Midlife as a Spiritual Wake-Up Call? | Hotness Ep. 13 Transcript

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Podcast Introduction

Welcome to Hotness, the podcast that Welcome to Hotness, the podcast that brings you practical tools to balance brings you practical tools to balance your hormones and rekindle connection, your hormones and rekindle connection, confidence, and desire in midlife and confidence, and desire in midlife and beyond. I'm your host, Dr. Liz beyond. I'm your host, Dr. Liz Listister. Hotness is a safe space for Listister. Hotness is a safe space for honest conversations about menopause, honest conversations about menopause, sex, identity, love, loss, reinvention, sex, identity, love, loss, reinvention, and desire. because you can embrace your and desire. because you can embrace your hotness at every age.

hotness at every age.

Midlife Spiritual Awakening

Welcome hot one to the hotness podcast Welcome hot one to the hotness podcast where hormones, confidence, and desire where hormones, confidence, and desire come back online.

come back online. I am very excited to share with you my I am very excited to share with you my spicy conversation with one of my spicy conversation with one of my dearest and longestterm friends, the dearest and longestterm friends, the Reverend Lynn Labort. Lynn is a Reverend Lynn Labort. Lynn is a spiritual healer, teacher, co-founder of spiritual healer, teacher, co-founder of Soma Life Sanctuary in Long Island, New Soma Life Sanctuary in Long Island, New York, where she's guided thousands of York, where she's guided thousands of students through transformational students through transformational classes and trainings. She is a classes and trainings. She is a transformational alchemist. She talks transformational alchemist. She talks about this a little bit and she'll about this a little bit and she'll explain what that means. She also explain what that means. She also teaches her healing methods through teaches her healing methods through online programs, trainings, live online programs, trainings, live gatherings using her methods to help gatherings using her methods to help people develop their own intuitive and people develop their own intuitive and energetic skills. It's really very super energetic skills. It's really very super cool. She helps people release energetic cool. She helps people release energetic and emotional blockages uh so that they and emotional blockages uh so that they can heal themselves and help others.

can heal themselves and help others. It's just absolutely beautiful. She is a It's just absolutely beautiful. She is a trans channel raiki master, yoga trans channel raiki master, yoga teacher, ordained reverend, and teacher, ordained reverend, and integrates all these multiple modalities integrates all these multiple modalities to help people with deep personal to help people with deep personal transformation, which I've had the good transformation, which I've had the good fortune to experience myself. She's the fortune to experience myself. She's the author of Channeling Magdalene, a year author of Channeling Magdalene, a year of love. You'll get to see the book if of love. You'll get to see the book if you watch the video of our interview.

you watch the video of our interview. and she's continually writing and and she's continually writing and teaching on spiritual awakening, divine teaching on spiritual awakening, divine connection. We talk all about that. It connection. We talk all about that. It gets a little spicy. Definitely there's gets a little spicy. Definitely there's a swearing on this podcast and it just a swearing on this podcast and it just gets fun and spicy as my conversations gets fun and spicy as my conversations with Lynn always do. Please enjoy. Hi, with Lynn always do. Please enjoy. Hi, welcome to Hotness. I am so delighted to welcome to Hotness. I am so delighted to have you here, Reverend Lynn Labour, who have you here, Reverend Lynn Labour, who I've known for many, many decades. And I've known for many, many decades. And you're usually Lenny to me, but that's you're usually Lenny to me, but that's okay. And I'm going to start us off with okay. And I'm going to start us off with a question and then we can take it in a question and then we can take it in all sorts of directions as we often do.

all sorts of directions as we often do. And what I want to start off with, given And what I want to start off with, given your spiritual healing and other your spiritual healing and other incredible deep healing skills that you incredible deep healing skills that you have and background, I often hear from have and background, I often hear from women in midlife that they're feeling women in midlife that they're feeling like they're having a spiritual like they're having a spiritual awakening, right? I think I've awakening, right? I think I've experienced that as well, I would say.

experienced that as well, I would say. And so, what is happening? What the heck And so, what is happening? What the heck is going on from a spiritual standpoint?

is going on from a spiritual standpoint? So, we're pretty much driven by our So, we're pretty much driven by our hormones, like hormonally crazed when hormones, like hormonally crazed when we're younger. And as the hormones start we're younger. And as the hormones start to drop, and I know that that's your to drop, and I know that that's your field of mastery. What happens is we're field of mastery. What happens is we're like, is that all there is? As the sex like, is that all there is? As the sex drive starts to drop, we find ourselves drive starts to drop, we find ourselves turning within. And as Jesus says, the turning within.

