Midlife as a Spiritual Wake-Up Call? — with Rev. Lynn LaBorde Transcript

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Podcast Introduction and Guest Bio

Welcome to Hotness, the podcast that brings you practical tools to balance your hormones and rekindle connection, confidence, and desire in midlife and beyond.

I'm your host, Dr. Liz Lister. Hotners is a safe space for honest conversations about menopause, sex, identity, love, loss, reinvention, and desire, because you can embrace your hotness at every age.

Welcome, Hot One, to the Hotness podcast, where hormones, confidence, and desire come back online. I am very excited to share with you my spicy conversation with one of my dearest and longest-term friends, the Reverend Lynn Laborde.

Lynn is a spiritual healer, teacher, co-founder of Soma Life Sanctuary in Long Island, New York, where she's guided thousands of students through transformational classes and trainings.

She is transformation alchemist, she talks about this a little bit, and she'll explain what that means. She also teaches her healing methods through online programs, trainings, live gatherings, using her methods to help people develop their own intuitive and energetic skills.

It's really very super cool. She helps people release energetic and emotional blockages so that they can heal themselves and help others. Just absolutely beautiful.

She is a trans channel, Reiki master, yoga teacher, ordained reverend, and integrates all these multiple modalities to help people with deep personal transformation, which I've had the good fortune to experience myself.

She's the author of Channeling Magdalene, A Year of Love. You'll get to see the book if you watch the video of our interview. and she's continually writing and teaching on spiritual awakening, divine connection.

We talk all about that.

Midlife Spiritual Awakening

It gets a little spicy. Definitely there's a swearing on this podcast, and it just gets fun and spicy as my conversations with Lynn always do. Please enjoy.

Hi, welcome to Hotness. I am so delighted to have you here, Reverend Lynn Laborde, who I've known for many, many decades. And you're usually linear to me, but that's okay.

And I'm gonna start us off with a question and then we can take it in all sorts of directions as we often do. What I wanna start off, given your spiritual healing and other incredible deep healing skills that you have and background, I often hear from women in midlife that they're feeling like they are having a spiritual awakening, right?

I think I've experienced that as well, And so what is happening? What the heck is going on from a spiritual standpoint? So we're pretty much driven by our hormones, like hormonally crazed when we were younger.

And as the hormones start to drop, and I know that that's your field of mastery, What happens is we're like, is that all there is? As the sex drive starts to drop, we find ourselves turning within, and as Jesus says, the kingdom of heaven is within.

And we start to have like this spiritual reconnaissance where we are like who am I? What is my purpose? Like I raised my kids, I got married, you know, had the job, have the career.

Then all of a sudden we were like there's got to be more. Is that all there is? Exactly. So what happens is our higher self, the Holy Spirit, whatever you want to call it, our spiritual self starts to come forth because first there's spirituality, there are divinity.

It's the place where we have our desires come fourth. Then there the world of the mind, and that's where our intentions are. We have this desire for this thing to happen, we go to the mind.

The mind is like, I'm going to make this happen. Then we got to our emotions, the emotional body. That's where we allow the thing come into manifestation.

And then we have the physical realm, which is the accomplishment of it, of the things that we desire. So it's like this paradigm matrix for manifestation and what happens is we start to go backwards and we're like I have everything I ever wanted.

I've done my emotional work. I've done all the therapy I can do in the mental realm. But now we come upon this spiritual essence of us. And one of the things that I do, there's a book that i've written.

I actually happen to have it right here. Yeah, it's gorgeous. and I'm writing a second one with Earth. This is the first one that we did together, channeling Magdalene.

So Mary Magdalen came to me when I was in The Darkest Place in My Life. this was the beginning of 2019 and Lizzie, I I didn't want to be here. I said to my mom, I don't wanna be her anymore.

Yes. She's like, what? Mary Magdalene comes in and she has me read a book that was on my bookshelf for the longest time. It was called The Disappearance of the Universe.

One of my best friends Sherry had me buy this book, but I'd never read it. Magdalen's read the book and it actually sent me back to The Course in Miracles, which I contacted when I was 24 years old back in 1985. And it sent on this journey of realizing that we're not a physical body.

We're not the feelings that we have that sometimes take us out completely.

Divine Feminine, Masculine Energy, and Community

We are not even the thoughts that have, but we are something beyond that. And that's when we come into the essence of our divinity. For me that journey has been a very feminine one.

Because when you think about the feminine and how she receives and allows and lets, yet everything comes through her. Through her womb. through these acts of creation.

