Introduction to Natalie Lead and Mind Movies

My guest today is the legendary Natalie Lead. Well, and I say legendary because back in 2008, I bought one of her products and I was incredibly impressed.

The product that Natalie came out with in 2008 was called Mind Movies. And I'd always been, you know, a visualizer and, and vision boards and things like that.

But my movies made it so much more powerful to be able to visualize, because you got to create these movies. And I was just telling Natalie when we were talking before I did it for my children, both of which went on to play at a very high level in college athletics.

My daughter was a soccer player. We made a mind movie for her, and she would watch it before big games, and it really allowed her to play at a very high level.

And then my son was a basketball player that when he decided to play basketball, honestly, he wasn't that good. And and my wife was thinking, oh my gosh, is this the sport he should even be in?

But through tools like my movies and visualization and hard work, he became one of the top recruited athletes in basketball back when he was playing. And so Natalie, thank you for helping my children.

Number one, I love what she's. Yeah I love what you do. And and it's it's so cool to to see just starting in 2008 which wasn't that long ago, you know, 13 years ago, you've reached over 6 million people with this concept where, you know, it's kind of hard sometimes for people to visualize without seeing something on the outside.

You've helped them become better. Visualizers so you've helped so many people and so much success on this planet. You've helped bring to fruition with your work.

And not only that, we were just talking also about this incredible work you're doing now in school as you went in to Liberia, I think a year or two ago, and started a program called Personal Growth Studies.

And I want you to talk a little bit more about that, too. And now you're you just completed the first year with the school in the U. S.. So you have such a great heart.

You're you're somebody who really cares about human beings. And it comes through in everything you do. And today, we're going to focus in a little bit about how it can be used in healing, healing the mind, healing the body.

There's ability to attract by visualizing and changing our energy. So I'm just thrilled. I can't wait to delve into your knowledge and learn even more from you.

Welcome to the Global Energy Healing Summit. Thank you Tom, it's great to see you again and again. That's an absolute pleasure to be here. You know, and you and as we were mentioning before, I've been working with Doctor Joe Dispenza for like nine years.

He's been making movies in his advanced workshops. And what the cool thing about that is, you know, if for those of you who may not be familiar with Doctor Joe, he's kind of along the same line as, you know, Greg Braden or Doctor Bruce Lipton, we're talking about epigenetics and how, you know, we can heal ourselves.

You know, we can heal our bodies. We can, you know, build our immune systems. You know, we can do that through the power of our mind. And as long as we know what it is that we're focusing on and what it is that we're looking to heal, you know, then we have the ability.

We have everything that we need inside of us to be able to do that. So, so that's been such an. Absolutely. Yeah. Well, I'm in the, the thing I like about what Joe Dispenza talks about and what you believe in is, is everything's malleable.

It's not we're not this fixed lump of cells that we think we are. We are energy and and we can shift energy. When you start seeing yourself as energy for healing or just even seeing yourself as energy for anything, right?

Attraction of wealth or prosperity relationships.

How Mind Movies Began

When we when we confine ourselves to what we can see in a mirror, we really limit ourselves. And that's why I love what Mind Movies does, because it allows us to see something beyond who we can touch and feel, and then it makes it real.

By shifting our energy and in sending out different energies to attract. And so it's really, really powerful. I want to go back, though. I want to start by just asking you, how the heck did you even think come up with mind movies or get in this business?

Like what caused you to make that decision to bring this out to the world? And how did you even come up with it? Yeah. So, originally when we started, the company was, my now ex husband and my now ex business partner and myself.

Luckily, we're all still friends, and actually my ex husband and I are still business partners, so that's that's all cool, but, yeah, back in 2006, you know, I had this monumental moment of frustration looking at my bills and looking about my bank account and going a I don't get it.

You know, at that time, Gwen and I had we were running full businesses at the same time and still struggling financially, you know, and I started being introduced to personal development, and at the age of 21, you know, Bryce and Brian Tracy was the first cassettes I had.

You know, I'd walk the hot calls with Tony Robbins, you know, a couple of times in my 20s, like, you know, yeah, I was definitely I knew how to to make a plan.

I knew how to take action. Action was obviously not the issue. But I'm thinking I'm missing something here. And a friend not long after that said, look, you've got to buy this DVD online.