Mary Magdalene and Personal Transformation

And as Jesus says, the kingdom of heaven is within. And we kingdom of heaven is within. And we start to have like this spiritual start to have like this spiritual reconnaissance where we're like, who am reconnaissance where we're like, who am I? What is my purpose? Like, I raised my I? What is my purpose? Like, I raised my kids. I got married, you know, had the kids. I got married, you know, had the job, had the career, and then all of a job, had the career, and then all of a sudden we're like, there's got to be sudden we're like, there's got to be more.

more. more. >> Is that all there is? Yeah. >> Is that all there is? Yeah. >> Is that all there is? Exactly. So, what >> Is that all there is? Exactly. So, what happens is our higher self, the Holy happens is our higher self, the Holy Spirit, whatever you want to call it, Spirit, whatever you want to call it, our spiritual self starts to come forth our spiritual self starts to come forth cuz first there's spirituality, our cuz first there's spirituality, our divinity, it's the place where we have divinity, it's the place where we have our desires come forth. Then there is our desires come forth. Then there is the world of the mind and that's where the world of the mind and that's where our intentions are. We have this desire our intentions are. We have this desire for this thing to happen. We go to the for this thing to happen. We go to the mind. The mind is like, I'm going to mind. The mind is like, I'm going to make this thing happen. Then we go to make this thing happen. Then we go to our emotions, the emotional body. That's our emotions, the emotional body. That's where we allow the thing to come into where we allow the thing to come into manifestation. And then we have the manifestation. And then we have the physical realm, which is the physical realm, which is the accomplishment of it, of the thing that accomplishment of it, of the thing that we desired. So, it's like this paradigm we desired. So, it's like this paradigm matrix for manifestation. And what matrix for manifestation. And what happens is we start to go backwards and happens is we start to go backwards and we're like, I have everything I ever we're like, I have everything I ever wanted.

wanted. wanted. >> I've done my emotional work. I've done >> I've done my emotional work. I've done all the therapy I can do in the mental all the therapy I can do in the mental realm, but now we come upon this realm, but now we come upon this spiritual essence of us. And one of the spiritual essence of us. And one of the things that I do, there's a book that things that I do, there's a book that I've written. I actually happen to have I've written. I actually happen to have it right here.

it right here. >> Yeah. It's gorgeous. >> Yeah. It's gorgeous. >> And I'm writing a second one with her. >> And I'm writing a second one with her. This is the first one that we did This is the first one that we did together, channeling Magdalene. So, Mary together, channeling Magdalene. So, Mary and Magdalene came to me when I was in and Magdalene came to me when I was in the darkest place of my life. This was the darkest place of my life. This was the beginning of 2019. And Lizzie, I was the beginning of 2019. And Lizzie, I was like done. I didn't want to be here. I like done. I didn't want to be here. I said to my mom, like, I don't want to be said to my mom, like, I don't want to be here anymore. Yes. She's like, what?

here anymore. Yes. She's like, what? Mary Magdalene comes in and she has me Mary Magdalene comes in and

she has me read a book that was on my bookshelf for read a book that was on my bookshelf for the longest time. It was called The the longest time. It was called The Disappearance of the Universe. One of my Disappearance of the Universe. One of my best friends, Sher, had me buy this best friends, Sher, had me buy this book, but I had never read it. And book, but I had never read it. And Magdalene's like, "Read the book." And Magdalene's like, "Read the book." And it actually sent me back to the Course it actually sent me back to the Course of Miracles, which I contacted when I of Miracles, which I contacted when I was like 24 years old back in 1985. And was like 24 years old back in 1985. And it sent me on this journey of realizing it sent me on this journey of realizing that we're not a physical body.

that we're not a physical body. >> We're not the feelings that we have that >> We're not the feelings that we have that sometimes take us out completely. We're sometimes take us out completely. We're not even the thoughts that we have, but not even the thoughts that we have, but we're something beyond that. And that's we're something beyond that. And that's when we come into the essence of our when we come into the essence of our divinity. And for me, that journey has divinity. And for me, that journey has been a very feminine one. Cuz when you been a very feminine one.

Divine Feminine and Masculine Energy

Cuz when you think about the feminine and how she think about the feminine and how she receives and allows and lets, yet receives and allows and lets, yet everything comes through her through her everything comes through her through her womb, you know, through these acts of womb, you know, through these acts of creation. And while the masculine is creation. And while the masculine is what contains the feminine, we have what contains the feminine, we have grown up in a society where women were grown up in a society where women were better men than the men were. So many of better men than the men were. So many of our men died in the war.

our men died in the war. >> Okay? And then the boys were being >> Okay? And then the boys were being raised by women. But one of the most raised by women. But one of the most masculine things a woman can do is be a masculine things a woman can do is be a mother. Like mothering is a very mother. Like mothering is a very masculine activity. So the men grew up masculine activity. So the men grew up with these very very strong women and with these very very strong women and but these emasculated men. So now we're but these emasculated men. So now we're coming to the point where we're like I coming to the point where we're like I want someone to help me. And the goddess want someone to help me. And the goddess comes in and she says now is our time to comes in and she says now is our time to walk together. It's our time. Now walk together. It's our time. Now >> I want to pause one second. I want you >> I want to pause one second. I want you to go back just a second to what you to go back just a second to what you just said that mothering is a very just said that mothering is a very masculine activity because I will never masculine activity because I will never forget the first time that I was told forget the first time that I was told that and I absolutely rebelled. I'm like that and I absolutely rebelled. I'm like that's insane. That's crazy. Okay. You that's insane. That's crazy. Okay. You know, like I have my children and you know, like I have my children and you know, we think of the mother and the know, we think of the mother and the nurturing aspect of the mother. So, I nurturing aspect of the mother. So, I actually know what you're talking about, actually know what you're talking about, but go ahead and say a little bit more.

