Intuition, Spiritual Growth and a Charmed Journey Transcript

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Introduction and guest welcome

Welcome to Energize and Revitalize with Dr. Amy. I'm Dr. Amy Coopersmith, a doctorate prepared nurse practitioner. And this show is about empowering you to live a radiant, healthy and balanced life.

I'm very excited to introduce today's guest, Angela Lenhart. She is an intuitive life coach and the author of two bestselling inspirational books about hope, healing and miracles.

And we'll talk more about that during the show. So welcome and thank you so much for being here today. Good morning, Dr. Amy. And thank you so much for having me today.

I'm excited to have this conversation. Me too. And I've shared with my listeners, I love interviewing authors and I love reading all kinds of different things.

And I did get the chance to read one of your books that we'll share with our listeners. But first I wanted to ask you, what is an intuitive life coach?

I help people navigate through their life. is when they are going through challenges and maybe some insight and clarity on how to successfully get through that obstacle.

So they can get from the from the part where they're challenged and stuck to victory. So what are some signs that somebody might be stuck? You know, I think that you, we become paralyzed in fear when we don't exactly know how to approach a challenge or we have a goal and we need help to navigate through what is creating some anxiety, maybe some depression.

I think those emotional Those emotions are huge indicators on whether or not we are stuck on our path. So we needed some help to to find our way through that and how and how and tools on how to to overcome those challenges.

What an intuitive life coach does

Yeah, so if we're faced with some sort of life decision or transition and we're just feeling that, that, you know, everyone knows that ink just spilling in the heart racing and just unrested.

So that could be a sign that we're just stuck and we may need some help clearing the negative energy. Absolutely. We are energetic beings. We are spiritual beings having a human experience.

And there is so much going on, especially at this time in the world with all the current events. And if we don't take time every, every day to sit with ourselves and quiet the mind, we become overwhelmed with the noise in the world.

And when we don't have that space to have silence and to be able to connect with ourselves, then it's virtually impossible to hear that voice of intuition, your higher wisdom.

That is always the voice, that inner knowing. that guides us to how to move, how to take that next step. But without silencing the mind, without getting quiet, it's virtually impossible to know what direction to go, because then we fall into that pattern of operating off of old behaviors, sabotaging thoughts, and that isn't necessarily the right path.

Gotcha. So when you say intuition, is that your inner voice, inner feelings? How do you define that? Intuition is God speaking to you. That's how I interpret it.

That's how I live my life. That is how I've written the two books and have done what I have done is through my

intuition. which is definitely powered up by the Holy Spirit.

I think that there are different ways on listening to your intuition and when people are first getting in touch with, okay, what is my intuition and what is speaking to me?

It's getting in tune with your body because your body, your body knows before the mind knows.

Recognizing fear, intuition, and body signals

So it's getting in tune with your body and feeling What is starting to constrict like the lower back sends messages, the heart sends messages, the lungs, the brain, the legs, the feet.

Those are all indicators on whether or not you are moving in the right direction. So, when we become constricted and tight and feel out of breath. Take that into consideration that you need to stop and reevaluate the situation before you proceed forward.

So use your body as the compass to give you clarification on whether or not you're moving in the right direction. And I think that is one of the first steps in honing your intuitive skills and getting in touch with what your intuitive voice is saying.

And then from there, you can You can become more in tune with the different signs, like, as far as clairvoyance, clear sentence, clear audience on how the universe is speaking to you, how to hone that voice, whether or not it's the inner ear speaking to you, or maybe it's the voice of fear.

So I think that there are different. levels, um, or, um, I really don't know a way to say it, but, but a different, there are, there are different dimensions on how to get in tune with your intuition.

So you just mentioned fear. So how can a person tell, you know, sometimes like we have that bad feeling and, you know, how do we tell if that's intuition or if we're just afraid that we might succeed and then we feel fear.

That's a great question. Most of the time, fear will, we all have fear. Every single one of us experiences fear. It's part of the human experience. It's not allowing fear to keep you stuck and prevent you from moving forward.

