Episode Introduction and Guest Bios

Getting that education out to the world to know there are options. It's like we're a kid in a candy store. We love this stuff. And it's found a strategy and it will just run it.

Really, really understanding the emotion and how to use the emotions. Hello and welcome to another episode of Ritual Rise. My name is Dr. Emily, your host, and I have a incredible show for you today.

I had two guests who are two powerhouse women and we are going to talk about mindset, you're health and of course how that's going improve your longevity.

My first guest is Melissa Deeley. She's an award-winning podcaster and the host of Don't Wait for Your Wake Up Call. she's a master NLP, timeline therapy, hypnotherapy and integrative health coach. She is known as the friendly toxin slayer and Melissa helps people heal their body, mind and spirit and she trains other coaches to do the same.

My second guest is going to be Billy Admi, who is the CEO of Go Mindspire and is known as the Brain Trainer. She's a single mom, international real estate investor, and a former police officer.

So make sure you behave. Billie empowers people to align their unconscious mind and unlock their full potential. Together both of these women have co-founded Amplify Impact Academy where they train coaches and professionals in NLP, hypnotherapy, and additional methods that they will be sharing with us and they are helping people and professionals clear self-doubt, rewire their limiting beliefs, and step fully into their purpose.

I am so excited to have both of you on the show. Welcome and thank you for joining us. Thank you. For having us, Dr. Emily. Super excited. To be here.

Yes, of course. So I want to kick this off by asking both. Of you are each of. You Billy, what is your personal slash professional mission? Ooh, how much time do we have?

Billy's Mission: Healing Trauma Without Talking

But really, it's actually, you know, the way to do it would take long. Really, at the end of the day, what I want people to know is that you can heal trauma without talking about it.

That's a huge thing for me. As, you know, again, being a police officer for the last 20 years, we've dealt with a lot of trauma on a daily basis. We've done a lotta things, seen a lata things.

And we're mandated to go to therapy. I always felt worse when I left, and I wondered why. Now, I know why, is because I don't need to talk about the trauma.

All I needed to do was learn the lessons of what happened in that traumatic event that I couldn't learn in the moment because the environment didn't allow for it.

Learning how to tap into our unconscious mind where all our memories live, That's where we can access that trauma and heal it in a gentle and effective and fast way that lasts.

And so that's one of my personal missions, is to get timeline therapy into a household name and teach people that everything serves a purpose. If you are dealing with something that is painful in your life, it's because you haven't healed it.

That is the way your unconscious mind communicates to you, to say, hey, let's deal with this. Now we just have a more gentler way than 20 years of therapy to help heal.

Right, right. Excellent. Love that. Melissa, same question. For me, it's providing people the knowledge, the education, and the tools to allow them to come to a place of whole health and know that there's more than one way to heal and that the programming of you get sick, you have symptoms, You go to the doctor and they give you a pill and make you better is outdated.

And getting that education out to is is really my mission in my career and my personal mission is to help break the poverty cycle in the world by educating girls and keeping girls in school and stopping teenage marriages and Right now, through Girls Matter, which is our give back, we literally keep girls in school in Uganda and Kenya to serve that purpose.

Because when we educate the other half of the population, when they get out into the workforce, We raise the GDP of countries and we can bring countries out of poverty.

The solution is very simple. It isn't easy because it takes funding. However, when we all come together, we can create that difference in the world and empower girls all over the word.

Yeah, I love that. Gave me goosebumps with that, love, that so Billy, why mental health? I know that you are a police officer and you had your own experiences, but why are you shifting your gear?

Why have you shifted your career and dedicating it towards mental Health? Well, I tell people that this work saved my life. Not on a physical level, on mental, emotional, spiritual level.

Because I did all the things. I got married, had the kids, got the job, went to school, check, and I felt like I was dead inside still. And really, what I want people to know is that if you're not living every day in something that sets your soul on fire, like when we talk about this, Melissa and I, it's like we're a kid in a candy store.

We love this stuff. And it is because we know that This is like we are meant to be happy, healthy, wealthy. We aren't meant be in stress and anxiety and pain.

That's not how the system was designed. Just like our bodies are mean to heal itself. It's no the way it was design. And really it's just not mental health.

Like that's the term out there. And you know, there's a beautiful shift happening in the world where now people are wanting to like learn about consciousness and really what is it all about?

Melissa's Mission: Whole Health and Girls Matter

What is the meaning of life? There's got to be more to it. And a lot more people asking this question and that leads to mental health. And it's not something where, you know, it is a one and done.