but go ahead and say a little bit more. So when you think of a child getting So when you think of a child getting trapped underneath a train car or trapped underneath a train car or underneath a car and the mother is able underneath a car and the mother is able to lift the car and save the child, to lift the car and save the child, that's a masculine energy. You know, that's a masculine energy. You know, most women I know are better men than most women I know are better men than most men. And like we were raised to be most men. And like we were raised to be strong. We were raised in a masculine strong. We were raised in a masculine environment. We weren't raised to be environment. We weren't raised to be goddesses. We weren't raised to talk to goddesses. We weren't raised to talk to the trees. We weren't raised to be in the trees. We weren't raised to be in the garden. We were raised to go the garden. We were raised to go supermarket shopping supermarket shopping >> in our modern world with a list >> in our modern world with a list organized and a meal plan. Got it.

organized and a meal plan. Got it. Exactly. Exactly. Productive, organized. Exactly. Exactly. Productive, organized. >> Yeah. >> Yeah. >> Yeah. >> Work, work, work, work, work. Do we >> Work, work, work, work, work. Do we

weren't taught the way of the goddess?

weren't taught the way of the goddess? >> We weren't taught about enjoying >> We weren't taught about enjoying massages and having people peel us a massages and having people peel us a grape. And we weren't taught to grape. And we weren't taught to >> rub our feet, >> rub our feet, >> rubbing our rub our feet, soak in a tub.

>> rubbing our rub our feet, soak in a tub. You know, even like everything became a You know, even like everything became a competition. even the clothes we wore competition. even the clothes we wore and the trips that we had and keeping up and the trips that we had and keeping up with the Joneses and the neighbors next with the Joneses and the neighbors next door, it became really competitive. And door, it became really competitive. And that's not like if you've read the Red that's not like if you've read the Red Tent, which I'm sure that you have, the Tent, which I'm sure that you have, the Red Tent was where women were sent right Red Tent was where women were sent right before their moon cycles and the men before their moon cycles and the men would come to them and say, "Help to would come to them and say, "Help to solve this problem." And then women solve this problem." And then women would have these incredible dreams and would have these incredible dreams and they would bring healing to the tribe.

they would bring healing to the tribe. Women were honored by their sisters. Women were honored by their sisters. That doesn't happen in this society. You That doesn't happen in this society. You got Real Housewives where they're got Real Housewives where they're screaming against each other and screaming against each other and fighting with each other and fighting with each other and >> right >> right >> right >> I cannot watch that show. And I've got >> I cannot watch that show. And I've got >> Absolutely.

>> Absolutely. >> Absolutely. >> I got a friend on the show, Amanda >> I got a friend on the show, Amanda Francis, and I'm like, "Amanda, please, Francis, and I'm like, "Amanda, please, please leave the show. Please leave the please leave the show. Please leave the show." show." show." >> Uh, you know, and and you know that they >> Uh, you know, and and you know that they make it they even fake it. Like they're make it they even fake it. Like they're even even even >> I don't know that they're faking it so >> I don't know that they're faking it so much. I think they push them. I think much. I think they push them. I think they pro they pro like how they poke the bull to get the like how they poke the bull to get the bull angry.

bull angry. >> Yes. Yes. I know this because I knew >> Yes. Yes. I know this because I knew three women. A friend of mine was and three women. A friend of mine was and had a travel agency with two other had a travel agency with two other women. It was like this high-end like a women. It was like this high-end like a if you wanted a James Bond experience, if you wanted a James Bond experience, it would be $100,000 in Monaco and etc.

it would be $100,000 in Monaco and etc. And they got along great and they did And they got along great and they did such interesting work that one of the such interesting work that one of the channels was going to do a reality show channels was going to do a reality show about them, but they got along too well about them, but they got along too well and they weren't willing to follow the and they weren't willing to follow the script.

script. script. >> Right. That doesn't sell. >> Right. That doesn't sell. >> It doesn't sell. You know, they want to >> It doesn't sell. You know, they want to see the big fight and this one gossiping see the big fight and this one gossiping about this one and this one gossiping about this one and this one gossiping about this one. When women come together about this one. When women come together in a community, they have each other's in a community, they have each other's backs.

backs. backs. >> And this is the spiritual renaissance. >> And this is the spiritual renaissance. This is where we say, "I love you. How This is where we say, "I love you.