And while the masculine is what contains the feminine, we have grown up in a society where women were better men than the men were. So many of our men died in the war, and then the boys were being raised by women.

But one of the most masculine things a woman can do is be a mother. Like, mothering is a very masculine activity. The men grew up with these very, very strong women, And but these emasculated men.

So now we're coming to the point where we were like, I want someone to help me. And the goddess comes in and she says, now is our time to walk together.

It's our Time Now. I wanna pause one second. Want you to go back just a second to what you just said that mothering is a very masculine activity, because I will never forget the first time that I was told that and I absolutely rebelled.

That's insane. that's crazy. Okay, you know, like I have my children and, we think of the mother and the nurturing aspect of mother. So I actually know what you're talking about, but go ahead and say a little bit more.

When you think a child getting trapped underneath a train car or you underneath the car and that the mothers able to lift the card and save the child, that's a masculine energy.

You know, most women I know are better men than most men. And like, we were raised to be strong. We were raise in a masculine environment. we weren't raised be goddesses.

Weren't raise to talk to the trees. weren' raised in the garden. Were raised go supermarket shopping. In our modern world. With a list, organized, and a meal plan.

Got it. Exactly. Productive, organize. We weren't taught the way of the goddess. We were not taught about enjoying massages and having people peel us a grape.

And we were taught to rub our feet, soak in a tub. Everything became a competition. Even the clothes we wore. The trips that we had and keeping up with the Joneses and the neighbors next door, it became really competitive.

And that's not, like if you've read The Red Tent, which I'm sure that you have, The red tent was where women were sent right before their moon cycles.

The men would come to them and say, help to solve this problem. Then the women would have these incredible dreams and they would bring healing to the tribe.

Women were honored by their sisters. That doesn't happen in this society. You got real housewives where they're screaming at each other and fighting with each I cannot watch that show.

I've got a friend on the show, Amanda Francis, and I'm like, "Amanda, please leave the shows." And you know that they even fake it. Like they're even- I don't know if they are faking it so much.

They push them. You know how they poke the bull to get the ball angry? Yes. Yes, I know this because I knew three women. A friend of mine had a travel agency with two other women, it was like this high-end like if you wanted a james bond experience would be a hundred thousand dollars in monaco and etc.

and they got along great and did such interesting work that one of the channels was gonna do a reality show about them but they go along too well. And they weren't willing to follow the script.

And it doesn't sell. It doesn' sell, you know, they want to see the big fight and this one gossiping about this, and that one gossipping about that. When women come together in a community, They have each other's backs.

This is the spiritual renaissance. This is where we say, I love you, how can I support you? Not, i'm better than you or I'm going to fight for the same man.

Like, you know, we share in a community if we have to rather than try to take the woman down. I've been studying the Essene community, which is a beautiful community that actually showed up about 80 years before Jesus.

And in the middle of the desert, they were able to grow fruits and vegetables because they are in unison with the angel of air, the Angel of Water, The Angel Of Fire.

The earth herself, you know, in the original scene doctrine, it was our father who art in heaven, our mother who are the earth. It was the seven angels of the heavenly father and the Seven Angels of earthly mother.

But we forgot about her. We don't pay homage to her, we started wearing sneakers and we lost our connection to the Earth because the rubber. You know, the Indians wore moccasins and they were leather and could connect.

So there's a place where we're having to come back to ourselves. And you know it's funny when I go into church sometimes there are just so many older people there because they're like I've seen everything, I have done everything and all that's left is God.

But for me, it's my mentor, Melanie Ann Lair, she says, God writes the paycheck? No, the goddess writes paycheck. She says go into something called the God zone, and for it is not the god zone.

It's the Goddess zone and it this place of having, you know, like the Gods come within and when you see the gods inside of you, There's nothing that you can't do, but not from a place of masculine drive, from the place receiving and allowing and letting, as Alison taught us, that is the essence of divinity, feminine diviny.

Is the receiving.

Safety, Libido, and Communication

And referring to Alison Armstrong, her body of work, which is amazing. Who's been a personal friend of ours for… as long as we've known each other. Yes, that's right.

That's true. I know that is so amazing. When we talk about divine femininity, is that separate from other divinity? I want to bring back, you and I talk masculine and feminine energies.

We talk that all the time whenever we're together and talking. And so say a little bit about that because I think sometimes people hear divine feminine and they think of it as something that is going to divide women away from men, for example.

Not at all. No, in fact, the divine feminin is contained by the Divine Masculine. So the container for a woman to be able to surrender into her femininity is when she has a relationship with a man who can provide her safety like nothing else.