This is the lifestyle that we want to create. I use the term brain trainer because I used to be a personal trainer. So if I can teach you how to do a bicep curl, You have to go to the gym to biceps curl and you're not going to just go once and be like, okay, good, I'm healthy.

This is a lifestyle that you're going to live, and we can teach you tools and techniques to leave that lifestyle on a daily basis, including teaching our children, like I have very young children.

I teach them these tools. It's going help them empower them to then find their mission and their purpose. And really, you know, I call it like the easy button of life.

Really, life should be easy. If it's hard, we're doing it wrong. And really that's what mental health and I think spiritual health, emotional health. There's so many pieces to it that I want to integrate all of those and allow that alignment

because that is a big buzz term out there of being in alignment and really approaching it from a holistic standpoint where you're not just dealing with what's happening here in the physical body.

We have to tend to all the higher bodies and all our minds. So with this, you had used this word consciousness and I feel like I'm very much drawn to that word.

lately and I was listening to a podcast about like the power of what the mind can do and this woman was speaking to her deceased husband and kind of having these signs and she spoke a lot about this higher level of consciousness.

So I'm doing some searching and it's like, I want to start to tap into this high level consciousness and came into like breath work, right? So conscious breathwork was one example, but just that word.

consciousness or being more conscious? Just what does that mean for the listener so they can understand or explore that a little bit more? That's a beautiful question.

Thank you for asking that, Dr. Emily. To me, I mean, there's so many, just like you said, breathwork. There's many ways around it. Consciousness means the level of thinking.

i.e. the level of neurology. Like right now, we have this level neurologic that our environment we can get here.

Why Mental Health and Consciousness Matter

Now, if we could expand our neurologi, our way of thinking, We can hold more information. We have, this number is like 10 to the 10th to 11th power of neurological connections in our body.

That's a huge number, like we don't even know how to say that number. If we can start learning to activate more of them, we could hold more information, therefore increase our level of consciousness.

Think of a baby. You know, like a Baby grows and it just naturally grows. And it now can have that critical thinking. Unfortunately, as we grow, We get a lot of limiting beliefs and limited programming put into our consciousness that limits us.

It's like the computer. So think of the brain as the hardware and the mind is the software. So if we don't update the software, then we're going to be using that same software that, you know, that inner five-year-old was running.

And we always say, like, our inner 5- year- old is not qualified to run her adult life. So the inner Five-Year-Old that had that limiting relief that they weren't loved or weren t powerful or, unworthy, all that is now running in the background in this software.

in our minds, which is affecting our reality. So think of it like updating our software, just like we update our phones and our, you know, computer to the latest operating system.

Exactly that. That's consciousness. If we can update it now, we could expand our consciousness, therefore we think in a different way. And when you can think, in different ways, now you could have a life.

Because most people are wanting to better their life, they can't do it with the same software. It's like the definition of insanity. You do the thing over and over again, expecting new results.

So if you learn, this is what we teach, is that you're constantly meant to learn. You're not constantly to grow and evolve. And it's through these challenging things that happen in our life that we're supposed to look at it from a learning perspective.

What am I supposed learn here and grow from? As opposed to what call being stuck on victim island, like, oh, why is life happening to me? No, it's happening to you because you're supposed to learn something here.

So let's get you over here to Solution City. Now, how is this happening for you? And that's where the transition piece comes when you can learn to really stand in your power and then have the tools to manage life when it comes to instead of getting you stuck.

That's what really learning how to constantly grow and expand your consciousness is. I hope that answers your question. Yeah, absolutely. Melissa, what are some of your favorite ways to expand consciousness then for the listeners?

Is it just breath work or is it the work that both of you do? As Billy said, there's many different ways. To be doing that. And we teach through our various courses, many, different tools of the unconscious mind.

So as we start, you know, just as a very basic starting point is simply understanding the alignment between the fact that we have three minds. As people start to understand that and use the tools to ensure that they've got rapport with their conscious and their unconscious mind as well as their higher self and all three are in alignment, now we're able to expand our consciousness because we can actually tap into the tools in our higher self.

And all the resources are there for us to access, for to be able to fulfill our mission in this lifetime, as well as our blueprint for perfect health.

Our conscious mind, which is only the 10%, doesn't communicate directly with the higher-self. In other words, we cannot think our way to the solution.

We are actually more than we think. because our unconscious mind is the access point. It's the 90% and therefore has so much more ability for us to be able to access and work with and it connects to the higher self.