Community, Safety, and Sexuality

How can I support you?" Not, "I'm better can I support you?" Not, "I'm better than you." Or, "I'm going to fight for than you." Or, "I'm going to fight for the same man." Like, you know, we share the same man." Like, you know, we share in a community if we have to rather than in a community if we have to rather than try to take the woman

down. I've been try to take the woman down. I've been studying the Essene community, which is studying the Essene community, which is a beautiful community that actually shut a beautiful community that actually shut up about 80 years before Jesus. And in up about 80 years before Jesus. And in the middle of the desert, they were able the middle of the desert, they were able to grow fruits and vegetables cuz they to grow fruits and vegetables cuz they were in unison with the angel of air, were in unison with the angel of air, the angel of water, the angel of fire, the angel of water, the angel of fire, the earth herself. You know, in the the earth herself. You know, in the original Essene doctrine, it was our original Essene doctrine, it was our father who art in heaven, our mother who father who art in heaven, our mother who art the earth. It was the seven angels art the earth. It was the seven angels of the heavenly father and the seven of the heavenly father and the seven angels of earthly mother. But we've angels of earthly mother. But we've forgotten about her. We don't pay homage forgotten about her. We don't pay homage to her. We started wearing sneakers and to her. We started wearing sneakers and we lost our connection to the earth we lost our connection to the earth because they're the rubber. You know, because they're the rubber. You know, the Indians wore moccasins and they were the Indians wore moccasins and they were leather and they could connect. So, leather and they could connect. So, there's a place where we're having to there's a place where we're having to come back to ourselves. And you know, come back to ourselves. And you know, it's funny when I go into church it's funny when I go into church sometimes there's just so many older sometimes there's just so many older people there cuz they're like, I've seen people there cuz they're like, I've seen everything. I've done everything and all everything. I've done everything and all that's left is God. You know, but for me that's left is God. You know, but for me it's my mentor Melanie Melan Lair. She it's my mentor Melanie Melan Lair. She says, "God writes the paycheck." No, the says, "God writes the paycheck." No, the goddess writes the paycheck. She says, goddess writes the paycheck. She says, "Go into something called the God zone." "Go into something called the God zone." And for me, it's not the God zone, it's And for me, it's not the God zone, it's the goddess zone. And it's this place of the goddess zone. And it's this place of having, you know, like the goddess come having, you know, like the goddess come within. And when you seat the goddess within. And when you seat the goddess inside of you, there's nothing that you inside of you, there's nothing that you can't do. But not from a place of can't do. But not from a place of masculine drive, from a place of masculine drive, from a place of receiving and allowing and letting, as receiving and allowing and letting, as Allison taught us, that is the essence Allison taught us, that is the essence of divinity. Feminine divinity of divinity. Feminine divinity >> is the receiving.

>> is the receiving. >> And referring to Allison Armstrong, her >> And referring to Allison Armstrong, her body of work, which is amazing, body of work, which is amazing, >> who's been a personal friend of ours for >> who's been a personal friend of ours for as long as we've known each other. Yes, as long as we've known each other. Yes, that's right. That's true. That's that's right. That's true. That's exactly true.

exactly true. >> So, we talk about I know that's so >> So, we talk about I know that's so amazing. When we talk about divine amazing. When we talk about divine femininity, femininity, femininity, is that separate from other divinity? I is that separate from other divinity? I want to bring back you and I talk about want to bring back you and I talk about masculine and feminine energies. We talk masculine and feminine energies. We talk about that all the time whenever we're about that all the time whenever we're together and talking. And so say a together and talking. And so say a little bit about that because I think little bit about that because I think sometimes people hear divine feminine sometimes people hear divine feminine and they think of it as something that and they think of it as something that is going to divide women away from is going to divide women away from >> not at all >> not at all >> men for example.

>> men for example. >> No, in fact the divine feminine is >> No, in fact the divine feminine is contained by the divine masculine. So contained by the divine masculine. So the container for a woman to be able to the container for a woman to be able to surrender into her femininity is when surrender into her femininity is when she has a relationship with a man who she has a relationship with a man who can provide her safety like nothing can provide her safety like nothing else. It's funny, Allison said this else. It's funny, Allison said this recently. You can't have enough recently. You can't have enough girlfriends to make you feel safe like girlfriends to make you feel safe like one man can.

one man can. >> Indeed. And and to the point of >> Indeed. And and to the point of masculine feminine, right? In order so masculine feminine, right? In order so that we're not just being completely that we're not just being completely heteronormative. We're talking about heteronormative. We're talking about masculine and feminine

energy, right?

masculine and feminine energy, right? There's couples where there both women There's couples where there both women or they're both men, but there's still a or they're both men, but there's still a interplay and exchange of masculine and interplay and exchange of masculine and feminine energy. They can't all be one, feminine energy. They can't all be one, right? It just flows back and forth kind right? It just flows back and forth kind of in this infinity sign.