It's called The Secret. You got to watch this thing. So, you know, we bought it, we watched it, and, it changed everything for us. Like Glenn and I, we got it straight away.

We got it hard, you know, and so on. Running it. Affirmations of, you know, this one of the businesses we had was like a network marketing business and like, right, this business is going to what's going to get us to the life that we want.

And I'm running all these affirmations and visualizing and, and, so Ryan, our friend who we'd met through the network marketing business, came to us with this idea of, you know, creating these little movies that were like slideshows, like affirmations and photos and music and said, look, I'd really like to go into business with you guys.

Let's set up a website. Now, when could how do you turn on a computer? And I hadn't even heard of YouTube. And this is 2007 and I'm like, I don't know if we've got anything to offer.

You know, you guys, it's right. I'll teach you. I'll teach you. Like, okay, so, you know, within a few months, after putting one little video on YouTube, we had so many emails from people saying, this is changing my life.

Yeah, but, you know, I'm like, boys, we need to pay attention here. This this this is internet thing. So, so, yeah,

that's kind of how we got started.

Just a great idea. The secret had just been on Oprah. Everyone was talking about, you know, you know, shifting energies and, you know, more of a traction and visualizing.

And the cool thing about a mind movie is that it helps you to put you in a future that you haven't experienced yet, which is, you know, it can be very difficult to do, you know, I know working with people when they're, you know, when you're in pain, you know, when you're in discomfort, you know, if you're not feeling well, it's very difficult to get out mentally outside of that situation because that's all you feel.

And so that's all you manifest and that's all mode that you create, because that is the energy in which you're in. So if you can create a little mind movie, using the right words like, you know, rather than saying, I'm pain free and like, you know, you know, I'm, you know, in optimal health, I'm I'm strong. I'm fit on vital.

I've got energy. You know, when you're talking about these things and you watch this little dynamic movie that you put together for yourself, it makes it easier for you to see yourself there, you know?

So it's like you're having these little mental vacations. Yeah. And it creates it. It creates a state change. It creates an energetic change. And that is that is a huge challenge for pretty much anybody watching watching this right now, I guarantee you, because even as enlightened as you are and, as I've been doing this work for a long, long time, we bump into ourselves, we bump into that past version of ourselves pretty much every day, and we're under.

I tell people, you're under no obligation to be the exact same person you were five minutes ago. And yet most people, that's what they. Yeah, they don't think they are.

But that's exactly what they are. They they are who they were just a minute ago. Your work helps get people beyond that. And it is hard for people when they are in pain or they're struggling to see beyond.

They want to and they even might say the words, but they don't have they don't have the energy and the belief behind those words and watching it from the outside where you can see it and feel it.

And I know your, your mind movies have music right? You create such a state change. It allows people to enter into that much easier. So that's incredibly powerful.

What you're talking about. Well, the music is the sacred source. Yeah. Because the music can put you into the emotional match. Right. And, and here's what we do know that our emotions are the frequency that we send out into the universe.

Yes. Okay. So when we're visualizing what's more important than what you see it's what you feel. Yes. You need to feel like you're already there. Like you need to feel like this is already happening.

And so when I'm teaching people and encouraging them to make in my movie, there's like five different types of affirmations, I recommend that they include, you know, first of all, you want to write down what it is that you want, as if you've got it now.

Right? You want to describe what life looks like. So how is life going to be different once you have this money or this health or the, you know, the love or whatever it is that you're looking for?

You got to remind yourself why are you doing this? You got to put in some little actions, whatever, you know, daily practices you need to change or whatever that is.

But the last one is really important. The last type of affirmations, what I call your thought affirmations, because we it it's thoughts got us to where we are now.

That's fine. But if we're not happy with where we are now, all we have to do is one of the things we need to do is

change our thoughts. Right? So, like, for example, last year, you know, 20, 20 crazy year.

And, you know, the first half of the year, I definitely called the Covid 15, which is the 15 pounds you put on during Covid. So, you know, as you do. And so I created a mind maybe like I create my movies all the time.

So created in mind maybe about the health that I wanted. I'm using an upbeat song so that, you know, in the beginning I would have to play the mind maybe before I even got out of bed.

So it could be motivated to exercise. But also to make good, you know, health choices and choices and so forth. But what it also got me to do is to think like that.