So when we stop thinking, which is a conscious mind, we get into our creative and problem solving unconscious, mind that has access to their resources.

that's where the solutions come. That's were we're expanding our consciousness and there's many many different ways to access this and all of the tools that we work with are guiding people to building rapport between the conscious and the unconscious mind so we have an ease of flow of communication between two minds.

Expanding Consciousness Through the Unconscious Mind

When you say higher self, does that mean spirituality? The higher self, some people call it the supra-conscious mind. So it's what we consider one of our three minds.

We have four bodies and three mines. And yes, it is connected to our spiritual body. Yes, we are tapping into our spirituality as we tap into the higher Self.

Got it. Now I see you use the word unconscious, not subconscious. And I know that's intentional, but why do you not use subconscious? So what I learned in medical school was conscious, subconscious, unconscious.

When we talk about things like autonomic nervous system, that falls under one aspect and then there's other deeper layers. So we consider the unconscious and the subconscious minds to be the same.

However, because we work with neuro-linguistic programming and the middle name of that is linguistic language, language is very, very important in how we are thinking inside our head, talking out loud because our unconscious is always listening.

And so our language is very precise. And the reason we don't use subconscious is because that prefix of sub means lower than or less than, and there is nothing lower then or in less then about the unconscious mind.

It is the other 90%. It running our autonomic nervous system. Is keeping us alive. Keeping us breathing our heart pumping every second of every day. all of that is happening outside of our awareness without us giving it a

moment's thought.

So when I started learning about the unconscious mind, I was like, wow, this, i need to give my unconscious a whole lot more respect. And so we deliberately use the word unconscious, mind which has nothing to do with being unconscious and needing to call 911. Right.

These unconscious beliefs that we establish when we are younger? Are they a protective mechanism or what is the origin and why is nervous system or the unconscious mind so attached to certain beliefs which are shaped when were three, four, five years old that follow us in our 40s, 50s and 60s?

What is a benefit of that? That's a great question. So when you're a child, like from zero to seven, we don't have like an analytical, critical thinking mind yet.

Right. We can't, you know, with a toddler, You know say like, what would you, What do you think would happen if we went outside when it's raining and you don' put your coat on?

Right? We just don''t have those conversations with kids. It's like go put you coat off because it''s raining. What needs to vary is the construction.

And so it's the same thing the way our mind is. is between the conscious and the unconscious, which is what we call the critical faculty. That usually starts forming around the ages of seven to nine.

An example of this is that between seven and nine, kids start wondering, asking the questions, well, how does he get around? The whole planet in one night and give every kid a present.

They start getting that critical analytical mind thinking. Before that, they are strictly 100 percent unconscious. So think about it. They are little download, download download.

When we are born, we have to learn how to talk. We have learn to sit. You have learned how walk. Have to eat. Learn how be in our family. It's designed that way so that children can actually grow.

Because imagine if we started thinking about, you know, the way we do things now. If we got up to learning new skill and we fell, We would just kind of give up and start making all these stories about ourselves.

And a kid needs to learned to walk, it will get up, fall and just laugh and get back up again. Yeah. So the unconscious mind, because it's completely open, it doesn't have a filter yet.

So it is not just downloading the good things that we need. It is downloading not so good. The unconscious is the feeling mind. And we know when we are crying or we're sad, that's not a good emotion.

Now, are they saying, I'm not loved? No, the kid doesn't really, you know, saying okay, Im going to implant this. It just goes in, just like when we're learning how to walk, it just go in.

The strategy becomes, gets created. So the child, you know, the unconscious mind is impersonal. It will take everything, it remembers everything and it just files it away.

And so this is where it's not like, some people can pinpoint, oh, I remember that. Most people don't know when that happened. Because remember, we ask people, like when's the first time you ever felt anger?

If they say, Oh, was nine years old. They're thinking of a significant emotional event. Now, you know, anyone that's had children or seen children, or even the movies know when babies are hungry or they have a diaper, they will scream.

They get angry, right? Or sometimes they get sad. And so they give those emotions and those motions get connected to all these other emotions. It's the same constant limiting beliefs.

And so when we can identify as an adult that these limiting beliefs are running in the background, and we have a very specific process we take people through to access the unconscious mind, it is a form of trance, then they are coming to this realization, wow, I had no idea that this is what was running my life.

I'll give you a personal example. You know, grew up with a traditional East Indian family, in our culture, women aren't successful, they're not entrepreneurs, we're taught to be independent.