of in this infinity sign. >> And you have you have like the Mr. Mom >> And you have you have like the Mr. Mom where the wife is the bread winner, where the wife is the bread winner, >> you know, like Amanda, Amanda Francis >> you know, like Amanda, Amanda Francis who's on Housewives of Beverly Hills who's on Housewives of Beverly Hills right now, like she's the bread winner, right now, like she's the bread winner, you know, you know, >> but you have to understand that within >> but you have to understand that within this dynamic of energy, there's a this dynamic of energy, there's a vacillation that occurs. But women vacillation that occurs. But women haven't honored their femininity.

haven't honored their femininity. We weren't raised in a society where the We weren't raised in a society where the divine feminine was honored. The divine divine feminine was honored. The divine masculine was. So, we were raised to be masculine was. So, we were raised to be good men. We weren't raised to be good good men. We weren't raised to be good girls, but it was like the sexuality girls, but it was like the sexuality wasn't revered. The femininity wasn't wasn't revered. The femininity wasn't revered. It's like, let's cut it off.

revered. It's like, let's cut it off. Let's shave it off. Let's pretend it Let's shave it off. Let's pretend it doesn't exist cuz men were overwhelmed doesn't exist cuz men were overwhelmed by it. They didn't know how to interact by it. They didn't know how to interact with it from an empowering place.

with it from an empowering place. >> Indeed. Indeed. And also frightened >> Indeed. Indeed. And also frightened because it is a power. It's a It's a because it is a power. It's a It's a huge power. It's an incredible power huge power. It's an incredible power when you think of the power of what the when you think of the power of what the womb is. Like you can take any crazy womb is. Like you can take any crazy emotion and push it down into the womb emotion and push it down into the womb and the womb acts like a portal to take and the womb acts like a portal to take it away from you.

it away from you. >> Yes. Regardless of babies, it's not only >> Yes. Regardless of babies, it's not only talking about physical human babies, but talking about physical human babies, but creativity and everything that creativity and everything that >> money, creativity, sexuality, the sacral >> money, creativity, sexuality, the sacral chakra which exists in both men and chakra which exists in both men and women, women, women, >> but you can use it as a portal for >> but you can use it as a portal for energy. Like if a man could take his energy. Like if a man could take his anger and channel it into his sacral and anger and channel it into his sacral and release it there, you know, it wouldn't release it there, you know, it wouldn't be rape.

be rape. >> Indeed, that's always been an incredible >> Indeed, that's always been an incredible thought experiment that I've tried to do thought experiment that I've tried to do and I I usually actually don't go all and I I usually actually don't go all the way through with it is how can there the way through with it is how can there be arousal and violence at the same be arousal and violence at the same time. So that's that's just probably time. So that's that's just probably like a whole another discussion. I like a whole another discussion. I remember another time.

remember another time. >> I remember reading an article in I think >> I remember reading an article in I think it was Vanity Fair years ago about this it was Vanity Fair years ago about this girl who was gang raped by this group of girl who was gang raped by this group of like a dozen men and she kept having like a dozen men and she kept having orgasm after orgasm after orgasm while orgasm after orgasm after orgasm while she was being raped and she said it just she was being raped and she said it just you know turned her sideways because you know turned her sideways because pleasure and pain became synonymous for pleasure and pain became synonymous for her. You know, her. You know, >> they just said to me she never allowed >> they just said to me she never allowed

herself to have an orgasm with her herself to have an orgasm with her husband cuz she didn't want to get husband cuz she didn't want to get pregnant, but she thought that an orgasm pregnant, but she thought that an orgasm would mean she would get pregnant. So, would mean she would get pregnant. So, she never let herself have an orgasm.

she never let herself have an orgasm. Isn't that fascinating? Isn't that fascinating? >> In this day and age, can you imagine? >> In this day and age, can you imagine?

That's what we're going to really make That's what we're going to really make sure that people are very clear about sure that people are very clear about how all of that actually goes. And and how all of that actually goes. And and women connecting to their own orgasms. I women connecting to their own orgasms. I mean, I was never taught one single mean, I was never taught one single thing about that. I I discovered that thing about that. I I discovered that very accidentally in college.

very accidentally in college. >> That's my childhood education were three >> That's my childhood education were three books my mother had on the bookshelf. It books my mother had on the bookshelf. It was the family medical dictionary where was the family medical dictionary where I could see pictures.