I am already this person. I'm already this person. That doesn't have to that that's eating healthy. That's always making healthy choices. That's always, you know, exercising every day.

So when you can make that mind shift, and the more often you can see yourself and think like that, then you're creating new neural pathways in your brain that have all these thoughts that are in line with that.

Now, those thoughts in automatically influence your actions. So, you know, getting up and exercising in the morning won't be such a drag, right?

Using Visualization for Healing and Energy Shifts

Choosing the right, the right food choice is not going to be that hard. You're actually going to want to do that, because now we've got these new thoughts coming from the subconscious of the conscious mind going, know this is who you are right now.

This is how you show up, which makes it so much easier when you're on your health path right? So when your emotions, actions and thoughts are all in alignment, then you're just a big magnet for everything that you need to make that a reality for yourself.

Yeah, I know I agree 100% what with everything you're saying and the biggest challenge people have, let's say, with healing, is they are seeing themselves as this sick or unhealthy person who's working hard to try to heal.

That doesn't work. It's like you're pulling yourself back as you're trying to launch forward. You've got to see yourself as healthy. When we back when I was working with Tony Robbins, one of the things we discovered was that at the core of whether someone's going to even make a change lasting or not is their identity.

So someone would stop smoking. But if they saw themselves as a smoker who's trying to not smoke anymore, they would always revert back. So for healing the same thing and that's that's the power of your work, though it's it's hard for people to feel it.

Now, listen, I work lots on meditation. I think you do too. Visualization. So we've gotten better and better at it. But someone who's just starting to delve into this, they do glue themselves a little bit to who they think they are right now in the present moment.

And that is a huge brake on the progress of where they can go to. And this is why I'm such a fan of what you do. It is a really cool tool that anybody can create and it will inspire you.

It will motivate, you will change. We're talking about global energy healing. It'll change your energy. Yeah. What are what are some of the keys? You've mentioned a few of them, but what are some of the keys when someone is struggling and maybe they're not, they've got an illness, so they don't feel healthy.

How can that person have that positive mindset where they can really flip the switch and see themselves being healthy when maybe for years they've they've had this mindset of, oh, you know, I'm, I'm, I'm sickly, I'm my energy is not good.

How can they flip the switch. Give them some a couple. Yeah. There's there's a couple of things that are super, effective. The first one is gratitude.

Now, I know that, you know, we all talk about gratitude. You know, anyone that teaches any kind of personal development will say, you got to have a gratitude practice, but I can't, you can't underestimate how important gratitude is because it is the gateway to everything.

You know, when I'm talking about manifesting or whatever it is that you want, the first step to that is what I call getting into your happy place. You know, we need to be in these higher frequency emotions.

Now, I'm not talking about ecstatic joy and, you know, happiness and so forth, but we can start with courage. We can start with, you know, accomplishment or pride or, you know, gratitude.

Like a we can work our way up to that. Absolutely we can. Because because the more that we're marinating in these higher frequency emotions, the more in flow we are and the easier everything becomes.

And so, you know. Yeah. So if you have, if you have a gratitude practice, you know, running five things in a gratitude journal every day, five new things every day is of that is the basics.

You know, I have a like every morning when I take my dog out for a walk, that's when I drop into my rifles. So I, you know, I encourage people to choose an activity that they do every day.

It could be even cleaning your teeth, you know, and then that's the moment where you kind of have this moment of really appreciating everything that you have.

And even though we may be feeling unwell and we may have a, you know, certain condition, there are still little things that happen throughout a day that we can still be grateful for.

And the thing is, what we're doing there is we're training our brain to look for the good, you know, looking at gratitude and even setting yourself a little alarm during the day so you can stop, drop and be grateful for something in that moment.

You know, is a really great idea. So, so gratitude is a big thing. And of course, we're talking about the power of visualization. And sometimes, you know, if you haven't experienced that or your current reality is that, of and wellness and of pain, you know, then you want to try and if you even if you're watching a mind maybe trying to visualize yourself in that future can be a challenge.

So, with Doctor Joe Dispenza, one of the techniques that he teaches, which I think is just incredible, is two dimensional eyes a future moment as if it's happening now?

So when you visualize, you're not seeing yourself as a character in a movie. You know, when you're seeing, you know, you close in your mind and seeing the things happening in front of you.