And so that programming that I was given growing up was exactly those.

Childhood Programming and Limiting Beliefs

So no wonder every time I tried a business, it would fail because unconsciously, again this is out of people's awareness, this was the key. Unconsciously I'm sabotaging myself because deep down my programming was that you're not supposed to be independent, you are not suppose to successful, not an entrepreneur, supposed be a wife and a mom.

Once I uncovered that, through these tools that we teach. And I was like, oh, no wonder. OK, I can heal that. I could release it. We have several successful businesses, and I literally just got out of my own way.

Yeah. Why do you think, or maybe it's not this way, but I feel that most limiting or most unconscious beliefs that are established in childhood have a negative association to them.

is that do most people carry these unconscious beliefs of limiting kind of the sabotage that you were supposed to be a housewife and not, you know, push into the career or I'm not loved or, um, You know I don't have a voice or i'm invisible like these these beliefs.

A lot of them have A negative connotation to them. Is that a survival protective mechanism or So first off, To your point, there's four core wounds that all of humanity shares at least one of, which is lovable, unworthy, not good enough, and powerless.

And the unconscious mind is always serving us. So there is some level of protective mechanism around that in that moment. However, what happens is something happens again that has that belief come up again.

And over time, it deepens the neurology. So we end up with one or all four of them, depending on the life that we had as a child, the amount of trauma that, etc.

Because we run stories in our head. So we have something happen and then what's the thought process we go to? What's this story that we got to that reaffirms that belief that came in one time?

And what the unconscious mind does is because it has so many jobs to do, it needs to be efficient. Some people call it lazy. I prefer to call efficient because I have the utmost respect for my unconscious.

And so what it will do is it'll run the neurology that is deepest and it's found a strategy and will just run it. Now, there's also something called secondary gain here that comes in where we run a strategy and then maybe somebody looks after us.

And as a result, we learn to keep running that strategy because it gets attention. It gets someone caring for us, it get someone showing us love where the story in our head was we weren't getting any, right?

Now this can work very well as five-year-old. However, our inner five-year-old is definitely not qualified to run our adult life. Because the unconscious mind is so efficient, it will just keep running that strategy until we change it.

And we can change, what most of humanity doesn't realize is that we CAN change. A lot of people are still stuck in, well, this is the way I am. this is who I am you know they're saying you can't teach an old dog new tricks all of that mentality is keeping people stuck or people are just out there living their life and coming up against a brick wall

going I'm almost there and I can get there I don't understand why cancel cancel And it's because of this programming.

And so what we want the world to know is that we can rewire the programming to serve who you are now becoming and release what is no longer serving. We don't have to still live with that childhood programming, which yes, at the time was serving us, was protective, and no And it all served a purpose, right?

Everything serves a Purpose. It's a matter of are you learning what that purpose is or are sticking you're not learning and therefore it's going to still stick around.

Right? It is just like anxiety. This is why we created the clear the screen was the anxiety is there to serve a PURPOSE. it is literally a warning from your unconscious mind to say, Hey, stop thinking about what you don't want because that's what's happening, Right.

Is something out in the future that you and it hasn't happened and you are thinking of all the ways that it could go wrong. It is literally saying, hey, can you focus on what you do want?

Get rid of the horror show and let's put up the love story. Because if it hasn't happened yet, we can imagine it going well. And as soon as we teach people through this anxiety clearing exercise for an acute incident of anxiety, it literally, once we clear the screen and put it up, the anxiety disappears because now it's done its job.

It is there to tell you, hey, you know, we think of it like the rumble strips of your unconscious mind, right? And you've ever been driving down the highway and you hit the rubble strip, so you're going off the side of the road and it goes, and he's like, get back in your lane.

It's the exact same concept. However, people get caught up in, oh, my gosh, all this stuff. And then it gets them like stuck in it. This just allows people to break through those patterning again.

You know, this is for acute, if it's more generalized anxiety, then we use timeline therapy for that because that's a deeper limiting belief around that, that is not allowing you to live in like the what if of the beautiful love story as opposed to the horror show.

It has to do with filters in that way. Timeline therapy. Really, really understanding the emotion and how to use the motion to your advantage to learn the lesson at which it is providing.

I had a prior guest on a episode where we spoke about fear, very similar to the anxiety that what can you learn from that emotion of fear of what you're feeling?

What is it trying to teach you? And how can use that to essentially push into it and find self-growth. So that's a really great kind of analogy to that as well.