I could see pictures. >> It was >> It was >> the happy hooker by Xavier Hollander >> the happy hooker by Xavier Hollander >> and it was everything you always wanted >> and it was everything you always wanted to know about sex but were afraid to ask to know about sex but were afraid to ask by Woody Allen. Like that was by Woody Allen. Like that was >> Oh my goodness. Okay. It's very funny >> Oh my goodness. Okay. It's very funny but rude. I but it's it's like but rude. I but it's it's like >> and then I was reading Peanuts, you >> and then I was reading Peanuts, you know, like just to make myself laugh cuz know, like just to make myself laugh cuz >> right >> right >> right >> the insanity of it all. But you know, >> the insanity of it all. But you know, remember one time I asked my mom a remember one time I asked my mom a question about sex and she said, "You question about sex and she said, "You know more about sex than I do?" And I know more about sex than I do?" And I was like so offended. I was like, was like so offended. I was like, "That's unfair. Are you kidding me? Of "That's unfair. Are you kidding me? Of course I don't.

course I don't. >> You're asking a question." So my mother, >> You're asking a question." So my mother, who's now a retired pediatrician, had me who's now a retired pediatrician, had me so prepared for my period, for my so prepared for my period, for my menstrual cycle, but we did not have one menstrual cycle, but we did not have one conversation ever related to sex, conversation ever related to sex, sexuality. Yeah. My friend who her kids sexuality. Yeah. My friend who her kids are now all into college, she says, are now all into college, she says, "It's not sex education. It's puberty "It's not sex education. It's puberty education." education." education." >> This is what's happening. This is how >> This is what's happening. This is how your body changes. This is your body changes. This is >> or or how to honor, you know, like our >> or or how to honor, you know, like our mothers weren't raised in a time where mothers weren't raised in a time where women were honored. They were women who women were honored. They were women who got to work. My mother said, "Look, your got to work. My mother said, "Look, your men are going to leave you. They're men are going to leave you. They're either going to die, they're going to either going to die, they're going to leave, you'll get a divorce, you know, leave, you'll get a divorce, you know, whatever. So, you have to get the best whatever. So, you have to get the best education and you have to become the education and you have to become the bread winner and you have to be the one bread winner and you have to be the one to succeed in the family cuz that's what to succeed in the family cuz that's what my grandmother did." You know, my my grandmother did." You know, my grandfather was 25 years her elder. He grandfather was 25 years her elder. He dies at 60 on the operating table and dies at 60 on the operating table and suddenly she's, you know, young with two suddenly she's, you know, young with two daughters who were eight and three and daughters who were eight and three and had to make a living. became a nurse, had to make a living. became a nurse, got paid a dollar an hour in the 1800s.

got paid a dollar an hour in the 1800s. Sorry, early 1900s. Sorry, early 1900s. >> Right. Right. In other words, to >> Right. Right. In other words, to survive, we had to be strong, survive, we had to be strong, independent, because there wasn't a independent, because there wasn't a community like the Essen community, community like the Essen community, everybody pitched in.

everybody pitched in. >> And we didn't grow up in communities. >> And we didn't grow up in communities. You grew up, I think, very luckily, in a You grew up, I think, very luckily, in a Jewish community where people take care Jewish community where people take care of each other. That's an old Essen of each other. That's an old Essen tradition. I saw it with the studies tradition. I saw it with the studies that I did with Kabala. you know, when that I did with Kabala. you know, when you went to church on Sundays here, you went to church on Sundays here, everybody was like judging you based on everybody was like judging you based on what you were wearing and how shiny your what you were wearing and how shiny your shoes were and you know, shoes were and you know, >> yeah. Oh, that happens in other >> yeah. Oh, that happens in other settings, don't worry. And also, settings, don't worry. And also, speaking of Cabala, which I will also be speaking of Cabala, which I will also be doing other episodes on because I want doing other episodes on because I want to talk more about that, but I believe to talk more about that, but I believe if I'm not mistaken, one of the teachers if I'm not mistaken, one of the teachers that we do a lot of you and I do a lot that we do a lot of you and I do a lot of work with, uh, which is David Gam, he of work with, uh, which is David Gam, he talks about it the other way. He talks talks about it the other way.

Healing, Psychic Work, and Energy Flow

He talks about the masculine is the energy and about the masculine is the energy and the feminine is the vessel that is the feminine is the vessel that is containing the energy. But now that you containing the energy. But now that you and I are having this conversation, I and I are having this conversation, I can see the difference because you're can see the difference because you're talking about feeling safe. One of the talking about feeling safe. One of the things I talk about with women cuz I'm things I talk about with women cuz I'm taking care of midlife women and we're taking care of midlife women and we're doing hormone replenishment and we're doing hormone replenishment and we're just helping women kind of get their just helping women kind of get their brains back so that they can then be brains back so that they can then be able to have these self-honoring able to have these self-honoring experiences that you're talking about.

experiences that you're talking about. And so what's happening is that they are And so what's happening is that they are feeling well, like I said, be able to feeling well, like I said, be able to get their brains back and they're get their brains back and they're feeling lack of libido. One of the most feeling lack of libido. One of the most common things that I talk about with common things that I talk about with women and safety is essential, right? We women and safety is essential, right? We think that that sex drive is I think think that that sex drive is I think about sex, I pursue it, and then I have about sex, I pursue it, and then I have it, and then I recover, and then I do it, and then I recover, and then I do the cycle again.

