Introduction to Womenu2019s Brain Health

You know, a woman's brain has different challenges than a man's brain. And because there's hormonal differences, chromosomal differences, genetic differences, and there's not enough study.

That's, that's really done on how women's brain work. So today I'm going to talk to Doctor Anita Jackson. And she's the founder and CEO of power. Her Success Alliance.

And she is becoming a really sought after feminine transformational speaker and mentor and leader and success coach with the Feminine Empowerment movement.

She's got an unquenchable passion to lead a movement of women to a higher level of being. And doing that literally creates the tipping point of healing for others worldwide.

We're going to be talking about, elements of, brain health that really challenge what we know about a woman's health. We'll talk about how a woman's brain can naturally get in the way, when it comes to making and building and receiving wealth and health and money.

And, what are the focuses that the women's brains naturally govern and motivated by? So I'm not an expert at this, which is why I'm super happy to get Doctor Jackson on to the forum.

Welcome to the summit. So happy to have you on. I'm so honored to be here. Thank you so much for welcoming me to be a part of this conversation with you and your audience.

You know, I, I have three daughters. My wife's an ObGyn, right? And so. And I live with my mother and her mother's. So we have a lot of women in the house. All women.

I love it. I'm. I'm basically. I have to be a feminist. There's no other way. You know, and, the topic of of, of female empowerment is so huge, like, in, in our household.

And then with my girls being a Girl Scouts and doing the leadership stuff and, and, and me speaking for the troops, it's just really rewarding thing as a father to go through. Right.

But I am in no position to talk about women's empowerment because I just don't know. I can see it. What? I don't know. I'm so happy to have you on.

Dr. Anita Jacksonu2019s Background and Career Path

Now you have a heck of a history. So I know I give you a little bit of an introduction in your bio. How did you get into this? What's your what's your history?

It really is an interesting story. So I started off as a secretary working at a Cal State Mona University, and one of my professors, a male professor, came up and said, Anita, I think you're so much smarter than just being a secretary.

Why don't you go get your degree? And of course, I'm like, why would I want to do that? I that really was my original thought. Like, I don't know why I want to do that.

And then he said, you can get your degree for free. And of course, that sparked my attention. Like, really? And that's really how it all started. I started to go to school while I was working, and started to find out that the classes that were being presented.

So my bachelor's is in liberal studies. I really enjoyed that. I felt like I was learning something that I had never been exposed to before. And then from there I got into my masters, which was originally in this ministry.

So I have a background in ministry, and it was in that program that I started to hear a lot about psychology. I was very, very lucky to have, I guess you would say, ministers who were also psychologists, who were telling me about the spirit and the soul and the brain and the mind, and that really fascinated me.

And the next thing you know, I'm on this new journey of, you know, walking down this academic career of becoming, married to family therapist and then becoming an organization psychologist, and then now working as a business coach, as a publisher, doing all the things that I do because I am fascinated by human development.

I am absolutely fascinated with why people do what they do, how trauma affects somebody. When I at the core, I believe all of us were designed to live life fully and abundantly.

So it's been an amazing journey to become the person I believe I'm supposed to be, and then be a part of everyone else's journey and their evolution and their development, especially if they've gone through something difficult.

I'm just fascinated with and I'll probably continue to be a learner. I'm even thinking of going back to school because I'm now fascinated with neuroscience or neuropsychology.

So I'm just a lifelong learner. Yeah. Yeah. So I mean, you kind of fit right in into the brain Health summit here. Yeah. There's a big leap from going into like, family therapy and, organizational psychology into writing books and then being in magazines like, we've got Stevie Ray.

Actually, it's it's not me. No, it's actually, it's actually not. So, I want those individuals who doesn't like to follow the crowd. So when I was in school, all my friends at that time wanted to be a psychologist.

So I followed with. Once we got in, I realize that we're under opportunities rather than clinical psychology, and that's when I decided I want to go a different way.

So what got me into becoming a publisher and becoming a seems like a producer? I got laid off from state. Pure and simple. And sometimes you think this is not what you thought or plan for your life.

