From Corporate Success to Spiritual Transformation - Intuition & Healing with Janet Doerr Transcript

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Introduction and Guest Welcome

Hey, beautiful souls. Welcome to stepping into soul power. I'm your host, Dr. Elizabeth Samantha, the intuitive psychiatrist, and I am thrilled to have you here today for another episode.

Um, that's going to be about healing. How can you heal yourself? If you've been feeling like it's time to embrace a deeper level of healing, emotional, physical, spiritual healing.

Today's episode is really for you and it is going to inspire you. I'm honored to introduce today's guest. She is a powerhouse healer who's dedicated her life to helping others really tap into their true healing potential.

She's a medical intuitive ascension guide, a master energy healer. she uses her incredible gifts to, to create rapid transformation in the lives of her clients and really help them shift into a greater health, greater peace and greater empowerment.

Janet Doerr, welcome to the show. I'm happy to have you here today. Thank you, Dr. Elizabeth. It's such a pleasure to be here and to your lovely audience that will be listening to this recording.

So it's my pleasure. Wow. Well, I am really excited to having you. Your story is truly inspiring and those who are listening might be new to And you know, you've got such a unique approach to healing.

So I'm wondering if you could tell us about how you went to discover this path.

Janet Doerr's Career and Healing Awakening

Thank you. Yeah, it was sort of a path that went like this, hither and yon and eventually, You know you get on to where I meant to be in this moment. I had about a 25 year plus career doing management training, working in corporations, ascending through the ranks, taking big chunks of the company and transforming them, improving them managing things.

Last 12 years, I was doing senior finance management, again, rising through 900 million at that time publicly traded corporation in high tech. Interesting, they made microscopes, still do, looking at the atomic scale, the nanoscale.

So I've actually been able to see energy under a microscope. How cool was that? When I looked at a little bit of gold and I saw, oh, And then this is what we learn as we work with energy, that truth is, what, we think is firm matter, is mostly space.

And it's when I push on my shoulders here with my fingers, the only reason I perceive resistance is the energy in my finger are meeting the energies in the shoulders, and so the Energy is pushing against it.

But if I thought about it and had practiced and learned to do this, which I haven't yet, I could take my fingers and go straight in to my body. So about 12, let's see, this is 20, 25 now.

About 13 years ago I developed a degenerative pain in my hips, both of my hip, just ached like crazy. And I found that I could no longer run and walk and do the gardening stuff that couldn't be as active because of all the pain.

And so I saw a doctor and got x-rays and showed me that my hips had deteriorated quite a bit. The bones were bone on bone or there was some cartilage but it was pretty much shredded and the bones looked bumpy.

And so I chose to get, this is after a couple of years of using pain, over-the-counter pain medications to go through, which reduced the pain but trashed my liver, I later realized.

Go figure. So I had one total hip replacement. I'm bionic on the left side, titanium and ceramics and so forth. And the hip functions fairly well, but a fair amount of tension.

still in the muscles there. So I then things changed at work and right after I'd had my surgery and I found myself feeling not fulfilled thinking okay there's a misalignment here all of the sudden so what's going on and i spoke up and said you know this isn't working for me and so the company and And so now I've got time.

Such a gift when you've been working in high tech for 20 years. It's like 60 hour work weeks. Time is a precious thing. So I thought and said, well, if I'm going to get a second hip replacement, then I should first get more flexible, stronger, healthier, because I though it would go better.

And which, of course, would be true. And so then as I got on that path and started eating better and I had quiet time to be at home, I'd never meditated before, didn't have a meditation practice ever.

My meditation was being out in the garden and being with nature and getting quiet and present. So as i moved into more of that energy, more that quiet, reflective time, i went, well wait a minute, I can heal myself.

We heal our bodies all the time. People break bones, they heal up, you know, They go on. They tear cartilage or a tendon or something, it heals up. they go one.

So I thought, well, there's nothing but bone and cartilages and tendons down there, so I'll just heal it. And then I remembered more about, sort of, yes, this is possible.

Hip Pain, Self-Healing, and Energy Work

I felt this, deep in my core of my being, So I then said, okay, well, if this is what's happening, great deal of pain in my right hip, left hip was functioning, the one that was operated.