So how do you know if it's fear? First of all, my body freezes up. So I know if it's fear and my body will become stuck. But then I think to myself, what is this representing right now?

What kind of situation am I in? For instance, I can share a story. So there was a time when I was Walking my dogs and I needed to jump in and rescue another dog a stranger's dog and this was in the middle of winter and break ice and and I put my life on the line to do that.

Okay, so this is how I can teach through experiences. So, before I jumped in to the. to the reservoir, I knew, intuitively I knew that I could swim. So first of all, first and foremost, I knew that I could swim and I know that I'm super passionate about dogs and I will do anything to save an animal.

So I have that drive within me. So before I leapt into the reservoir, I said, okay, God, we've got to do this. And I root myself in so much faith in God that I allow his power, his energy to move through me.

So when I make that choice to jump into the root, the reservoir that I allow him to propel me forward. So that is how I overcome fear. It isn't that I wasn't afraid to jump in the reservoir and I knew that I was putting my own life on the line, but I trusted God so much that I allowed him to move me.

So fear is always part of the equation. But in that split second, you have got to root yourself so deeply in God and in trusting God that you allow God to move you.

That is how I can best explain how to navigate through fear. Right. So having faith. Faith, absolutely. Faith in

whatever is in front of you was put there for a particular reason.

Overcoming fear through faith and action

And whether it's to serve another person or maybe it's to serve an animal or maybe it's just to hold space for whatever experience is showing up, that if you look at it as it was divinely organized, you are put there for a reason.

Therefore, you cannot allow fear to move you, you allow love to move you. So you mentioned in your book, I had the opportunity to read A Charmed Journey, an inspired guide to personal transformation.

And I loved it. You were so open about sharing stories from your personal life and about how earlier you mentioned having signs, divine intervention that helped move you in certain directions.

That is when I, I wrote that book at a time in my life where when I, I needed to change my life. I was, I was in, I was in the throes of it. And I, my life up until that point had been just, it feels like one big train wreck after another.

And I continuously attracted, you know, relationships and situations that that weren't serving me and I needed, I wanted so badly to change my life and to transform it in a way that would feed my life purpose and my soul.

And I was in a toxic relationship and it was one day when I was walking to the tub and I looked in the mirror and I didn't recognize the person staring back on me.

And so when I sat into the tub, I just sat there and I just said, God, I need your help. And I kid you not, there was a force that pushed me out of the tub wrapped towel around my body.

I walked up the stairs and at the time I said to my boyfriend, I'm leaving. I'm leaving. And he says, well, I've drained your accounts. He drained me emotionally, physically, financially and spiritually on every single on every single level.

And I was I was at the bottom. And he says, well, I've drained your accounts. And I said, that's okay. I said, I can, I'm gonna make it somehow. And I packed my bags.

I got into my car and I began to drive to the park. Cause I was thinking that, I don't know where to begin again, but I'll just begin in the park. And in that moment, I pulled my car over.

And I began to beat my steering wheel and cry and, and cuss and swear like a sailor. And I said, God, I said, here, I've studied all of these techniques.

I've been around the world and now you want me to actually live this. You know, I was up until that point, I was giving advice and now I had to take my own advice.

And as I was on this, the.

The story behind A Charmed Journey

just the side of the road I said I don't know what to do and I started I was crying crying crying and all of a sudden the small still voice that you hear about that that came in to my car I literally saw it and it took over my steering wheel and it drove me to a house and when I got to this particular house I wasn't sure where I was but I got out of my car anyway and I walked to the front door and I knocked and it was my very first client that I had in my life that had told me that if I ever needed a place to go, their house was always opened.

And that is where I began. my life or my that is where I began to transform my life. And that particular day I walked into their house. I laid on the bed and I said, God, I'll do whatever it takes to change my life.

Just tell me what I need to do. And he gave me instructions. He told me that I need to take total responsibility for

my life. I needed to understand the role that I was playing in each and every situation.

And then I needed to have gratitude. I needed to have extreme gratitude for everything and that holding any resentment, or anger towards the situation was not going to get me to where I wanted to go.