But yeah, God's Spirit said, I have another plan for you. There's more that I want you to do with what you've learned in this arena over here. So we're going to change directions for your life.

And that's what happened. I got laid off. Couldn't. I've always been. It's always been easy for me to find a job, to be employed. But at that time, like, there was nothing available, I was overly qualified, and I just felt myself feeling like it wasn't what I wanted to do anymore.

After having done it for at that time, what, 27 years? And, I said, okay, then what else can I do? What's available to me? And I had gotten invited to be an author, coauthor, actually, and an anthology, bold is beautiful.

And so I wrote my chapter on I Am Enough, and that opened the door. I love the process. It was absolutely fantastic. And then I did my own book, hated the process working with the different publisher, and just decided, well, that's all it takes to become a publisher.

I could do this myself. And that's really my personality on a lot of self, if that's all it takes. So I can do this too. Stepped into becoming a publisher and the next thing you know, I found out that I love anything that's creative.

I love anything that's going to help someone get their message out to the world. That's inspiring, that's, educational. That's going to heal the body, the soul, the spirit.

So my whole premise is about that. How do we help somebody get to a place of fullness, returning to the fullness of who God created them to be? And books is one of the ways that I can do it.

That's amazing. And not your your your new thing is, your new magazine is power or success, right? Yes. Like that's coming out in January. That's had a lot of little shifts and upsets and, you know, doing a magazine.

I've done several magazines and so I, I love that as well. It takes a lot of thought. It takes a lot of, a right team to kind of process this through.

But it was this whole entire pandemic really brought forward for me. How many women were struggling? They were struggling because they didn't have the support.

They hadn't really planned the way they wanted to plan. So many of the women that I know are single, so they didn't have the resources. And so the world turned upside down and they were losing their sense of self.

And so that's what dropped in my heart because Powerhouse Success was originally a coaching, a six week coaching program. And what does it mean for women to connect to a higher power?

And that's when I realized maybe this is bigger than just a program.

From Layoff to Publishing and Power Her Success

I had an opportunity to become a corporate trainer for another company, and in that conversation started to connect. Two executive women of major corporations.

And they were having the same kind of challenges, maybe even more so. And then again, a new direction of my life changed. And now I'm stepping into this.

You know, I, this prompts me to ask you something that was really, going to ask you. And so, you know, you've had I mean, decades of experience just going over the mindset of women and people in general.

Right. Whenever, you know, I hear something called I am enough. And, you know, in our, in our practice that takes us into our lives sometimes and we have people repeat the words, I and enough and there's immediate tears just by them passing the word right.

Can you go into the psychology of why that actually happens, even in these very high powered, women who are doing a lot of amazing things? You know, this could be a show all by itself, just the topic alone.

I am enough because there's so many nuances to it. Yeah. And I it actually that idea of I mean, I started when I was working as a counselor at a university and noticed that college women were struggling with it.

And then, of course, within my private practice, I noticed that successful women were dealing with the too. And so the psychology is you really think about it.

So many of us want to have someone see us, hear us, value us, and tell us that we're worthy. And when we don't have that experience. And unfortunately, a lot of women have not had that experience repeatedly in their life, whether it's because of mom and dad splitting or whether it's because there's been some sort of abuse in their life, which is where my expertise lies, is in that area of trauma and sexual abuse.

If we're not having that said to us on a regular basis, especially during the time of our development, we end up internalizing that something's wrong with me.

I'm not pretty and I'm not, smart enough. I'm not thin enough. We can have the strangest kinds of thoughts and feelings around I'm not enough. And what can happen, particularly to women who are very smart or working at the executive level.

We tend to push ourself even harder. I know that's my trap. We work harder, we almost fall more into our masculine energy and we're trying to make things happen.

So that's somebody we may not even consciously know that we're doing this, but at some unconscious level, we're trying to get someone to validate us, to see us, to tell us that we're good enough, that we're worthy instead of actually coming to this place.

Integration coming to this place of embodiment that at this point in my life, at 56 years of age, if I can't say that to myself, no matter who else says it on the outside in my life and in my world, I'm probably still not going to receive it.