Well, what would I really love to experience? And so I imagined myself climbing up stairs with tons of energy and no discomfort and flexible and being able to get down and get up, you know, just as easily as I did in So I started writing out things and then I thought, oh, there's several things I'd like to heal.

My memory got trashed in the 10 years before that. I would like that sharpest attack memory I had before. And so I start making my list. It was like a kid in a candy shop.

I have a perfect, you know, memory, I'm now my perfect healthy weight, and I am strong and flexible. So I started writing out what I was choosing. I Am statements calling on the power, the I AM that IAM, our presence, which is a creator being, to start making choices.

And it was like, with this remembrance, oh, well, i'm a powerful creator. i can heal myself. In fact, So why don't I just get on that? So I started making my list.

It was like my Christmas list, what I want for Christmas is all these following things. And that helped me move away from statements I'd been making in the past.

A doctor said you have osteoarthritis. I had seen the x-ray that showed kind of a bit of damage in there. But then I said, I can fix that. I could have a nice smooth rounded top of a femur with a juicy layer of cartilage going into a juicily lined cartilage lined hip joint and it just moves, you know, juicing joints.

So I started focusing much more on what I was choosing to create and ignoring the fact that doctor said this and doctor says that and other people out there might say oh well that's a degenerative disease, dis-ease and something that once it starts it only goes downhill and I went well, that is not true.

I just knew in my heart that it wasn't true that anything that had deteriorated could be restored because the body is an amazing healing machine. So as I started claiming, I am, this is what I'm choosing, felt it, imagined it already so.

Then I just said, okay, so what would it take for this to show up? And then I listened, and I would be guided. So I started talking to my body, like body body.

What would you like me to eat today? And I go into the kitchen, what would you like me to eat? And the body would kind of guide me, open this cupboard.

Oh, dried cranberries and cashew nuts. Okay, that's what you'd like. That's I'll feed you. Going to the grocery store. Body, body, I'm in the produce section.

What do you want me see here? And I kept hearing and reading, kale, and I'd never cooked it. I didn't know what to do with it, I knew what it looked like.

Uh, saw it on plates when you get food, you know, it'd be a garnish, but people eat this stuff. Well, apparently a lot of people were saying, eat kale.

And so I said to spirit, okay, I will eat kale if I knew how to cook it. So I would like some recipes that I enjoy. You know me, Spirit. Bring me some recipe I'd enjoy." So one day for fun, how I got guided.

Asking questions, choosing, proclaiming my new state. I'm in the produce section of a local grocery store that has organic, by that time I am hearing organic organic.

Okay, I going all organic And there's two ladies standing near me, and they start having this conversation going, oh, my favorite way to eat kale is. And they're sharing recipes.

Oh, that's good, one says to the other. But this one I like even better. As they had this playful, joyful conversation about three different ways or five different that they love kale, I'm sitting there, standing there relatively close to them, smiling, knowing that, they showed up.

and are having that conversation in my presence, in response to my prayer and request for recipes that I would enjoy. Not some other, you know, lots of ways to prepare kale, but maybe I wouldn't enjoy those.

They talked about once coincidentally that, I enjoy, so that was the blessing. So I started realizing how magical and amazing what was happening is. I make choices, I say, this is what I'd like to experience, please bring it to me.

What would it take for this to show up? I get helped, get guided. By the third or fifth time I heard Kale I knew this was something I should pay attention to because the word kept showing up.

But then I said, well, instead of saying, but I don't know how to cook it, and just closing it down with a limitation, then, okay, no limitation. All right, I just need to ask for help.

So what would it take? I would be happy to eat kale if I knew how to prepare it. And so staying in that I've made a choice. I'm infinitely supported. Ask, ask, and you shall receive and then watch the magic unfold.

so I have healed my right hip. Um I can walk for five miles. I can go to a trade show, for example, and walk around on the cement for several hours, although I'm inclined to want to find a bench and sit and rest for a bit, like anybody in that kind of situation, which is very jarring to be walking on cement.

But I have not got another surgery and won't need one. So people have said, well, did you get another x-ray to see what's going on down there? And I said no, I don't mean to.