the cycle again. >> That's masculine. >> That's masculine. >> That's the masculine. Exactly. Whereas >> That's the masculine. Exactly. Whereas the feminine cycle is this circle and the feminine cycle is this circle and the feeling of safety and the feeling of the feeling of safety and the feeling of partnership.

partnership. partnership. >> The safety is everything. It's the >> The safety is everything. It's the safety is the intimacy. It's knowing safety is the intimacy. It's knowing that you can count on somebody. It's that you can count on somebody. It's depending upon them. You know, it's depending upon them. You know, it's congruency that they show up, that they congruency that they show up, that they don't disappear, that there's not don't disappear, that there's not ghosting. You know, I don't think people ghosting. You know, I don't think people understand how important communication understand how important communication is. And you and I learned very young is. And you and I learned very young that love is a function of that love is a function of communication, you know, and that's communication, you know, and that's essential to safety.

essential to safety. >> Yep. Absolutely. And when someone >> Yep. Absolutely. And when someone doesn't respond, like as a woman, if doesn't respond, like as a woman, if someone doesn't respond and it's a man someone doesn't respond and it's a man that I'm dating, I start to go like a that I'm dating, I start to go like a little squirrely, you know?

little squirrely, you know? >> Right. Indeed. Even with all the work >> Right. Indeed. Even with all the work we've done, all the we've done, all the Right. We still have this Right. We still have this >> We still are teenagers on the inside, >> We still are teenagers on the inside, right?

right? right? >> Right. Exactly. >> Right. Exactly. >> It's crazy making. >> It's crazy making. >> So crazy. What do people come to you to >> So crazy. What do people come to you to work with you on? I am a psychic, a work with you on? I am a psychic, a medium and a trans channel, which means medium and a trans channel, which means I bring forth higher energies. Jesus, I bring forth higher energies. Jesus, Mary Magdalene, whole host of 25 Mary Magdalene, whole host of 25 different ascended masters. People come different ascended masters. People come to me to learn to open up their to me to learn to open up their spiritual abilities. They're claire's, spiritual abilities. They're claire's, clare audience, clairvoyance, clare clare audience, clairvoyance, clare cents, clare cognizance. People come to cents, clare cognizance. People come to me to learn tools for psychic me to learn tools for psychic transformation. I call myself a transformation. I call myself a transformational alchemist. And I take transformational alchemist. And I take people's darkness and bring it back to people's darkness and bring it back to the light. Cuz Einstein's my favorite the light. Cuz Einstein's my favorite spiritual being in the world. E= MC² spiritual being in the world. E= MC² means E is the equation for God. Mass means E is the equation for God. Mass times the constant the speed of light.

times the constant the speed of light. If you take any object in the universe If you take any object in the universe and you travel it at the speed of light, and you travel it at the speed of light, it converts back to pure white light it converts back to pure white light energy. So energy is supposed to move energy. So energy is supposed to move through us. But if we have trauma or it through us. But if we have trauma or it comes too quickly, we block it and that comes too quickly, we block it and that turns into illness, turns into cancer, turns into illness, turns into cancer, turns into a whole myriad of things. So turns into a whole myriad of things. So I help people unblock this so the energy I help people unblock this so the energy can move through. And mostly it's done can move through. And mostly it's done through breath, through communication, through breath, through communication, through love and listening. People need through love and listening. People need to be listen. Oh my god, people are to be listen. Oh my god, people are dying to be listened to. So I spend an dying to be listened to. So I spend an hour with somebody and 54 minutes I'm hour with somebody and 54 minutes I'm listening and 6 minutes I'm working with listening and 6 minutes I'm working with them.

them. them. >> Yeah, that's incredible. >> Yeah, that's incredible. >> We're not talking religion. >> We're not talking religion. >> No, religion has nothing to do with >> No, religion has nothing to do with this. This is listen my relationship this. This is listen my relationship with Jesus if people understood how with Jesus if people understood how sarcastic and funny Jesus is like they sarcastic and funny Jesus is like they have no idea first of all he didn't die have no idea first of all he didn't die on the cross he was married to Mary on the cross he was married to Mary Magdalene they had children he left Magdalene they had children he left Magdalene and he went to India and had Magdalene and he went to India and had more children more children >> and his seed is spilled all over the >> and his seed is spilled all over the land and people don't want to hear this land and people don't want to hear this and I got killed on TikTok when I even I and I got killed on TikTok when I even I have a girlfriend who's having the same have a girlfriend who's having the same conversation she just got a death threat conversation she just got a death threat >> that doesn't surprise me they said you >> that doesn't surprise me they said you know people are very know people are very >> she put a bullet in you >> she put a bullet in you >> people are terrified >> people are terrified >> attached to their beliefs for better or >> attached to their beliefs for better or worse. It's partly to do with what our worse. It's partly to do with what our world looks like today. Okay.

world looks like today. Okay. >> Crazy. Crazy. >> Crazy. Crazy. >> All right. Well, as you and I know and >> All right. Well, as you and I know and we have done, we can talk for hours. Let we have done, we can talk for hours. Let me pause us a moment and ask if people me pause us a moment and ask if people want to learn more about what you do or want to learn more about what you do or work with you. What is the best way to work with you. What is the best way to reach you?

reach you? >> You can find me on my website which is >> You can find me on my website which is somalife www.hm somalife www.hm O h m a l i f e.com. I'm on Tik Tok.