So I need to make this decision. That is my favorite word decision, and it means to reach a definite conclusion somewhere along our life line. We have to make a decision.

And I am in now. And then there. I think there are eight little steps that you go through, to kind of to make that happen in the first one is being aware that you've kind of given your power away when you're not only I'm enough to myself, to yourself.

Does that make sense? Yeah, absolutely. There's still that might be one of the yeah. This reminds me of caregiver stress syndrome and a lot of people.

Yeah, a lot of people listening to on the summit is are they're taking care of people with brain health issues, mental health issues, mental breakdown, spring break or breakdown.

So the around the sort of this energy. And and because they're constantly providing the care sometimes for decades. Right. They kind of get lost into, into the thing and, and so let me tell you the story.

Why u201cI Am Enoughu201d Resonates

Very recently I was looking and I do brain maps in my office, and, and whenever I map someone's brain, I already know I'm going to ask about traumas. And because I can look at the brain frequency energy. Right.

And so. And this person, I just happens to have, her brain map before, I actually met her. My other staff in her order, the brain map. So I'm going in there, and this is a very high powered woman taking care of everyone.

Everyone. Okay? And she thinks she's taking care of herself to write that trim, right. And so we sit down, and even though there's nothing physically wrong with the brain, per se, I can see that there's so many, like, poor sleep markers and hyper vigilant markers and stuff like that.

And there's very this very specific pattern that I see on the brain map, on the imaging that I'm like, hey, you know what? Let's let's talk about trauma.

And, you know, and the way I bring it out is, is the fact that, hey, I'm seeing something here. Let's let's see if we can tease some of this out. And, and she's like, well, no, I haven't gone through anything traumatic.

You know, everything's been pretty good. I've had a good job. I'm pretty, pretty wealthy, you know, pretty successful, haven't done anything. And then in the there's.

So, you know, if you were to summarize your life in, like, one sentence and the way that you feel, what would it be? She's like, I'm always in demand.

And as you smile and then her smile stopped. You know, want to pause there and awareness like when you're so you're always living in a life of demand.

It's like, do you ever feel like you're judged? She's like, my life is is judgments, like external judgments. And I'm like, okay, well, you know, I'm not going to call that a trauma, but I'm going to call that, that there's there's something maybe not comfortable about this because I can see that there's, there's patterns in your brain that's creating this.

And so we kind of discovered that what she didn't really perceive to be traumatic, there's actually several events

that she completely forgot about after the 20 minute conversation in her life that was quite dramatic.

And, and I was very surprised she forgot about it. But I feel like there's a lot of women that are that are like this because I talk to them. So tell me sort of the psychology behind all that.

You know, it's fascinating that you said this because I actually had the same conversation with two of my close friends this week. I was I brought up the same exact kind of concept of those of us who have been brought up in an environment that has directly and indirectly convinced us that we had to be in service to someone else, we may not even recognize that there has been trauma that we've allowed ourselves to hurt ourselves by putting ourselves last on the list.

So when someone when a woman has become very successful, she has gotten so used to, quote unquote, using her words, be on demand for everyone else, not realizing because that pattern got developed that that the rewards of that got developed.

The the behavior of that now is solidified, that she doesn't even recognize that she's lost her true sense of self, her true desires, her true motivations of how she wants to live her life for her because her life is in demand for somebody else.

And we don't recognize, especially those of us who are strong, that that's trauma. Because we are strong, because we are resilient, because we are hyper vigilant.

Our brains may not even allow us to consider that that's an issue because we're constantly moving into the next issue. We never have the space, no pause to don't pause.

Exactly. There's no space to just go, okay, what just happened? Can I release it? And if I did something great, can I celebrate it? That's the other thing.

If we're thinking about women don't celebrate their own successes. They don't give themselves credit for what they've accomplished because it's never again good enough.

I mean, they have even tapped into what's preventing me from really owning my worth and what's making me constantly sacrifice myself for the good of somebody else and not my own good.