I know that I've already… You know, like subjecting my body to radiation is not aligned with my choice to be healthy. So I don't have that need. The proof in the pudding is that I go up and down stairs and can function.

And, you know my husband and I have gone to Europe a few times since where we walked, eight to ten miles a day off a river cruise and enjoyed. I got what I asked for.

flexibility and the ability to move with naturally healing without surgery. That's so powerful. You made a lot of great points. It sounds like you had a complete 180 or 360 regarding your internal dialogue.

And then also just faith, like having faith and faith in your ability and then also the relationship between you and your body transformed. Yeah, really.

And how did it happen? Well, I'm sure I had some codes that were activated around December 2012. That was a big time for new energies and sort of start of a new era.

Choosing New Beliefs and Guided Healing Practices

So I know that the light shone in and some of the encoding in my energetic field, got a wake-up call. It turned on. And so things started unfolding. So it was more easy for me to align with that, realizing that there had been a shift.

I was no longer in a cube, in corporation, 60-hour weeks doing financial forecasting and business contracts. Now I'm in this ethereal world of listening to my body, making choices and remembering me as a creator being.

So back to what I really want to give your listeners a couple of the key points I've made here. One is if you've got something going on in your health, in you body or in life, instead of focusing on the problem and all that you said about it and anybody else has told you about up till now, You rather say, okay, I have had this experience, but what would I choose instead?

What would i choose? Instead, what? Would I love to experience? Because the first step of reconnecting with us and our creator power in our Creator Being is make a choice.

We are creators, so we should think of something cool to create, not just get rid of a problem because in fact what we resist persists. So if you focus on a probably go make this go away I don't like this I'm so frustrated with this experience.

All you're doing is holding it in place energetically because you are not accepting that this is the experience you having. It's happening for a reason it must be serving some purpose.

You may not see it yet it may be very uncomfortable, it maybe painful, not be allowing you to do other things you really wish to instead, acknowledge that.

Feel your feels, take a breath, cry your tears, feel the frustration roaring through, and relax back in and say, And I still am a divine being of light, a powerful creator, I get to choose a new experience.

So get your journal out and start writing. What would I love to experience? And you can do a process where you take a piece of paper, draw a line down the middle, and on the left put what's happening now.

Memory, not good memory, overweight, weak, pain in some part of your body, et cetera. How you're feeling emotionally, too. What you are noticing, gee, I'm a bit hard on myself in your thoughts and so forth.

Or relationships, what is happening. Then on the right side, take each one, right-side of the piece of paper, and say, well, if memory, not so good memory.

Well, what would I love to create? So I wrote down, sharp as a tack, memory better than ever. And took something else, you know, pain in the hips. Walking upstairs, strong, flexible, able to get down on floor, back up, boom.

So each okay this is what I am experiencing or have experienced put it in the past tense now but what would I love to be experiencing and then feel so this the most important part don't just think it and write it but feel what it would

feel like if that was already so so now you're bringing it into the now moment now then start asking questions and a great question which I shared already What would it take for this to show up?

Okay, I would eat kale if I knew how to cook it. So what would take some great recipes for kale cooked to shows up for me? What it would for I asked because I had used a leave, an NSAID for pain reduction, realized that that was really not the best choice, trashing my liver.

and trashed liver related to me carrying extra weight at that time. So I went, okay, so what would it take for some completely natural pain relieving options to show up for me?

And I was promptly guided to turmeric and boswellic acid and rubbing frankincense oil on the joint when it hurt, white willow, which is what aspirin actually is from.

So I learned all these different things that I could use but focusing on reducing the inflammation because that was the result of the pain. So mostly it was turmeric and boswellic acid for inflammation reduction and a diet that anti-inflammatory.

I got guided to, you know, I'd see an email and something would draw my attention, open it up and maybe what was in the subject line didn't turn out to be the blessing.

But when I read down three paragraphs, they shared something else and I went, oh, there's the energy. There's a response to my prayer. Click on that. Oh, somebody's going to teach about anti-inflammatory diets.

Fantastic. You know, I'm there. So all of these things guided me. And in the process, what else happens? A whole lot of emotion comes up. I started getting glimpses.

