there's some way I can "shortcut" this, then that's the ticket for me.

Dr. Dave: Yeah. Okay. Now, I guess you're both originally Australian. Listeners might be interested to know that as we're speaking, you're actually in Arizona. Is that going to be... (inaudible)?

Vieira: (inaudible) here at the moment. I'm in the States with Noukie at the moment. And as part of, I guess, that relationship stuff that Noukie was talking about, and our journey – and I don't know that we actually finished that. But I'm actually staying here with Nouk and her husband, Nick...

Dr. Dave: (laughs) Yeah, that's too much! Nouk and Nick...okay.

Vieira: Yeah, and you were asking about our journey...

Dr. Dave: Yes.

Vieira: ...at the start, David. And that was part of why that's been part of the journey of this book, was that original vow was to never let anything or anyone come between us. Now – and you'd appreciate this, David, with your background – but my thing was because of the childhood I had, where I was given away to a nun to be raised...

Dr. Dave: Mmm.

Vieira: ...extreme fear of abandonment, insecurity –

Dr. Dave: I can imagine.

Vieira: Those things led to behaviors in – what's that word that begins with "m"?

Sanchez and Vieira: Misogynistic (inaudible) (laughs)

Dr. Dave: Okay...

Vieira: So, man, I had all of that stuff to contend with, and yet, and then we came across A Course in Miracles, which says, "None of that is true, and in fact, what you've got to do is *extend* love." Well, that was the last thing I wanted to do! So, that's just to give your listeners something to see where we were coming from. But the journey led us to a point, David, where we realized that the ego actually hid – or could still hide – in the *form* of our relationship, which was the marriage...

Dr. Dave: Mm-hmm...

Vieira: ...and so what we decided was, we said, "Hey – either this stuff is true or it's not. But we can't live in (inaudible). We've explored enough dry gullies. Let's take this to the max." And hey, I'm not advocating this for anybody. I'm just saying in our case, because of our particular dance, if you like – where Nouk danced as the victim, I danced as the perpetrator – we had to get... We said, "Let's undo this totally and see if it's true." So we gave up the relationship, and we gave up the marriage to save our relationship, David. (laughs)

Dr. Dave: Yes, and now you work together as very close collaborators.

Vieira: Well, more than that. More than that. I - we love each other, you know?

Dr. Dave: Yes.

Vieira: And if I go back to that stage where we made that vow to each other, if you told me that I could have this – and yet in this form, which is actually Nouk's remarriage – I would say, "You have got to be kidding. That's a joke." But it's a miracle; it has happened; it's real. And, you know, I experienced the love and the unconditional acceptance that I've always craved.

Dr. Dave: That's wonderful.

Vieira: (inaudible) miracle.

Dr. Dave: That is a miracle. (laughs)

Sanchez: We have the most absolutely inspiring relationship, and I do... We've had quite a bit of feedback just recently from a couple of our workshops, one in Santa Fe and one in New York City. And the people that gave it – I mean it was very humbling. They were just saying that the love that we have, you could feel it right through the room. I've never heard that before, but that was such a lovely mirror to us.

Dr. Dave: Yes.

Sanchez: But just to prove, to confirm, that all we went through really does lead to true, unconditional love.

Dr. Dave: Well... Boy, I could just go on talking to the both of you for quite a bit more time, but we probably need to wind it down. So, let me ask you, what's your hope for the book? What do you hope people will get out of it?

Vieira: If it can shorten time, which we believe that it can, then we've done the job, you know?

Sanchez: Yes. We want it to end, to help to end people's suffering, people's sense of separation, because we went through an absolute nightmare, David. Don't want anybody else to have to go through such a nightmare for so long, with so much confusion. Hopefully, this is going to help to listen up and really deliver them to their real core, which is light.

Vieira: And I think the key words are "so long," because, you know, as we were talking before, pain is important because unfortunately, most of us don't want to get on the front foot, so it's only when we've had enough pain. So, we hope this book is for those who have had enough pain...

Sanchez: Yes.

Vieira: ...but they can shorten the journey because they're not going up as many dry gullies as we did.

Dr. Dave: Okay.

Sanchez: That's right. And I just want to say, too, David, we have a website. People might find there are some very interesting tools on our website as well. It's www.takemetotruth.com.

Dr. Dave: And I'll put a link to that in the show notes. Nouk and Tomas, thanks so much for being my guests today on Shrink Rap Radio.

Sanchez: Thank you, David. It's such a pleasure.

Vieira: Thank you, David.

Dr. Dave: Okay. Well, we did it!

Sanchez and Vieira: Hey!

Vieira: I want to come back and do this with you some more because I love your questioning, David.

Dr. Dave: Thank you, thank you.

Vieira: Now, I think because you have that background, you're able to frame the questions; it's wonderful. So anytime you want to do this again, we're up for it.

Dr. Dave: Okay, well, that sounds great.