You had mentioned something, Melissa, earlier that I want, if you could repeat, is these four bodies. What are the four body? I know we discussed the three minds, but what are four the bodies and how can the listeners use that?

So the 4 bodies are spiritual body, the mental body the emotional body and the physical body. And when I got into being a health coach and becoming an integrative health practitioner, all of my training was around the physical body only.

It wasn't until I'd got in to this work working with the unconscious mind and started learning that we actually have four bodies.

Core Wounds, Anxiety, and Rewiring Patterns

And by the time the symptoms show up in the physically body, they've already moved down through the other three bodies, So when we start the healing process, we do start it in the physical body, and we have to then go clear it

the emotional body.

The mental body and the spiritual body And that's how we get to total health and complete healing, because the society has taught us to stuff down our emotions.

In doing so, that's causing dis-ease in the body. So we want to heal the physical body and we need to clear all those stuff down emotions that we've been carrying around like a bag of rocks for however long.

And literally when we clear the emotions using timeline therapy, we're lightening the load and releasing all of that. Again we do it by getting the lessons because everything is happening for us always to learn something.

And the reason that emotion is still being carried around is because we were taught to stuff it as opposed to, at the time, ask the question, what do I need to learn here?

Or perhaps we weren't even able to ask, What do i need learn to here because were in full on survival mode, right? So we get the lessons and then the unconscious mind can release all of the stuff down emotion.

And then we move into the mental body and we release the limiting Decisions and beliefs and we talked about the four core ones and there's a myriad more some of which you've mentioned We all have our limiting decisions and We don't have to live with them anymore.

We can release them and then when it comes to the spiritual body It's about bringing that bringing it all into alignment. Are we in a job? That's like, you know the golden handcuffs where we Go to work every day because it pays the bills and it gives us the medical benefit plan and yet it's sucking our soul.

You know, we're not in alignment. How do we come into alignment with who we were always meant to be our mission in this lifetime? And once we clear out the limiting beliefs, guess what?

Now we can do that because we've taken all of that out and the opportunities are now open to us and we are tapping into our higher self where the resources are.

in order to step into that spiritual alignment as well. And that's why I jokingly call myself the friendly toxin slayer because I help people detox their physical body.

their emotional body, their mental body and then the spiritual body. And that's how we get to complete health. Now, I'm sure there are listeners that know people that have gone through some kind of health crisis and they've healed it in the physical body And then six months, a year later, there's another health Guess what?

That's because that's the emotional body going, hello, you didn't address me when you dealt with the last health crisis, so I'm giving you more symptoms to bring you into awareness that there's more work to be done.

I think it's probably a select few that listen to that or know that because that's not shared in traditional medicine, unfortunately. Exactly. Traditional doctors are not trained in the four bodies.

It's a holistic side and people that are working with you know, the mind, body, spirit that have this understanding. And so that's why we are so passionate about getting this message out to the world and letting people know there's other ways that you can heal that are much more gentle and that actually result in lasting health.

I love that. Billy, do you believe in karmic debt? Absolutely. And for the listeners, what is that? What would that mean to them? Remember, as we were saying, we're here to learn?

That's consciousness. That is how we increase consciousness, is learning and growing and evolving. Now, in every lifetime that we are here, We're supposed to, you know, learn some lessons.

And this is more of a spiritual talk. You know we kind of sign up for this, right? Like, call this Earth School. Like what

did you sign-up for? what do you want to come down here and experience this time?

Well, for example, I wanted to experience forgiveness. Well, someone needs to do something to me in order for me to experience and learn forgiveness. Now, looking back on my life, I'm like, huh?

Well betrayal's kind of been the theme of my, life I wonder why? Because I haven't really learned forgiveness truly. I thought it was about other people, it's about me.

And so as I started diving deep into my higher bodies and learning about the higher self and all that, oh my gosh, It has nothing to with that. Had I not learned it in this lifetime, It will be passed down.

So it will go down, it'll sometimes I'll pass it down to generations. Like I know like, you know, my family's from India, there was lots of generational trauma that was, kind of came into my world.

And, I had some trauma as a child and now, for the first time as an adult, started talking about it. Because, again, the program was just shut it, shut down I don't wanna talk about.

It and then as I learned this more, oh, need to learn something there. As I started speaking about and shared it with, some family members are like oh yeah, that happened to me too.

I was like, oh, OK, so you didn't deal with it. So guess what? It can't pass down to me because the lessons are going to be there. And so timeline therapy allows us to not just heal in this lifetime.