You're actually in the movie, you know. So you are saying and feeling it absolutely every sense. What are you tasting. What are you touching? What are you hearing? What are you smelling? Yeah.

All of those kind of things. Because what happens the more that you can do that and, you know, in the beginning you might be, you know, like, it takes a little while to get used to doing that.

But you creating this moment is one saying this, one thing that you will be doing and it could be running down the beach. Okay. So if I was visualizing running down the beach right now, I would be able to feel the sand between my toes.

I'd be able to hear the waves crashing and be able to smell the ocean. I'd be able to feel the heat of the sun on my skin and in my body. I can feel myself springing and bouncing because I have so much energy.

Breathing with ease. Like all of these things I'm bringing in and I'm in my mind in actually running down the beach. Now, a subconscious really doesn't know the difference between that.

And, you know, and what's actually happening in your reality right now. So the more that you can do that and and the other thing that when people think about visualizing, they're like, I don't have the time to sit down and do it.

I'm like, you don't have to sit down and do it. You can be vacuuming the house. Yeah, I mean, the couch, whatever that is. And especially if you've created a mind movie or if you have a song that's kind of like an anchor for you, you could hear that song and you instantly in your mind, even with your eyes open, you can still go there in your mind.

It's I call it daydreaming with intention, you know, and really creating that as if it's happening now. Yeah. With mind movies, which which I recommend everybody take advantage of because Natalie's also made it available where you can get six free mind movies.

Is that right? Yeah. Yeah, yeah. So we've created six pre-made my movies. For a couple of reasons. Number one, so that you get a really good idea of what a mind movie is, can, you know, I think we can describe it to you in words, but until you actually see it and experience it, it's like, oh, now I get it. Now I know what it is.

But the other cool thing about these mind movies is that they help you to, even though they're generic, you can start watching them straight away, but when you start watching them, you already are starting in your mind going, well, this is what health means to me.

This is what it looks like for me. This is what wealth means for me.

Gratitude, Visualization, and Daily Practice

This is what love looks like for me, and it helps you to get clearer on what it is that you want and what your definition of health or wealth or happiness is.

Because it's different for all of us. You know, we can say, look, I want to I want to be happy, you know, that's great. But what does that look like? You like, I don't know, but watching these mind movies can really help you to get a lot more specific about what that particular area of life looks like for you, which is really cool.

And you can download them straight away. You can actually save them to your phone so you can be, you know, walking around with them as well. Yeah. No. Very cool.

And, and, give us the address. The web address. Yes. So if you go to mind movies.com/health summit. Healing summit. Yeah. Healing summit. Yeah. Healing summit. Yeah.

Healing summit. Yeah. Perfect. Yeah. And so. And how often when, when someone's, using mind movies, how often do you recommend that they use them. Like what's the cadence per day.

Because the thing that's really important here is it does take time to shift. And so it's not like, hey, watch my mind movie three months ago. What's going on here?

You need to we're we're retraining. We're creating new neural pathways. How often do they need to watch them if they want to work on healing their body, for instance.

Right. So, there's there's a couple of things I highly recommend. Obviously, before you go to bed at night, you know what we do know is whatever you've watched the last ten minutes before you go to sleep, your subconscious mind is going to be mulling over that.

That's why if you binge watch Netflix, that's all you dreamed about that night. Because, you know, because that's the last thing that you've seen. So if you're putting something positive in there, like a mind movie, I think that's, you know, a really good way to leverage your mind and your subconscious mind to get a little bit more power.

And one second on that evening thing, this is really important. My wife got into we we never really watched much TV. And then she got into, over Covid like binge watching these shows.

And one of them we never watch was Game of Thrones. And I had to stop or I said, I cannot watch this before I go to bed, because you just brought up a vivid memory I would have like that show was brutal.

It was beaten. Yeah. So be careful what you're watching before you go to bed. Anybody, because it is very important that goes down into your I call it your superconscious, not just in your subconscious.

And it starts playing around with that stuff. You want a mind movie in your superconscious before you go to bed. So sorry for interrupting, but that just brought up a great example of what I had.

I had to tell my wife, we can't do this anymore. Yeah, now I'm the same Game of Thrones. I can only do one episode at a time because I was at half the time.