O h m a l i f e.com. I'm on Tik Tok. Revlyn Labort. I'm on Instagram. I'm on Revlyn Labort. I'm on Instagram. I'm on Facebook. I'm on Oh my god. I have this Facebook. I'm on Oh my god. I have this fabulous YouTube channel with like 3,000 fabulous YouTube channel with like 3,000 videos and almost 4,000 followers. It's videos and almost 4,000 followers. It's called the Soma Life Sanctuary. And called the Soma Life Sanctuary. And we've got all kinds of

I have people we've got all kinds of I have people that are channeling Jesus on there.

that are channeling Jesus on there. We've done some amazing conversations We've done some amazing conversations and workshops and classes. I read the and workshops and classes. I read the AOSIC records. I teach people how to AOSIC records. I teach people how to read the AOSIc records. And then from read the AOSIc records. And then from there once you learn these tools I I there once you learn these tools I I have a one class that I teach it's 12 have a one class that I teach it's 12 weeks long. I teach you 12 tools for weeks long. I teach you 12 tools for transformation. And with that anything's transformation. And with that anything's and everything is possible. Past life and everything is possible. Past life work future life you know simultaneous work future life you know simultaneous existences. Finding out why you have the existences. Finding out why you have the afflictions that you do and why you afflictions that you do and why you chose to have them. Healing anything in chose to have them.

Hotness Ritual and Closing Remarks

Healing anything in your life is done through these tools your life is done through these tools and techniques. It's pretty incredible. and techniques. It's pretty incredible.

>> Beautiful. I love it. Ah, I totally love >> Beautiful. I love it. Ah, I totally love that. that. that. >> Thank you. >> Thank you. >> I want to wrap us up by asking you a >> I want to wrap us up by asking you a question that I ask every guest.

question that I ask every guest. >> Okay. >> Okay. >> Okay. >> What is one thing that you do to connect >> What is one thing that you do to connect to your own hotness?

to your own hotness? >> I stand in front of the mirror and look >> I stand in front of the mirror and look into my eyes. Jesus actually taught me into my eyes. Jesus actually taught me this. He goes, "Look into the mirror this. He goes, "Look into the mirror until you see me looking back at you." until you see me looking back at you." And the minute that I connect to like my And the minute that I connect to like my own soul, I get really turned on by it.

own soul, I get really turned on by it. Jesus is hot as far as I'm concerned. I Jesus is hot as far as I'm concerned. I know people lose their [__] minds know people lose their [__] minds over that, but he's very When I need to over that, but he's very When I need to be cuddled and I'm by myself, I'm like, be cuddled and I'm by myself, I'm like, "Jesus, come spoon me." I literally feel "Jesus, come spoon me." I literally feel him behind me. He'll come and spoon me.

him behind me. He'll come and spoon me. Sometimes I'm crying my eyes out, but Sometimes I'm crying my eyes out, but I'm like, I don't know, just completely I'm like, I don't know, just completely turned on by my own essence.

turned on by my own essence. >> I love it. That's so beautiful. I love >> I love it. That's so beautiful. I love that. So many times we walk past a that. So many times we walk past a mirror and like critique.

mirror and like critique. >> So that's a beautiful invitation. So, >> So that's a beautiful invitation. So, you're listening to this conversation you're listening to this conversation that Lynn and I have had. I invite you that Lynn and I have had. I invite you to do that. Take a look into the mirror to do that. Take a look into the mirror and watch and watch >> and look and find your own beauty.

>> and look and find your own beauty. >> Find your own sensuality. She's there >> Find your own sensuality. She's there and she's waiting for you to bring her and she's waiting for you to bring her forth.

forth. forth. >> Beautiful. >> Beautiful. >> Beautiful. >> Thank you so much, baby. >> Thank you so much, baby. >> I love you so much. This has been an >> I love you so much. This has been an absolute. Thank you for the invitation.

absolute. Thank you for the invitation. What a treat. What a treat. >> You are so welcome. I will see you soon. >>

You are so welcome. I will see you soon.

>> Love you. >> Love you. Thanks for listening to Hotness. Help Thanks for listening to Hotness. Help more women find these practical tools by more women find these practical tools by liking, sharing, and following the show, liking, sharing, and following the show, as well as leaving a review. As a gift as well as leaving a review. As a gift for your free midlife guide filled with for your free midlife guide filled with powerful support for your mind, body, powerful support for your mind, body, and soul. Because you can embrace your and soul. Because you can embrace your