I'd have all this sadness and I go, where did all the sadness come from? And then I realized, oh, not feeling supported. And the hips, what do they do?

They support us structurally. So it's no surprise that when we don't feel supported, then the energy gets blocked in the hip instead of feeling supportive, feeling unsupported.

There were things, being a female in corporate life, in male dominated high tech companies for 25 years. There were lots of things that I experienced and I don't blame or have any ill will towards any of the men I worked with.

It was just what was happening in a male-dominated culture. And it really wasn't ever set up to be highly supportive. it wasn t really supportive of other men, quite frankly.

But some would find ways to thrive in that that culture and others wouldn't. But for us women, you know, I'd show up at a morning meeting and the guys would start talking about the sports from the day before.

And then we'd have the meeting, and they'd end talking the football game from that day. So I thought, okay, well maybe I could watch the game or get some tidbits.

I come in, And I'm ready to, you know, and I share something about the football game. Did you see that play? And they look at me like, You're actually not included here.

And it would just like ignore or dismiss my comment. Then I go, okay, well, I can't play the game on their terms because their term's where the men talk about football.

The women are not include in that. So I just had to get over it, you know, and just wait for the meeting to start and then I could contribute. But all of these different things.

Well, what did that bring up? Emotional energy. Not feeling seen, not feeling recognized, feeling an outsider in, I can call it or the men would talk about their cars.

And so then, boys and their toys. They'd gone to the car show the day before and they were so excited. It was like boys and their toys. And just have to acknowledge that that's just where they where, that was their interest.

Emotional Release, Trauma, and Learning from Others

That's what lit them up. that is what gave them joy. it didn't happen to play any role in my interest and get over feeling like an outsider in a culture that really didn t ever intend to include women.

So, but emotion would arise from that. So I go, okay, I'm gonna feel this. And then I'd start getting glimpses of experiences from other timelines. Past lives, some people would call them, that I call the mother timelines and those things would come up and I had memories of various things of harm that came to me and trauma.

Can I ask a question? Yeah, absolutely. As you were going through this, Were you doing this entirely on your own? Did you have a coach? Do you a therapist?

Were I guess? No, no coach or therapist. I listened to virtually all on my own, but I would listen to summits, podcasts like this where speakers would come and I'd hear someone, I get an insight and go, oh, there it is.

Okay, let me apply that. Let me use that little tidbit, that tool, And a lot of times when I'd hear something I go, I remember that. Oh yeah, we can do that, oh yeah.

That's how you get present with emotional energy. And what do you do? You just breathe. Whether it's a volcano of anger and frustration, roaring up through you, breathe, you know, We actually don't have to speak.

We don''t have yell. we don' have dispute with anybody else. Volcano, literally that's what anger feels like when you get triggered and somebody says something and it's like here it goes and It roars up within you What's getting triggered is old anger from other moments of now stuffed and stored and not processed and so someone says the perfect words to hit your perfect button for you know that to link back to the other moments like that where you had the anger and up it comes.

The other person is actually doing you a favor because they knew intuitively that spirit level. Exactly the perfect words to push your button to trigger that so that you could release that energy truly is a blessing.

the Other Person is not making us mad, they're helping us to access our mad and to release it. So, so now I got most of my tip, virtually all of them from listening to a summit speaker and going, Oh, I remember that I can use that.

And as I eventually connected with other people who do energy work in to know them, you know, to be able to talk to them eyeball to eyeball rather than listening someone I really didn't know.

on a summit like this, then I learned more. I got gravitated to certain people and we'd share things and they'd go, oh, that's so brilliant. Oh, this is what I do in that situation.

And so some of the gifts of energy healing, the tools that I use, methods and the approaches I used were honed, crafted, remembered or inspired through a conversation with someone else.

And as an intuitive, you've worked with lots of different people. And I'm wondering, when you look back at your work, what are some of the common beliefs or patterns that you notice that people need to release in order to really step into their power and heal?

Well, one is I do pay extraordinarily close attention to the words my client chooses. I did ask Spirit one time, I said, please make my job easy. Please make my job easy when I'm working with a client.