That happens. I can't tell you how often I hear that I almost every single day, whether it's directly being sad or indirectly being said. Somehow we got convinced and, that this is how we have to live our life and this is the only way we'll have value.

The new challenge. And I think what Covid brought forward or the pandemic, I'll say it that way, but thought was, there's got to be a new way of being and living and doing.

And if I don't change things now, I'm I think everybody's dealing with PTSD, whether they know it or not. Post-traumatic stress disorder. It's up in their life.

They're not living at the highest level. I think we're still all on fall waiting for something else to happen. And that's going to affect your whole entire system, whether you're conscious of it or not.

And then the problem may be, because we've been in it for so long, it's now becoming an unhealthy norm. And so for women who have already been in that, this is just escalated to the next level, it's just a lot higher until someone comes and says, no, no, no, no, this honey, this isn't healthy.

This isn't good for you spiritually, energetically, physically, mentally or it's not good for your relationship. It's not good for your money. It's just not good for you.

So we just have to have this conversation over and over again to give very successful, powerful, women

permission to slow down, to take care of herself, to make herself a priority.

I assume this is an ongoing process. Not like, you know, one day, like, poof, you're all of a sudden. And I wish she takes a lot of discovery. Right. And, and me working with a lot of, like, Alzheimer's patients and their families, you know, that that is I'm always trying to look at the dynamic like, who's the caregiver here? Oh, you are right.

Or maybe there's two caregivers. They're fighting over their family because they both have sort of this protection mode that's on and the claws come out.

Right. And that actually sometimes worsened the memory loss for the patient because the patient are seeing, you know, maybe their two daughters fighting or two sons fighting or whoever fighting cousins or whatever.

And the patient actually feels a tremendous amount of guilt and they don't want to remember things. And that perceived Alzheimer's becomes like depression, which we call pseudo dementia.

And people are just like, oh, you know, this family was like going downhill. It's because the the patient is actually witnessing relationship conflicts that are there.

Right? And if it's not something I points out, you know, I feel like I'm doing the patient a disservice. Right. And so, so many times I have to like start labeling things here.

And there's like, hey, you know, let me just let me just talk to you alone or talk to you alone. And this is sort of the things that I see. And that's one of the best parts of my job.

You know, I don't have a psychology degree, but I feel like I should just not saying, like, that's therapy. That's exactly what you there and that's okay.

And, and, and by understanding the dynamics and pointing out the feelings and perhaps guilt and stuff that's there, we're really creating a safe place for, for the patient.

Right.

Trauma, Caregiving, and Hidden Stress Patterns

But let's go back to the fact that this is not an overnight thing. Now, some people are listening to this is like, hey, I want to change my mindset tomorrow.

Like, watch me right? And then tomorrow becomes the next day, right. But what do you think are the steps to get to that feeling of I am enough to unblock the actual potential of the brain?

What are those look like? I think the first thing you have to do is to really do some introspection. You've got to sit with yourself and be willing to look at the good, the bad, the ugly and the traumatic part of who you are.

Because if you're not able to look at the dark parts, that dark night of the soul, those dark experience sins that are still there, and how I think, how you can see if it's still operating in your life, is looking at the patterns of your life.

And if your life is having the same kind of experiences over and over and over again, it's a good chance that something that happened early on never got fully processed.

And it may be playing out in your behavior. So it's time to now look at that and make a new decision that it's time to change it. And if anyone can make decision, change things immediately, please call me.

I would love to know your strategy and your trick because it does take time. So I think the first step is being, you know, really introspection or self-awareness.

And then the second thing is when all those things start to come forward and you're beginning to see each piece of the dark places of pain, of hurt, of trauma, disappointment, that you give yourself a lot of grace and you forgive yourself because that's just the past, and you're looking at it from an investigator perspective, and you're just kind of taking in information so that that information can help you make the new decision.

And then once you've gone through the introspection, once you've given yourself some grace, then the next step may be going. I'm choosing to forgive myself for not having forgiving maybe my mom or my dad, or the person who caused me the trauma in my life, and forgiving myself for not maybe choosing me in this process.