It allows to heal past lifetimes. That allows is to feel generational trauma because when we feel it at the back, guess why? Now we heal it for the future so that now my daughter doesn't ever have to deal this and my son won't have deal within the trauma.

I'm not going to push my limiting beliefs on them now, right? Just like my parents put their limiting belief on us. And I am not knocking them.

The Four Bodies and Holistic Healing

They did the best that they could. Right? And one of the things that we teach is everyone is doing the the resources they have in that moment. A lot of people aren't very resourced.

I mean, I'm speaking from experience, that was not very resource for a long time. And so I was angry a lot, a child, was short, you know, sad, hurt. This is what I meant that when you can bring that all into alignment, we are meant to be happy, healthy, wealthy.

If we're not, it's because we not paying attention to certain areas of our life. We're learning the lessons that we came down here to learn and you know we always listen I always joke we're like this is above our pay grade like you can't it's like the law of attraction people like I don't believe in that like well it s a law for a reason right it is like a lot of gravity if you don t believe you in the Law of Gravity you're likely going to get hurt.

So it's the same concept. What are you putting out there is what you're going to get in. So, you know, again, one of the first steps is awareness. Well, what in your life is showing up is patterns, right?

We look at patterns. Like, What's The Pattern of Your Life? You've heard of many, I've been to many domestics. The pattern is like these women stay in these relationships.

Why is it? Well, because in their mind, their programming says that we stay in our marriage. We don't leave marriages if they're harmful. I chose to break that pattern.

And so that's what I mean. Now I'm healing that karma. Healing those limiting beliefs and that programming. expand my consciousness, and therefore now I can teach my kids the same thing and allow them to expand their

consciousness.

Right? I'm teaching them these techniques. I teach them that they're responsible for their state. They're responsibility for reality, for feelings, their emotions.

And now here's some techniques that I I could share with you to help you get there. Then go find your purpose. What are you passionate about? What sets your soul on fire?

Like this work, I mean I talk about this all day, every day. Right? Policing served a purpose. You know, I wanted to give back. I kind of joke about this that consciously, you know the core of me I want to serve.

Unconsciously, I know I took it. I wanted that job because I like the power and the justice because i felt so powerless and treated so unfairly that I think unconsciously I was like you know that'd be a good job to have because it was again I just was talking about was fulfilling a need.

It was filling that need that i never had as a child feeling that, i had power over my life. And so it's fascinating to once you start uncovering like what has been showing up in your life and what are you not paying attention to?

And when you start paying attention to it, now you have the choice to shift it into what you actually want. So, Melissa, why do you think everyone is not doing this work?

Because everyone doesn't know about it yet. And literally, we would love to see this taught in kindergarten, because it can be, as Billy talked about earlier, children are entirely in their unconscious minds up until that age of seven to nine.

Kids love this work and they're so attuned with their imagination and the unconscious mind is literally the home of the imagination. So ultimately we would love to see this taught through the school system.

Whereas right now we're just taught about the conscious mind. And unfortunately, the cynic in me believes that it isn't taught in the school system on purpose, because if it was, we would all know how much more power we have within us to literally fulfill our mission with so much ease and grace.

And when we're not taught this, were able to be controlled. We're able kept small and within a system versus questioning the system and thinking outside the box, et cetera, etc.

And so that's like I said, the cynic in me is why I believe this isn't taught widely and yet we're coming into an era now where people are looking for more understanding.

People are into recognizing that there must be more than this and wanting to learn.

Karmic Debt, Generational Trauma, and Life Lessons

And so that's why we started Amplify Impact Academy, which is for it's not just for practitioners. It's literally for anybody that wants to. Learn these life skills.

You have an unconscious mind. Why not learn the tools to work with it and have the easy button access to your life? And, you know, there's others like us teaching this as well.

and together we are all getting the message out there. And thank you for having us on the show because that's helping us get the job out there. Yeah, absolutely.

So let's say someone were to see you as a client. You mentioned NLP, Neural Linguistics Programming, Timeline Therapy, Hypnotherapy. What does that process look like for the listeners if they are curious to finally tap into that unconscious potential?

Yeah, we work on the entire system, right? And there's so many modalities, as you talked about breath work, there are so different modality out there.

The question is, are you using the right tool for the job? A lot of people are wanting to, like I use the analogy, build a house with a hammer. Well, you know, it's gonna take you a lot longer, right?

Talk therapy is amazing for awareness. It doesn't actually do a lotta healing, because again, we're not tapping into the unconscious. So are you doing it the hard way, where you're going from the outside in the onion, or are going to the core, the root cause of it, and basically imploding it from inside, those limiting beliefs?