Have them just guide me easily right to the energy that we need to work on to clear so that they can get a breakthrough. So people do that for me and they'll use a word or they will say something about themselves several

times.

They may mention, for example, a doctor's diagnosis. I have such and such. and I'll say, okay, let's just start right there because you can't have a something disease label and not have it at the same time.

So which are you choosing? Do you wanna be without it and healthy or do you want to keep having it? Oh, they say. Oh I said, Okay, so you let that go and then they'll, say okay but how do I speak about my health experience without saying have such-and-such the label the doctor gave me and I said oh well you can say a doctor suggested to me that such and such label would be applied to the symptoms but I say I prefer we talk about the symptom when does this happen when did it start happening did anything happen right before that a major event in your life or something that you could remember so then we can track the energy back to Was there a hurt or a harm or heart wound or something that triggered the moment when the symptoms started?

So go ahead, ask another question. You know, I wonder about just thinking of our listeners. I think a lot of them have, you know there's a of things going on right now in our world.

And people are feeling, at least as a psychiatrist, I see it in my office, especially now.

Healing Through Prayer, Support, and Asking for Help

A lot of people have lost their jobs or I know people in California who've lost our homes. And there's a lot uncertainty. You've helped people heal. What are some techniques, tricks, tips that you use to stay cool, calm, and collected, like to help, you know, what can they do to just stay centered during all of the stuff that's going on right now?

You hit the nail on the head. There's a lot going and things are breaking up, changing, dissolving in front of our eyes, whether it's the government agency or a whole community burnt to the soil in Los Angeles or washed away in the floods in North Carolina.

Huge, huge shifts for people to get through. The first thing to know is that all prayers get answered. In the asking it is given. So if a person is feeling overwhelmed with their circumstance or they just really don't know how to proceed, the first Ascended Host can provide you tremendous help and support, but only if we ask.

Because they honor our journeys, they see our sovereignty, and they will not interfere. That's how much they love us, because that's one of the universal laws, no interference.

So the moment you start asking questions, well now you are asking for help. Asking questions and praying. If something has happened in your life, You've lost a job, for example, or people very close to you have suddenly passed and left the earth plane and you feel a deep grief in your heart.

Let's start with that one. Then to say, God, Spirit, Creator, however you might choose to address the great energy from which we all come, say I am I acknowledge I am feeling a lot of emotion and grief.

Please help me get through this and help with grace and ease get back to the point at which I will feel cheery and happy again. I'm prepared to feel some grief, I know it's natural, but goodness, you know, i'm feeling overwhelmed with this.

Well that would be a good prayer. You can make your prayer to Mother, Father, God, Creator, Source, you can pray to your angels, your guides, and in the asking it is given.

The moment that you issue a prayer, ask a question, now all realms can respond and help. When I asked for something to do with Kale, two ladies I don't even know showed up at the grocery store at So that's number one is to know that we can receive tremendous amounts of help and that was one of the lessons and the learnings out of my hip situation.

I learned to say I am infinitely supported. Now if a person lost a job and of course they may be feeling shocked or surprised or it was sudden they didn't see it coming or in my case I started feeling misaligned with what was going on and not satisfied with it, but I really didn't know what is going to come next or what the solution to that would be.

So now you find yourself for whatever reason without a job, then we can say, Mother, Father, God, Creator, Source, however you wish to address the energy.

I would love to once again be providing my unique soul gifts in service to others in the ways that I most love to, communicating, teaching, training, coaching, managing, creating, building something, organizing things, working on systems, whatever it might be.

Each of you know how you wish to show up in world to be of service, and we're all here to BE of Service in some way, our unique way. So to just say, Mother, Father, God, please guide me.

How can I once again be in a position where I'm joyfully in service, thrilled sharing my gifts and with remuneration that, you know, pays my bills and extra to have some fun.

Please bring this to me, I am so grateful. And then you imagine that it's already so and you have feel yourself in a new workplace with some new colleagues, with new clients, and you're going, I'm so grateful this is like the perfect job showed up for me.

Wow, this was even better than what I left. And now you start to realize, so that's how we use our heart energy to magnetize our creation to us. Choose it, claim it.