And then the fourth thing was I needed to write a book about it. So that is the day that A Charmed Journey was born. And I had no idea how to write a book or who to call to help write a book.

I didn't have the resources to write a book. And I followed God's voice and did what he told me to do. And that is how A Charmed Journey began and then from there I published it and then I was able to get Wayne Dyer's endorsement through prayer and I am listening to my intuition and here we are today on how to transform your life from the inside out.

Well, what an inspiring story. But I am going to have you hold that thought. We're going to pause for a break from our sponsor. So we're going to hear the rest of the story when we come back.

So don't go anywhere. We'll be right back. Welcome back to Energize and Revitalize with Dr. Amy. I'm Dr. Amy Cooper-Smith, and my guest today is Angela Lenhart.

Before the break, we were talking about Angela's transformative journey and how she came to write her book. And something you said when you were describing the situation you were in, you were kind of attracting certain relationships that were toxic to you.

And I've seen, I've had friends or acquaintances where they do seem to kind of attract certain things and it happens repeatedly. And I wonder why that is and what they can do about it.

The first thing to do is awareness, again, to sit with self. Based off of my experiences in the work in doing helping people for 25 plus years, a lot of it stems from our childhood.

So, when there is unresolved business with our mom and our dad and our brothers and our sisters and our aunts and uncles that. That that is in our soul.

So that's internal and it that energy, those thoughts, those feelings need to be transformed. And that is what a term journey is about is that I had to I had to go within and all the things that I was upset about my an angry with my dad.

I began to attract in my relationships. So it was because of my unfinished business with my dad is why I attracted the relationships I did. The unresolved issues that I had with my mom.

I attracted all the relationships that represented that. So my relationships that I encountered were stemmed from the emotions that I had as a child. And my entire journey of transforming and healing those parts of myself, the shadow parts, the parts of us that we are ashamed about or the parts that we have abandoned, those need to be loved they need to be loved and nurtured because anytime we suppress that part of self we shut off pieces of our hearts and the parts of us that that that create and make us whole and our our body our experience is about Loving and accepting all parts of self, all parts of self.

And this is why, you know, being rooted in God and is instrumental is so important to this journey is because he gets us through these challenging times or gets us through the challenging times of of healing and transformation and then liberation.

It's at the point I'm at in my journey as I explore different things and why am I this way? And why do I react this way? And it does always come back to childhood.

And I grew up in New England and I'm like, really Amy, your childhood, great. But you were so right. You have to acknowledge those things in order to move on and become the person you're meant to be.

It's like that energy is active and it sends out a frequency into the universe.

How childhood wounds shape repeating patterns

We live in a, in a electromagnetic field in a very powerful universe. And when those emotions become predominant in our lives, man, that just sends out a signal.

And it sends out that signal to attract to you what you need To heal, but at the time it's it's like, why am I attracting this again? Well, you're attracting it to heal so you can move beyond it.

But if we get stuck in it and we don't recognize what we're giving off and why we are attracting it, that is what keeps us. in the same experience over and over and over again, repeating those patterns.

And it's a vicious cycle unless you decide that you want to heal so badly that you'll do whatever it takes to change your life. And that is where I had to get and be for quite a bit for quite a bit of time before I could move beyond it.

And it is it's it's challenging. I'm not I'm not going to lie any. I mean, we all have a story and we can either allow our story to allow us to continue to be victims forever and ever and ever and to repeat cycles or we can choose to be the victors of our life and overcome that.

So let's say somebody out there is listening and they're in that cycle and they're stuck. What's a first step they could take? The first step they could take is to go to the mirror, to literally go to the mirror and do this exercise.

Look at yourself in the face. Look at yourself in the eyes. And truly walk up to that mirror and say, I love you, and I'm going to do whatever it takes to heal you.

That's first step. And then you allow, then you just choose to whatever shows up in your consciousness, intuitively shows up. Shows up in your experience of even strangers off the street that you trust that that God is working so divinely and so organized in your life that you are going to recognize that experience as a teacher to either teach you to surrender to accept to not judge to forgive.