It's funny, Alison said this recently, you can't have enough girlfriends to make you feel safe like one man can. Indeed, and to the point of masculine-feminine, right, so that we're not just being completely heteronormative, we are talking about masculine and feminine energy, there's couples where there…

they're both women or they are both men, but there's still an interplay and exchange of masculine and feminine energy. Or they switch. Right. It just flows back and forth kind of in this infinity sign.

Exactly. And you have like the Mr. Mom, where the wife is the breadwinner. Absolutely. Like Amanda Francis, who's on Housewives of Beverly Hills right now.

She's the Breadwinners. But you have to understand that within this dynamic of energy, there's a vacillation that occurs. But women haven't honored their femininity.

We weren't raised in a society where the divine feminine was honored, the divide masculine ones. So we were raised to be good men. They didn't know how to interact with it from an empowering place.

Indeed, indeed. And also frightened. Because it is a power. It's a huge power It is an incredible power when you think of the power of what the womb is.

Like you can take any crazy emotion and push it down to the wound and the woman acts like a portal to take it away from you. Yes, regardless of babies.

Just not only talking about physical, human babies, but creativity and everything that emanates from there. money, creativity, sexuality, the sacral chakra which exists in both men and women.

But you can use it as a portal for energy. Like if a man could take his anger and channel it into his sacrum and release it there, you know, it wouldn't be rape.

Indeed, that's always been an incredible thought. experiment that I've tried to do, and I usually actually don't go all the way through with it, is how can there be arousal and violence at the same time?

So that's just probably like a whole other discussion for us to have another time. I remember reading an article in I think it was Vanity Fair years ago about this girl who was gang-raped by this group of like a dozen men and she kept having orgasm after orgasim after orgasm while she was being raped and said it just turned her sideways because pleasure and pain became synonymous for her.

A client that just said to me, she never allowed herself to have an orgasm with her husband because she didn't want to get pregnant, but she thought that an orgasm would mean she would get pregnancy.

So she'd never let herself have her orgasms. Isn't that fascinating? In this day and age, can you imagine that's what we're going to really make sure that people are very clear about how all of that actually goes.

And women connecting to their own orgasms, I mean I was never taught one single thing about that. I discovered that very accidentally in college. My childhood education was three books my mother had on the bookshelf.

It was the family medical dictionary where I could see pictures. The Happy Hooker by Xavier Hollander. And it was everything you always wanted to know about sex, but were afraid to ask by Woody Allen.

Oh dear goodness. Okay, which is very funny, yes. And then I was reading peanuts, you know, like just to make myself laugh because the insanity of it all.

But you remember one time I asked my mom a question about sex and she said, You know more about and I do.

Psychic Work and Energy Healing

And I like so offended. I'm like, that's unfair. Are you kidding me? Of course I don't. You're asking a good question. So my mother, who's now a retired pediatrician, had me so prepared for my period for my menstrual cycle, but we did not have one conversation ever related to sex, sexuality.

My friend who her kids are now all into college, she says it's not sex education, it is puberty education. This is what's happening, this is how your body changes.

Or how to honor, you know, like our mothers weren't raised in a time where women were honored. They were women who got to work. My mother said, look, your men are going to leave you, they're either going die.

If they are gonna leave, You'll get a divorce, whatever. So you have to get the best education and you the breadwinner and you have to be the one to succeed in the family because that's what my grandmother did.

You know, my grandfather was 25 years her elder. He dies at 60 on the operating table and suddenly she's, you know young with two daughters who were eight and three and had to make a living, became a nurse, got paid a dollar an hour in 1800s.

Sorry, early 1900s Right. In other words, to survive. We had to be strong and independent. Because there wasn't a community, like the Essene community.

Everybody pitched in. And we didn't grow up in communities. You grew up, I think, very luckily in a Jewish community where people take care of each other.

That's an old Esseme tradition. I saw it with the studies that I did with Kabbalah. When you went to church on Sundays here, everybody was judging you based on what you were wearing and how shiny your shoes were.

Yeah. Oh, that happens in other settings. Don't worry. And also speaking of Kabbalah, which I will also be doing other episodes on because I want to talk more about that.

But I believe if I'm not mistaken, one of the teachers that we do a lot of you and I do, a a work with which is David Giam, he talks about it the other way.

He talks the masculine is the energy and the feminine is a vessel. that is containing the energy. But now that you and I are having this conversation, I can see the difference because you're talking about feeling safe.