I'm like this. Oh, I know, I can't even watch it. So, So definitely before you get to sleep is important. I always recommend in the morning as well. But if you have a specific healing or health mind movie, then whenever you're doing any kind of activity that you're going to be doing for your health, then that's a great time to watch your mind movie.

Okay, okay. So for me, I would watch it first thing in the morning so I could get my lazy butt out of bed and get done exercising. But then once I got in the routine, it was it was easy.

It was great. The other thing that, you know, I got into the bad habit of doing is, is getting to 1:00 in the afternoon during Covid, which is, you know, most people say 5:00, I call it 1:00.

But I knew that there was a danger time for me, and I wanted to cut back on, on drinking in the evenings. And so I would watch my mind maybe about 430, because it what it's doing, it's it's reminding me.

No, wait a minute. Remember, this is the health that you want. This is how you want to feel. This is how amazing you're going to look. So these are the things these are the actions that you're taking to do that, you know?

So it really helped me to stay on course with all of the actions and things that I wanted to do as well. You know? So with any of my mind, maybe if I'm got worried about the kids program, I'll watch that before I start working on it.

When I was single, I used to watch My Love, my movie before I go online. So, you know, it helps you to get in the mental, mentally, energetically, you know, frequency vibrational match of what it is that you're looking to achieve.

So if you can do that before you start to, to take action towards those particular areas, it's it really helps a lot. That's awesome. And talk about limiting beliefs, Natalie, you talk a little bit about what they are and then how can we oh we can overcome those.

Yeah. So let me believe is this, you know, that that voice you have in your head that gives you all the excuses and all the reasons why you're never going to amount to anything that like nothing ever works so that you're on a health journey and you, you know, you go, okay, this is my eating plan.

Then you eat a cookie and you're like, oh, well, hands on heads. That's the end of my the day is ruined. I myself is eat whatever I want. That's a limiting belief.

That's what the limiting beliefs are. They're they're basically these beliefs and thoughts and behavior patterns that we have that we actually developed when we were quite young.

So we know that between the ages of, say, two and 6 or 7, our brains are operating at theta brainwave activity, which means that we are very, observant, very connected to everything.

This is part of our human developmental stage because we need to learn quickly who we are in the world, how we need to operate. And what, you know, what what what health is what, you know, a body image, all these kind of things. Yeah.

So we're observing everything. And, you know, our subconscious mind can process 40 million bits of data per second. So believe me, there's a lot that's going in there and stuff that we're not even consciously aware of.

Yeah. But this is a time where we really start to, form firm beliefs on our body image, our self-esteem, you know, who we are in the world. And all of this has really depends on what we're observing as a kid and what we're being told. Right.

And those things that have the strongest emotional charge or emotional attachment to another, things that affect us the most, you know, normally then the beleza, the, the, the hardest to shift.

Yeah. And so what happens? We, you know, by the time we get to 7 or 8, we're sort of, you know, into regular brainwave activity. So now these beliefs are already stored in there.

But remember, we're looking at, situations that happen through a five year old's eyes. Yes. You know, so we, you know, and then because we have this belief, we go through life looking through that lens, everything is tainted by that belief.

So even noticing that that's the lens we're looking through is the price. Yeah. We see things that aren't actually there. Yeah. Looking through that lens. Yeah.

You know, and it really influences who we are. So the little four year old, a little five year old is kind of running the show. Yeah. And most of us are completely unaware that this is going on.

Limiting Beliefs and Childhood Programming

And it's not until we really start to, you know, consciously as an adult, go, you know what? I'm going to be in perfect health. I want to do this. And you start to set intentions and write out affirmations and start taking action towards that.

And then that voice and those limiting beliefs become very, very obvious, which is great because now you can work with them. They're not hidden anymore. I love it. Yeah, yeah.

You know, I was saying before, like the thought affirmations I encourage people to include in their mind, really, sometimes the thought affirmations are going, okay, well, I'm aware of all these negative thoughts that are coming up.

These are sabotaging my success. And, you know, I'm I'm saying no way do these anymore. But you also like choosing to release being aware and choosing to release these thoughts is one thing, but you also have to know what you're going to be replacing them with. Yeah.

You know, because unless we know what that is, because, you know, it's not like we go, right? I'm never going to think, you know, I'll never amount to anything again.