Maybe forgiving myself for not having enough of the information or the resources, or even the strength and the ability to make a new decision during that time.

I'm going to forgive myself so that in the forgiveness process, you can eventually let it go. And then again, that the fourth one is I'm going to finally choose to love myself.

I'm going to take my power back. So maybe that's how I should say, take your power back and start to allow yourself to choose that you love yourself unconditionally.

Absolutely. Now you may need some other people on the outside to support that. So working with the coach, working with the therapist, hopefully you've got a best friend who's you know you can talk to, who loves you unconditionally enough to hold you accountable to that as well.

And I think that journey and then staying on that journey until you feel a release and you will know the difference between because your patterns are going to change or thought patterns are going to change the way you see life is going to change because you're now accepting all of you.

You're good, you're bad, you're ugly, you're traumatic. All of it has value. And now I can make some new decisions because I have a new understanding of who I choose to be in this particular time of my life.

Does that make sense? So it seems like, you make it sound so easy. It's not that easy. It isn't, it isn't. It isn't a sense of just understanding the information.

I think most of us get it. Yeah, we understand it. It's the decision to actually follow the path that's hard because we've been in in this pattern of not doing it.

We put everyone else before ourselves. So changing the direction to put ourselves first, to love ourselves unconditionally, to see our own worth and value, that's hard to do because we've been trained under this old dysfunctional pattern for so long.

But, you know, our brain gets in the way, right? Because we're we're pattern generators, right? And we're pattern followers. And sometimes we just don't know any better.

And this also reminds me so to the to the immigrant mentality as well, you know, with especially with my family and I'm zero generation, which means I was born in China and I immigrated to the US and experiencing a lot of things during the Cultural Revolution with my father, my grandfather.

There's a lot of trauma that's there as well. A lot of, a lot of things that were requiring a lot of the fight or flight at the time. And so, so I'm starting to recognize now that a lot of the patterns that I was kind of receiving and being taught was, was wartime pattern, you know, back in the 60s and the Cultural Revolution.

But I'm like still there, you know, and that turns into, I call it multiple D's, multiple disorders, OCD, ADHD. You need it, right? Turns into these these these disorder.

But all it is is my brain trying to like focus on like the next thing so I can have safety. But I was never taught to feel safe to begin with. Right. And I feel like that's that's that's that been here.

You know, the neuroses that really, occurs in a lot of people who are just going on like a million miles a minute, right? Yeah. And it's interesting that you should say that because literally, I was having this conversation today because even as a black woman, growing up in the 60s and growing up with my family, having to deal with, you know, separation and racism and all of that stuff, and even having, my great grandfather and my grandfather, which was my mother's father and their great grandfather were slaves.

So we've got the emancipation papers. So this is history, this this is my generation. And I can see as I've gotten older because when you're young, you don't really recognize it.

But as I've gotten older, especially especially when I became a therapist, I started to see the exact same thing you're talking about, that a lot of my behaviors and a lot of how I have relationships and the way I have made the decisions I've made, has been mostly off of what my mom has taught me, and the anxiety and the fear and the worry of me being a black woman.

And or my brother being a black man and dealing with the challenges that comes with that. And, you know, she did her best to try to help us not see what she saw, what she witnessed, what she experienced that caused that fight or flight response for her because it was imminent all the time, like it was constantly there.

You know, she's born in the 30s, and so she was experiencing all kinds of stuff during that time. So she did her best. But at the same time, her own anxiety, her own worry impacted my brother and I.

I hate to admit it, but you know, I am ADHD diagnosed and and there's a lot of anxiety when the when the doctor diagnosed me and said you've got anxiety as well, I resisted.

I mean absolutely not, I don't I'm strong enough. So there's this fight to prove that I'm not broken. Right. So a lot of I think a lot of African-American, a lot of African-American women tend to push really hard to show.

Again, like I said at the beginning, that we have value, we're not broken, we are good enough, and it affects us. And then earlier, or at least the last piece that you were talking about, we didn't get into the emotional triad.