And so this process that we take people through is working on the entire system. So we deal with, you know, we first we do a very detailed personal assessment to figure out not really what the problem is.

We want to know how they do their problem, right? We're always looking for the pattern, like what's not the content of the problems, but what is the process of their problems because that's the patterns showing up in your life.

now we you know we run people's values, we want people strategies to see where it's at at the beginning because we always like you, know figuring out where they are and where are they're going to come because, We can actually guarantee our results.

We're one of the few coaches in the world that can guarantee a result in writing because We are dealing with behavior and neurology. So once we figured that piece out, now We do the timeline therapy which is releasing the top seven negative emotions, anger, sadness, fear, hurt, guilt, rage, and shame.

And we do it in a very specific order. Then from there, we extract, okay, what are your limiting beliefs that are out of your awareness? And there's usually a theme.

So sometimes, as those four that Melissa was talking about, there is a them of unlovable, or there a is theme of unworthy, powerless, so we figure that out.

We remove any of those limiting believes. Now that's clearing the past, right? Now, okay, let's clear the path first. Let's make some space. Okay, now let see what kind of strategies and stuff are still running because we rerun the values and the programs.

And now we use neuro-linguistic programming to shift those, literally using the language of the mind to get your desired result. So a lot of time we don't even need it because again, the unconscious mind is very smart.

It's like, oh, cool. I released all that stuff, now I don't need this value anymore. Now I can shift it. I do not need that strategy anymore." This is where the LP comes in.

Then, that's the present. We can work on the future. That's where we bring in the hypnotherapy where people are like, do some hypnotherapy and the analogy I use is if I plant a beautiful suggestion, let's imagine it as a flower, but if the soil is dirty, there's lots of limiting beliefs and negative emotions, that flower will just die.

So first clear the past, work on the Soil, make it nice and healthy. Now when we put those suggestions into the unconscious mind, for one the Unconscious Mind will accept it, integrate it and now it'll affect the behavior moving in the future.

And so we work on the past, present, and future as a system all in an NLP coaching bucket. So we do give tasking. We do, you know, like homework because we want people to start firing those new neural pathways that they're creating to the point that now that's just their new way of being.

Which again leads to why we can guarantee our results because now your brain is actually functioning in a different way. It used to go this way and now it's going this.

And that's what people's lives are actually transforming and they're changing. How many sessions is that done over? That's all within 10 to 12 hours. 10-12 hours you do this whole process.

It's like a whole new person in half a day. I know you don't do it in one day Again, there are practitioners out there that do it all in one day. We don't, we like to spread it out because we want to build some tasking in and, you know, kind of help people.

If people that have done this a few times, like we always recommend doing a full breakthrough every year. Other than that, just every month do a timeline therapy cleanup.

Because again, were never done, right? It's not like a one in ten.

How Their Coaching Process Works

We want this to be a lifestyle and now we want to give the tasking in between so that people are actually applying it and integrating and actually embodying this new way, this neurology that we have just opened up.

Would they see both of you at the exact same time? No. No, together, Melissa and I teach. And again, how Melissa alluded to, we want to give people, instead of giving them a fish, so they eat for a day, and we wanna teach them how to fish.

So we don't actually work a lot one-on-one with people anymore. We have our master practitioners that we refer people to because then it's more cost effective.

Okay. Now we have a membership where people can come in and have guided sessions with Melissa. However, our focus is really on the teaching So that people can only learn this for themselves.

They get the breakthroughs in our trainings because they're very experiential and now they can help others do the same. That's where our tagline is amplify you and then amplify others.

And that's how we really create lasting change for the planet. Whether that amplify, others as a coach or a practitioner or simply as or as a partner, or a leader, right?

Once you have these tools and you start implementing them in your life because you're showing up differently, it's fascinating to notice how other people around you, start showing out differently as well.

So it is incredibly powerful. And the other piece I want to add to what Billy has just explained so beautifully is that with many coaches, they start working on the behavior at the outset.

So somebody has a problem and they go to the coach and then I want to change this behavior, whatever. And that's where they'll start. That requires tasking, that requires willpower, and that may require accountability programs.

People work really hard at it. Then guess what? Life happens. Because life always happens and we get into this state and boom, we're back to old behavior.

The program for the old behaviour is still running. With our work, we finish with the behavior happening automatically, the new behavior, because we've gone back to the root, We've shifted the filters, changed the neurology, etc., etc.