Now you are going to think that again and that's fine. But the thing is, when you know what you're going to replace that thought with, you go catch yourself and go, well, no, cancel, cancel now.

This is my new thought. And after a while, it does become your new default thought because of repetition. You've got that Mussolini. Yes. You know, you have to be aware what that's going to be.

Yeah. That's beautiful, I love it, I love it, and so powerful. Like what Natalie just talks about. When we are children, we don't have our conscious mind is not developed because we have to learn how to walk and what what to touch,

what not to touch.

And so everything is going in. Everything that your parents, they're they're all their bad habits, their limiting beliefs, you absorb them pretty much.

Right? All of us, they're not just you. Oh, I did, everybody did. And now your job as you visualize and start to to to put out what you want to move into that person, you want to move into your job also is to notice what's popping up.

A lot of people, when they pop up, they go, oh yeah, I'll never get there because I can't really feel it. No, that's just a clue that that shows you, hey, this little this feeling that there's a belief behind it, you've got to get rid of and so profound.

Natalie, thank you so much for that. That's going to help a lot of people because in the healing, they do have to get rid of limiting beliefs to heal.

Yeah. If you drag those limiting beliefs along with you, it's going to be much harder to to heal yourself mentally or physically. The thing is, a lot of the times, the reason that we have injuries and ailments and conditions in our body is because of our thoughts.

Yes. You know, I work with a coach and because I was at home and not traveling for 2020, I actually got to be with this coach once a week. And she would, you know, tune in energetically and go, okay, I can see something's happening with your left knee.

I go, yeah, but pain in my left knee. She goes, right and then we go in and what we do is we unravel this wound. I have from a child because my biological mother left when I was three of abandonment.

But that's the abandonment thing is connected to the left knee. We claim that the knees healed. You like really? How does that work? You know? Yeah. Yeah.

Well, these are these beautiful instruments. Yes. So I'm not. I need you to work on this. I need you to heal this. I need you to release this. So I'm going to give you pain.

I'm going to give you discomfort so that you know that there's something that you need to work. Yeah, it's actually a gift. Yeah, yeah. And even the illness that people might be going through, honestly, it if you look at it in an enlightened way, it's probably a huge gift for you because it's it's allowing you to notice some patterns, some beliefs that need to be let go of.

So again, very profound there, Natalie, that that's really, really cool. So, you had six steps to manifesting healing. I want to cover that those six steps because I think this is something everybody can sink their teeth in.

And also, there's a free gift that we have for you. What is that going to be, Natalie? The free gift that they can all access the six pre-made by movies?

Yeah. That's right. Oh, we talked about that earlier. Okay, good. So make sure you go to mind movies don't slash and then energy healing neck. When I have to get it right now what is it.

So this is better because now they'll really remember it. Now I know. So yeah. So it's mind movies.com/healing summit. Thank you. There. We got it. You guys will all remember that man. Yeah exactly. Yeah.

So let's go over the six steps to manifesting healing. Yeah. So we've already covered a few of them which is great okay. The first one like I said you want to be in your happy place okay.

The thing is we can't if we're still in pain, we're still in debt and we're still in, you know, loneliness. For us to be able to set a goal or set, you know, try and visualize what our life can be like.

It's going to be very, very difficult. You know, we need to get out of these lower frequency emotions of frustration and impatience and helplessness and get into these high frequency emotions so that we starting to feel good about ourselves.

You're like, you know what, I can I can earn $10,000 a month. I could do that. But when you're looking at all the debt, you go, I have no idea how I'm going to do that.

Like, that's not even a thought in your mind. So you need to kind of being to that in that high frequency. So getting into your gratitude, just doing anything that makes you feel good, like random acts of kindness, dancing around the house, playing your favorite music, whatever it is.

Okay, we we need to be in that high frequency habit. And like you said, music is a good one for people too, right? Love it. Especially with the one that you've got to one of your mind movies.

It's they can really, you know, will get you going. Yeah. The second step is that we want to set ourselves an intention. Now, an intention to me is like this energetic statement that I make that's like a I'm drawing a line in the sand, like this.

This is happening. I am getting well. I am going to be running down that beach. I am like, this is what I'm doing. So when I write out my intention statement, always write.

Write down what it is that I have first. You know I have optimal health, you know, strong vitality, and my immune system is unbreakable. So whatever that is, this is what I've got.