Like the brain is always focusing on three specific things. It's focused on, seeking pleasure, avoiding pain and conserving energy or being as efficient as possible.

And so if we've gone through all this kind of trauma or if we're trying to change our lives or trying to improve our lives, and if our beautiful, gorgeous, powerful brain says this doesn't feel like it's giving you pleasure and it's not conserving energy and it's causing you mental, emotional pain, it's going to shut down in some sort of way.

And then to compensate, you're just going to fall back into the old patterns that have already been established. Because even if it's dysfunctional, it's safe for because you survived it first time it came out.

So it's it's a it's fascinating what we go through as human beings.

Healing Through Self-Awareness and Forgiveness

And but I do think there comes a point where every time you make a new decision to be more loving towards yourself, when you make a new decision to choose you over someone else, meaning even giving yourself permission to say, I'm going to say no, it's okay to be a woman who says that doesn't align with my soul, that doesn't feel, juicy.

That's the new word. I keep hearing everybody say, I'm like, really? Right? So it doesn't feel ignited or turned on. So I'm giving myself permission to say, no, I'm not going to do it.

Wow. Getting to say no and putting the pause on things and stepping back and then looking at yourself with introspection that takes work. That takes a lot of work.

And it takes a lot of support to, you know. Yeah. Do you? So I guess, you know, that's that makes sense now why you have this market, magazine in 2023.

You know, power. Her success is to really describe this path, right? Yes. Now, your, you wrote another piece which is called Unlimited Women's. Is that the name?

Yes, that was my old magazine before the pandemic kicked in. Yeah. So to helping women take off the limits, whether they're conscious of it or not, that prevents them from feeling alive, that prevents them from having the life that they really desire.

One of the phrases, and I think you even said it earlier, a lot of women feel lost. That's the word I hear a lot. I feel like I lost myself because I've been doing dot, dot, dot for everybody else.

Other than myself. So that's a limit. When you've lost yourself, that means there's a limit there. So now we have to focus on what does it mean to remove the limit.

What does it mean to step back into your power? What does it mean? And as much as I can tell you all the steps to it, it's still comes down to another.

A woman making her own choice, giving her the safe space to finally say, I'm choosing to take my power back. I'm choosing to love myself. I'm choosing to make new decisions that makes me feel good so that I can fill up and I can serve out of my overflow, rather than serving out of my emptiness, which is what I think.

I see a lot of women and myself included, I you know, it's taken me some time to learn how to fill myself up just as well. Yeah, absolutely. And everyone goes through very similar paths.

No one should feel alone through this. Right. And although people do feel alone, you know, people to feel do have the, thought process. Hey, no one else is going through this. Come on.

Everyone else is going through the same thing. Right? And so, now you talk about something called a queen mindset. Now, I want you to elaborate. What what exactly is a queen mindset?

And why do women need to create that revolution into the Queen mindset? This two needs to be a show all by itself, because there are a lot of dynamics to really understanding the Queen mindset.

So I'll start from the story of Esther in the Bible, because that's really where it came from for me is Esther was a young girl who lost her parents, and she was living with her uncle Mordecai.

And there was a change in the land. The king of the land, you know, just released his first wife, if you will, or one of his wives, and needed a new queen.

And so, they were bringing all the queens together, or all the women, young women together to the palace and trying to help him select which one is going to be the Queen, the next queen.

And Esther had a very different mindset about what it meant to be queen, where everyone else was focusing on the jewels and the dresses and the luxury because they were getting out of suits, not dealing with poverty or dealing with the hardship that the people were dealing with.

They were now getting into the palace, and they get to be with this gorgeous king who has authority and power. So that's where their mindset was. But this mindset was a little different.

Hers was on. How do I become the woman that now has the ability to work with my husband, the King, so we can change the lives of others, especially a lives of people and per person that that's like, so, there's a person now you're making me question my own history.

But ultimately she wanted to change the lives of her people. And so the Queen mindset was, again, if you listening to the story was all about changing someone else's life again, but at the core, now it's being more balanced.