Feel it already, ask for help. and then allow it to come in divine timing and order. And in the meantime, what may come up? Emotion. Maybe a person feels angry that what happened in work.

Well, that's what you're present to feel it. It's not useful, actually, to say, oh, I shouldn't feel angry. I should only feel forgiveness. While I'm sorry, if you are feeling anger, feel that.

Because the anger that's arising up within you is not, trust me, it's not just from what just happened that you got laid off. It's the grand total of anger from all timelines that You have suppressed from maybe having your livelihood interrupted or a war, you know, You name it, can be from All kinds of things, but tends to be From a somewhat related experience in a different timeline.

It can be ancestral, etc. And you just acknowledge, okay, there's some anger, I'm just going to feel it and breathe. Now I am a little worried. Okay, so there is some fear.

How am I going support myself? So instead of creating from fear, you say, well, how would I rather feel? I have been taken care of, and I've been secure.

I had a new opportunity, receiving the income I require, And eventually you get to the point where you look back and go, wow, what a blessing that I got fired.

Because this job is way better and I never knew to expect this. I didn't know this was possible. It's not fun going through that in between stage where something collapses, dissolves and it's gone and you're just left with your feelings.

So feel the feelings, but then we need to go into creator mode.

Applying Healing Principles to Life Changes

Okay. blank slate, new opportunity. So what would I like to put in its place in my life? Because I've got all this empty space. There's a hole in life, 40 hours a week of work that's not there.

You have 40-hours-a-week available to meditate, feel, and create. And then watch what happens. So you say, OK, bring this to me. This is what I'm feeling.

I would love to be of service. You know, I'd like to do more of this and less of that other thing I had to a lot in the last job. Please don't bring me that.

And I like more this than this. Enjoy. Now we need to follow the breadcrumbs and recognize when you get an email or someone says, hey, would you like go down to the library?

There's a talk. And you go, well, that's kind of out of the blue and a bit random. But then you got, but maybe it's an answer to a prayer. Maybe I'll meet someone there.

And sure enough, you know, and the talk is not the subject, But sitting next to you as a person and they say, what about you? And You say well it just got laid off and I'd really love to do this.

and The person goes, no kidding. We just opened a job like that at our workplace. Would you like to apply? Here's the information." That's how you can get guided.

So when you've asked for help and now random things or what you think might be random show up, then ask yourself, am I meant to act on this? Am I mean to go?

Even if you're puzzled and you don't understand why you are guided here or there, say, I have time now, I'm going for a ride. So let's go see where this goes.

You may meet someone, sitting next to you invariably, the perfect person to support you and answer your prayers, you'll be guided to them and they'll guided you in those moments.

That's where the faith comes in. Speak to your God, your Creator. Ask for help. Even if you haven't talked to God Creator in ever. Just know it's there and say, mother, father, God, creator, all that is, I could use some help here.

I would love to experience this. Just had this rather challenging experience. Please guide me. please help me I wish to be of service and joy and have what I need to thrive.

So guide, me please. Lovely. Wow. You know, feel like I can listen to you all day. you've been incredibly insightful. I would love to thank you so much for sharing your wisdom with us today, inspiring us, just honestly giving people a lot of hope.

And we need that right now. Your insight has been truly inspiring and we are so glad that you were able to come on the show. Thank you, Jim. My pleasure.

I love share and you ask a question. Spirit comes in, down the channel, tell them this, share this story, answer this. I just open my mouth and let Spirit work through me.

Thank you. And I do have a little gift. May I make that?

Closing Remarks and Free Gift Offer

So what I've shared here is just a tiny taste of the work that I and what teach and how I help people tune back into the remembrance of themselves So I've got a gift here, which is five steps to transform your energy and transform you health, but you can apply it to loss of job situation or anything.

Current situation is not what you desire, you wish to create something new. Five steps, so if you click on the link that's on page here. Transform your Energy.

You'll receive my five steps and then be on my mailing list so that you can hear where I'm speaking next to learn

more from me, to learning about the programs that offer sessions and group work that I do.

Perfect. Thank you so much. If you haven't heard it yet today, I appreciate you. The soul in me honors the soul If you want to see more episodes like this, please subscribe or click here.

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