And then I go, this enables me to and this is my whys. This enables me to, you know, play with the kids and, you know, go travel and go on vacations and run down the beach or whatever that is.

So when I'm looking in and I recite this intention statement, probably for the first two weeks that I'm starting to work on this goal, and I look at myself in the eyes, in the mirror, and I am saying this thing with so much conviction and so much resolve that even I believe is going to happen.

Yeah, yeah. What is basically putting the universe on alert and go, hey, we made it this time. This is actually going to go down. We need your help. Yeah.

Listen to what Natalie just said, though, because you said it's a line in the sand and that's what so, so many people, they say, okay, I'm this. And and then they get, you know, they get a test result back from the doctor, and then immediately they back away.

Yeah. You can't do that. You know, you you draw that line. Test result doesn't come. It comes back, doesn't look great. So what. Still moving towards it.

And that's that's huge. What you said line in the sand. So remember that part two you know. Yeah. Yeah. So then once we've set our intention the next thing is what what the next step is we've got to get clear.

We're going to get clear about what we want. And we went through those kind of affirmations that you you know, you want to think about what you want, what life looks like, why you're going that extra mile, what kind of actions you need to take, and then how you need to think differently.

So, you know, releasing those all limiting beliefs, thinking positively and then really thinking about, well, how does a wealthy person think? Or how does a healthy person think? Yeah.

Like they know waking up and going, oh God. And checking in and going, oh, I've got, I've got this, I got that. I already, you know, in a, in a downward spiral.

No, they're waking up and going, today is a good day.

Six Steps to Manifesting Healing

Today I'm going to be moving better, moving stronger, you know, doing better than I was the day before. You know, these are the kind of thoughts that you would add to that.

So then, you know, you maybe create a mind movie that or a vision board, you know, whatever you want to do with that. The next thing we want to do is our visualizations, which we talked about don't just see yourself as a character in a movie.

Really put yourself in a scene because it's difficult to to look at, you know, visualize all these different things, just focus on one. You know, because that's really going to help you to tap into how you're going to feel in that moment.

You know when I'm visualizing running down the beach, I'm feeling so empowered, so empowered and so strong, you know. And I'm feeling so so happy with myself.

Like I'm like, wow, I got to this point. So whatever you're going to be feeling in that moment, you know, I know I've had some people, you know, visualize what they want and they go, I just feel relief.

Relief that that that old me is gone and that I'm stepping into this new version of who I am. So whatever that emotion is going to be for you, just really feel what that's like.

Because remember, this is the frequency that we send out into the universe. So whatever is a vibrational match, that frequency will be attracted back to us, which is super important. Yeah.

So then the next step is your actions. And you know, and here's the thing. All actions lead to where we need to go. You don't have to wait for everything to be perfect.

All the ducks in a row and you know, you don't have to go. Well, look, I'm thinking I'm going to do this to heal my health, and you go down that road, but then that might not be where you end up on, but what that is going to lead you to, where you need to go.

You need to create that momentum. You need to get moving. You need to start taking some action because you could be telling the universe in your intention, same as this is going to happen.

But if you're not showing it through your thoughts, your actions and your emotions, the universe goes. Really? I don't think it is. Yeah, we need a little effort out of you.

I don't think so. Yeah. Well, and what I, what I find too, though, when you're doing all these steps that you're talking about, the action, the action that will be most productive often comes to you intuitively because you're in line with your thoughts or in line.

Your is in line. So it's not massive action. It's not like try everything. That's usually not a great a great strategy, but it's effective action. It's almost like, the wind at your back action.

You're still working and you may have to work very, very hard, but you almost feel like guided through your super conscious kind of keeping you up as to what to do or noticing something that it never noticed before.

And now you see a book that you read, or you, you come to this summit and you watch Natalie talk about mind movies and you, you start using mind movies.

So because the mind movies in action like create, you're going to create it, you're going to watch it. That's an action and I will I mean I truly believe in what you do.

I, I got that program back in 2008 and used it, used it for my children. And it's fun. It's fun to create something. And you make it so easy to create it with, with your programs.

But to create something that really does give you an energetic and emotional boost every time you watch it. So really, really cool. Well, I have a little hack for you and we kind of alluded a little bit to it, you know, watching your mind maybe, you know, before you go to bed.