You're hearing a lot of women talk about that queen mindset, and it really is about you knowing your worth and understanding your spiritual, energetic sense of royal t, understanding that you as a woman have value that you have.

The woman has an opportunity to be positioned to make a difference in someone else's life, not from a place of working hard, but from a place of really trusting your intuition, standing in your truth, understanding your value and thinking thoughts of work and value.

And I am enough. And then from there, you're serving out of your overflow, out of your position of power, of truth, of femininity, that feminine energy of I love being a woman, and I'm not designed to work like a man.

I'm not designed to push hard. I'm designed to stay in beauty and in softness and in elegance. But at the same time, I can also still be very intellectual and very strategic and very, linear.

In my thinking. I can put, action steps into my life while I'm still operating as a queen.

The Queen Mindset vs. Boss Energy

So that queen mindset is the balance of both her feminine and her masculine energy, and allowing her to make the biggest impact that she wants for herself and all those around her are so interesting because right now, especially with my daughters and doing our social media and my sister's 13 years younger than me, so she's in the blue of a different generation.

We're seeing that it's not necessarily queen mindset, it's just that a lot of things that we see on social media right now is that if you value beauty as a woman, you will be devalued in one way, shape or another.

And that's not necessarily true, right? It's it's so it kind of hurts my heart to even hear you say that because, this I okay, I may get in trouble for this one.

I'm not part of the boss, babe. The idea of boss has this connotation of being hard and very driven and very pushy and aggressive. You've got to work hard.

You got to go after it. You've got to slay it. You've got to make this happen. Well, in that mindset and in that energy, a lot of women start to experience adrenal fatigue, burnout, where burnout, adrenal adrenal fatigue, that's how you see it.

And that works against your energy and your frequency and your vibration and your physical body starts to wear and tear. And the next thing you know, you're not feeling in your optimal wellness.

You're starting to feel aches and pains. You can't focus or concentrate. You're not able to make decisions because your whole system is crashing, right?

So the Queen mindset says, yes, I have the ability to be a boss and to Boston to go after what I want, but I'm choosing to do it from a very different energy.

I'm choosing to do it from a more of a spiritual energy, my intuition, my sense of really knowing my values and my worth. Me being able to touch and connect to my heart and saying, what does my soul really want?

What does my heart really desire? And then I can create the strategic plan, if you will, and hire the right team people to support me, because I'm not designed to do it alone.

And that we we were created as women to really work in partnership a whole lot better than we do it on our own.

So to have these young women not know that, that kind of mean we as older women are not teaching them, are not sharing or not showing them that it's possible to be strong and powerful and beautiful and feminine.

And so, if you will, at the same time, we're not giving them that example. If anything, they're probably going down. They're not, because they're not seeing role models who are living the balance of being in their queenship and being successful and having a healthy body and having a healthy lifestyle and things of that nature. It's just not being seen at that level.

I think plus, and this reminds me of the hero versus God mentality, right? So the Queen is really the God, right? And the God doesn't really suffer a tragedy.

The guy does not necessarily tie to a specific outcome, but the guide has a lot of empathy. The guide will allow the hero to become their own hero. It's like a leadership, right? Yes, for us.

And that's the queen. Whereas the boss and that boss energy is that I am the hero, I am the leader. I'm going to take charge and go full force. But in all stories the hero suffers consequences, you know, the Skywalker's third arm chopped off.

You know, for Yoda, he was. He died. He was still around. He was pretty cool, right? And so in the end, the heroes do burn out quite a bit. So it kind of reminds me of that.

And I think that's a fabulous, fabulous analogy. That, that you have. So what is clean energy versus the versus the boss energy. Yeah. And so now, I mean, we talked a lot about today and but I would love to at least have our audience take away like what is really the one thing women can do to help them be more confident, be getting into that queen's energy.

What is what is the one thing they can do? Make a daily decision that you are good enough. You are worthy. You always have been and you always will be.

I wake up every morning and I spend time in prayer, meditation. I connect to my goddess up. I connect to, being still and meditating. And I tell myself I need to, no matter what, in this present moment right now, right here you are good enough.