Those are. reflections of what you need to work on within yourself. And most of the time, 99% of the time, it comes back to forgiveness, forgiveness of self, forgiveness of parents of people that have done you wrong in your life.

And I get it. I've heard a lot of stories doing the work that I've done for over 25 years. And it's mind-blowing and it breaks my heart. But forgiveness is the key to transform your life.

I think, and you talk about this in your book as well, when people think about forgiveness, it doesn't mean that you're excusing the behavior, but you're forgiving so that you can heal.

Yes, it's like forgiveness, if you break it down, it's like forgiving yourself love, forgiving yourself love.

Healing through self-love and forgiveness

And you forgive, it isn't that you're condoning the experience, it isn't that you Are saying that like you deserved it. There was no, no, no part of that.

It's just that that it happened and I am going to give myself so much love in that in this moment and and say this happened to me. I don't know why I'm just going to breathe in.

so much love, so much light into my life that I'm going to allow that light to transform that experience. And when you breathe into it and you allow the light, the sunshine, the energy from the trees, you know, Mother Nature, she's a beautiful healer, allow all of that to come into your body, into your lungs, into your heart.

I don't know how it happens, but it does. The pain softens. The pain softens. It doesn't mean that it's ever gonna go

away and that you're not gonna have memories of it.

It just means that the pain softens, which allows you to have a little more freedom to walk in this life. Absolutely. And I think you mentioned too, you have to forgive others as well as yourself, which is hard to do.

Mm hmm. Mm hmm. That's why going to the mirror and saying to your is looking in the mirror and saying, I love you and I will do whatever it takes to heal you.

Because the journey is healing. The journey is about love and transforming and forgiveness. And, you know, if if we have never been there and done that and done things the wrong way, we wouldn't know what not to do.

So, you know, it's part of I'll be the first one to say that I've made I think I've made every mistake out there. I didn't get this far because I've, I've, I've walked the line.

No, I'm, I'm, I'm, I'm a little bit more in the, within the gates, but I mean, I was from one extreme to the next and, and I'm one that, that likes to live life to the fullest.

And, you know, maybe even probably ran from the cops a few times. You know, I think when I look back at hard times and, You know, while, of course, while I was going through it, I was just wishing I wasn't.

But when you get to the other side of that, at least for me, I'm like, I had to go through that so that I can appreciate now. And so one thing about being older, which, you know, I remember the first time I went through something really difficult, I felt such despair and I'm never gonna make it through this.

But now that I've been around a little bit, I know that yes, you are. Yes, this sucks right now, but you are going to make it through it and you'll be better for it.

Right. If you can just kind of hang in there with an optimistic attitude and trust that it's part of the process, it's part of the journey, it makes the steps a little bit Easier it does and it does have to do with your attitude and how you show up and like I said, you know the the things that are being reflected back onto you.

Where to find Angela Lenhart and her books

If you choose to look at those situations as what is this teaching me? What is this message right now? If you choose to look at it as an opportunity. You will find that there's guidance in that.

It's divinely orchestrated, somehow, some way that there is always a light, and it's a very narrow, narrow channel. Well, we're almost out of time. I really enjoyed our conversation and I enjoyed reading your book and I do recommend that our listeners check that out because there's so much more to your story that we just didn't have time to get to.

How can people learn more about you and to get your books? I have a website, angeloleinhart.com. My books are available on Amazon. I'm an independent author, so I went that direction.

They're both located on Amazon. I'm also on social media, so pretty much anywhere that you have a computer or a phone, you can find me and the work that I do and my books.

Well, thank you again. It's been a pleasure talking with you. Thank you. And thanks to our listeners for tuning in to Energize and Revitalize with Dr.

Amy. Are there topics you would like to hear about? Please send an email to radiantpodcasts2025 at gmail.com. Check out past episodes on YouTube. And we're also on Apple podcasts and all your favorite platforms.

I'll be back next Saturday morning at 730 with more expert insights and practical strategies to help you live a radiant and healthy life. Until then, Cheers to your best.