So this is what your subconscious mind is going, you know, we mentioned before that, you know, when we're really impressionable, when we're young, we're insatiable brainwave activity.

Well, as adults, we are naturally inside a brain wave activity when we're falling asleep and when we're waking up in the morning. Yes. So my little hack that I do is that, you know, watch my movie at night.

Then as I'm waking up in the morning, my eyes are still closed, but my brain's starting to kick in and I know I'm in Sata. And when we're in Sata, we really connected.

All coherent with the universe, with the unified field. That's when I ask my questions. You know what? What, what action should I be taking? You know, what do I need to do next?

You know, what am I? What am I thinking? What am I doing here? So. And then I just lay long enough to hear an answer come through. Yeah. You know, after a while, it takes a little bit, you know, maybe it doesn't come you straight away.

Maybe it comes in the shower a little bit later. But if you get in the habit of doing this and you open up that channel, and you stay quiet long enough to be able to hear what's coming through and you take action on it, then what you're doing is really opening up this, this massive channel between you and the universe.

It's a fantastic way to get those inspired actions, to get the actions and the things that, well, the ideas that you go down. That's a great idea. You know, all these things that you may not have thought of yourself or may not have ever been able to Planful these are when these kind of, you know, ideas come through.

It's a it's a great little hack to, to use. It is using the power of the universe. People think they have to do everything on their own. Yeah. I when I look at everything I've accomplished, I've done none of it on my own. None.

Right. It's I've been helped along the way there by the universe, as you say, or by other human beings that have guided me or provided help. So if you're trying to heal, you're not you're not in, well, you you can feel like you're in it alone.

But that's really limiting. Do what Natalie talked about, you know, open it up, let the universe kind of guide you, and you will get there faster. You'll get there easier, and you'll get there with a lot less pain.

Yeah. So I have loved this interview, Natalie. Really, really cool tapping into your brilliance and, just resonates with so many things I believe in, so it's a lot of fun to hear you say it.

Any final closing words that you have for everybody? That's that's listen to all the great things you've said so far. But anything to cap it off with you'd like to leave them with.

We know, what we've talked about is really like the nuts and bolts of the conscious work that you can do to, to heal and to use energy to be able to do that.

But the one of the most important parts that we need to remember is, is, is, number one, we're leveraging the universe so we don't have to do it by ourselves.

But the way that we really do that is to surrender into knowing that everything is happening in divine timing. It's happening when it's supposed to. It may not look like what we think it's going to look like, and it may not happen the way we think.

Actually, it never happens the way we usually say never. Yeah, usually that way. Which is cool, which is great, I

know. Exactly. But when you can be comfortable with that, yes.

You can surrender into that and surrender into knowing that, you know, everything's happening for your highest good. Yes. And that's when you are able to keep that flow open, keep that channel open, and navigate through something crazy like a pandemic or like a, you know, a health crisis.

You can navigate through that because you go, you know what? Maybe this is something that I mean, to me, I need to learn something here. I need to grow from this.

I need, you know, what if what if this is happening for my highest good? Yes. And what is the meaning in this? And when we can always be in that place, we stay in our higher frequency, and it's easier for us to get the solutions that we need.

Yeah, I just did a video for YouTube, a couple of days ago, and one of the first, there's I always have like three ideas. But the first part, because is how to thrive in a post-Covid world was embrace uncertainty.

Surrender, Trust, and Closing Thoughts

The people that could not embrace it, I mean really welcome it and, you know, enjoy it. Embrace uncertainty. They struggled through Covid because they kept, you know, when's it going to open back up?

When's this going to happen? When's that going to happen. Who knows. But when you embrace uncertainty you really are embracing the way life is. Life is uncertain.

And like Natalie said, you don't know if you can. You can have total certainty in the fact that you're going to get where you want to go. You can be you're going to be healthy, but don't try to dictate what it looks like, because it's just not going to work out that way.

And you're going to you're going to give up because it's going to look a little different and think, oh, I'm not even moving in that direction. And things that look like you're not moving the direction usually are the things that exactly what you need to propel you in the direction.

So wow, really cool stuff Natalie, I love it. Thank you so much for being part of this and look forward to talking to you more in the future. All right. Thanks again, Tom. Great chatting with you.