One of the things I talk about with women, because I'm taking care of midlife women and we're doing hormone replenishment and were just helping women kind of get their brains back so that they can then be able to have these self-honoring experiences that you're talking about.

And so what's happening is that they are feeling, well, like I said, being able to get their brains back and they're feeling lack of libido, one of the most common things that I talk about with women, and safety is essential.

Right? We think that sex drive is I think about sex, I pursue it, and then I have it and I recover and do the cycle again. That's masculine sex. Exactly.

Whereas the feminine cycle is this circle and the feeling of safety and partnership. The safety is everything. The safety is the intimacy, it's knowing that you can count on somebody.

It's depending upon them. You know, its congruency, that they show up, they don't disappear, there's not ghosting. I don' think people understand how important communication is.

And you and I learned very young that love is a function of communication. That's essential to safety. Yeah, absolutely. When someone doesn't respond, like as a woman, if someone does not respond and it is man that I'm dating, I start to go like a little squirrely.

Right, indeed. Even with all the work we've done. We're still teenagers on the inside, right? Right. Exactly. It's crazy making. So crazy. What do people come to you to work with you on?

I am a psychic medium and a trance channel, which means I bring forth higher energies. Jesus, Mary, Magdalene, a whole host of 25 different ascended masters.

People come to me to learn to open up their spiritual abilities, their clairs, clairaudiens, clervorians, claursentians clercognizants. People to come me learn tools for psychic transformation.

I call myself a transformational alchemist and I take people's darkness and bring it back to the light. Because Einstein's my favorite spiritual being in the world.

E equals MC squared means E is the equation for God. mass times the concert at the speed of light. If you take any object in the universe and you travel it at speed light, it converts back to pure white light energy.

So energy is supposed to move through us, but if we have trauma or it comes too quickly, we block it and that turns into illness, turns it into cancer, a whole myriad of things.

I help people unblock this so the energy can move though and mostly it's done through breath, through communication, and listening. People need to be listening, oh my God, people are dying to listen to.

So I spend an hour session with somebody and 54 minutes I'm listening and six minutes, I am working with them. Yeah, that's incredible. We're not talking religion.

No, religion has nothing to do with this. Listen, my relationship with Jesus, if people understood how sarcastic and funny Jesus is, like, they have no idea.

First of all, he didn't die on the cross. He was married to Mary Magdalene. They had children.

Jesus, Spiritual Beliefs, and Closing Reflection

He left Magdalene and he went to India and had more children and his seed is spilled all over the land and people

don't want to hear this and I got killed on TikTok when I even I have a girlfriend who's having the same conversation.

She just got a death threat. Well, that doesn't surprise me. No, they said, you know, people are very good bullet in you. Uh, people are very attached to their beliefs for better or worse.

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

I'm on Instagram. I am on Facebook. Oh my God, I have this fabulous YouTube channel with like 3,000 videos and almost 4, 000 followers. It's called the Soma Life Sanctuary and we've got all kinds of people that are channeling Jesus on there.

We've done some amazing conversations and workshops and classes. And then from there, once you learn these tools, I have one class that I teach, it's 12 weeks long.

I'll teach you 12 tools for transformation. And with that, anything and everything is possible. Past life work, future life, simultaneous existences, finding out why you have the afflictions that you do and why chose to have them.

Healing anything in your life is done through these tool and techniques. It's pretty incredible. Beautiful. I totally love that. Thank you. I want to wrap us up by asking you a question that I ask every guest.

Okay. What is one thing that you do to connect to your own hotness? I stand in front of the mirror and look into my eyes. Jesus actually taught me this.

He goes, Look into the Mirror until you see me looking back at you, And the minute that I connect to like my own soul, I get really turned on by it. Jesus is hot, as far as I'm concerned.

I know people lose their fucking minds over that, but he's very awesome. When I need to be cuddled and I am by myself, and like, Jesus, come spoon me.

And I literally feel him behind me, he'll come and spoon. Sometimes I cry my eyes out. But I don't know, just completely turned by my essence. I love it.

That's so beautiful. I loved that. So many times we'd walk past a mirror and like critique. Yeah. so that's a beautiful invitation. You're listening to this conversation that Lynn and I have had, I invite you to do that, take a look into the mirror.

And look and find your own beauty. Yes. Find your sensuality. She's there. and she's waiting for you bring her forth. Beautiful. Thank you so much. I love you.

Thank You for the invitation. You are so welcome. As a gift for listening, go to drlizmd.com forward slash hotness for your free midlife guide filled with powerful support for you mind, body and soul because you can embrace your hotnes at every age.