You are good enough. But every time I say that, I'm getting stronger and stronger and it's becoming more of a reality, becoming more true. I'm not just saying it just to say it.

I actually close my eyes. I really imagine that those words I am enough keep being deep into my heart, deep into my soul, deep into my spirit, until it starts to resonate through me.

And I have this visceral, energetic response. And then, as I'm saying that over and over again, I can feel the shift in my life. So I definitely want everyone to know you are enough.

You always have been and you always will be. In the moment you make a decision that that's true. Your world will follow your lead. Bold. That's great.

Absolutely. And I think everyone can take a lot away from this. Having that I am enough mindset. It's it's a daily thing. It's a daily task, just like exercise, you know, and sometimes that thought process goes away and it's okay. It's okay.

That goes away because it can come right back. So how can our audience connect with you? How can they find you? How can they find more of Doctor Jackson here?

Oh, I would love it. You can definitely go to my website at WW. Doctor Anita m jackson.com. You can find me by that same name on Facebook, on LinkedIn, on Instagram.

It's pretty easy. Just my name. Doctor Benita m jackson.com. And I assume they can find the release of a new magazine there as well, right? That if you go to power her success alliance.com, there is a link for the magazine, click on it and join the waitlist.

And when it comes out, you'll have an opportunity to get the first issue for free. That's my gift to all the women in the world right now. Yeah, that's that's amazing.

Now, I'm going to challenge you the question. And no one ever knows I ask this question, but I'm gonna ask you, what is one thing that you've learned recently that you wish you knew maybe 20 years ago?

Oh, that's a great one. What's the one thing I wish I knew when I looked? You know, it's so funny that you say that because now the first thing that came up and I'll share that is, I really wish I had a deeper understanding of feminine wealth.

Okay, so what does that mean? Yeah. Well, I think we as women, and this is what I see even today, are so brilliant and talented. But we can't or at least what I feel like so many are struggling with us.

We just don't have the resources or the money, or we create the subconscious limitation of how much we're allowed to have that prevents us from actually making the big impact that we're wanting to make.

And I know that that was definitely even my own.

Daily Practices, Wealth, and Final Takeaways

It took me a while to really give myself permission to be wealthy, because I grew up in a family that indirectly said being wealthy wasn't godly, and it took me years to really change that because I realized that that was so much of a religious mindset and not a spiritual mindset.

So as I developed more in my spirituality, I understood that wealth in abundance is so much a part of. I have to be careful how I say this, because I don't want women to believe that your worth and your value comes from how much money you have.

How ever. When you understand the power of your worth and your value, you allow yourself to have more money. You attract more wealth and abundance in life.

So I really wish I understood that when I was younger, I think I would have made a whole lot better decisions with money, with, buying houses, going to schools, maybe I would have pursued things that I really wanted to pursue that I didn't pursue because of money, and I think that is a limitation to I want to do this, but I don't have the resources.

Therefore I won't allow myself to have it. And then that denial gets pushed at that desire. I'll say it that way, that desire gets pushed to the back.

And then because you've denied yourself once again, it creates this, response. I'm not good enough. I can't have what I desire. All those other little things start to happen just as well.

So I really wish I had learned how to give myself permission to be internally and externally wealthy. Yeah. Have you learned that before? We wouldn't have met. We wouldn't be having this conversation.

So I appreciate you to, I'm very I'm very glad that we've met. Like. Well, listen, I could talk to you for hours and, but we can't. And thank you for just so much for being on, What a wonderful, piece of information.

But not only that, you know, for the people who are listening to this, please take the advice that Doctor Jackson's Jackson has given into your soul, into your heart.

And you know, this whole thing about the brain and brain health and mental health. It's not just about the super sciency stuff. We really have to dig deep into.

What were our beliefs before, and do they become survival beliefs that turn into limiting beliefs? And if they did become limiting beliefs, then are we able to change the way that we function based on limiting beliefs, or are those beliefs no longer even valid in our current lives?

And so that's sort of the lesson that I took away from today. So thank you very much, Jackson. Such an honor to be here. Thank you very much.