So the old behavior will not happen. We have a new behaviour that we're deepening the Neurology of with a tasking and then life happens and guess what?

It's the New Behavior that runs. And that's power of this work and working with an entire system. I love it. I mean, that's exactly why I wanted both of you on the podcast to share.

forever pursuit of self-growth and understanding and digging up the trauma of my upbringing, because there was definitely generational trauma in my family and kind of exploring it.

So I will definitely be a client of yours. But as we wrap up, is there something that I should have asked both of you that you wanted to share with the listeners or any last little notes or thoughts or nuggets that want to leave with listeners?

Well, I wanted to just touch on, we really touched on very little, is the power of community. And, you know, life is going to happen, as Melissa just said.

When you have a community of like-minded people that are there to help you keep your frequency high, like keep you energy and your vibration high. This is where community really comes in.

Melissa and I are very, very proud of our community, it's called the Team Light, our Light Circle. Because, you know, now if something happens and you don't know how to deal with it or, as we say, we get stuck on victim island.

Now if you don't, if your tools like sometimes people like, you know, it doesn't matter how much I do my side story, doesn' matter. How much? I can't figure out what I'm supposed to learn here.

Someone throw me a bone kind of thing. And that's where I come into the community and sometimes you can see it around you and someone else looking in can be like you, know what, Billy, I see this pattern running.

So when we people come through our program, whether or not they want to become a practitioner, Now they have this community of practitioners that if something comes up, that all of a sudden, I have these limiting beliefs that keep popping in my head.

Melissa, can we jump on a call really quick on Zoom? And can you just blast that out for me with timeline therapy? Great. Guess what? Now I can keep moving forward instead of getting stuck because now I know I had these tools.

And so that community piece is really like a really big proponent of what we do because as much as you have the tools, if you don't implement them and use them, it's just like going to the gym.

It doesn't matter what, how many tools, you know, we know people that have tons of certifications and they don't do anything with it. We've seen it sometimes with our students.

Like if you use it or lose it, right. And so if can be tapped into a community and have, come and do your monthly timeline therapy cleanups, then that is just going to help you really amplify and again, really step into your power of what your mission and purpose here is.

Yeah. Thank you for sharing that last part. That's very, very important. Melissa, anything? Yes. I just want to let people know that it doesn't matter where you're at in life.

Community, Lasting Change, and Final Takeaways

It is never too late to start. Our body, our minds are so forgiving and we can shift it all in such a short amount of time. And imagine, you know, You might be in your sixties.

You may be your seventies listening to this going, Oh, well, I am who I. No, that's programming, right? The whole, we can't teach a dog new tricks. That's all programming.

We go around and say, and, society, And then we take that on as a belief. you literally can shift your neurology and step into the person you were always meant to be.

In a life of ease and flow. having access to these tools, using them, being in community to come back to when life

happens, because it will, to lift yourself back up again, and literally having to therapy for the rest of your life to keep you on the path of who you were always meant to be.

And we love this work. We're so passionate about it. It's so empowering to watch people step into their best version of themselves. I love that. It just energizes my soul, this conversation, because it's, again, something I believe in so full-bodied in your work and what you're trying to do.

So thank you so much. How do listeners find out more about your program, your website, follow you on Instagram? Share all of that for the listeners. Yeah, I mean, our website is Amplify Impact Academy.

We are on all the socials as Ampify impact Academy, LinkedIn, Instagram, Facebook. TikTok and you know, we're always doing free webinars once a month and it's literally called meet your unconscious mind.

Because some people don't even know what it is. So it' like a meet and greet and we do this every month because again, our programs that they're designed to really build on top of each other.

And so that you something has resonated with the listener that means that go in that direction. learn some more like you know when we get goosebumps when We talk it's like those are called what we call truth bumps that's the universe talking to you and saying hey go in that direction I just gave you a little nudge that this is another breadcrumb that will lead you to your path and whether it leads them through our community or another community as long as you're moving forward that if something shifted in you then move forward then keep going.

And we have so many different programs whether you want to go all the way through to the master level or you just want learn self-hypnosis whether, you wanna learn higher self hypnosis or, just kind of learn a few little skills of how to really amplify your results in your mind then we something for everybody at whatever level that people want begin.

I love that. Well, I am full of truth, truth bombs. So thank you both so much. I really, really appreciate your time and to all of the listeners. Thank you so.

Much for tuning in and definitely check out what these two women are doing. They're making a powerful impact.