Introducing Natalie Ledwell and Mind Movies

– I am honored to have our next guest Natalie Ledwell with us. She is an amazing lady. I first heard about you Natalie back when you came up with Mind Movies. You were the founder of Mind Movies and this was a long, long time ago actually. What year was that?

Do you remember? – 2008 – Yeah, at a time when people really needed it, that was a tough time, you know, economically, but that was back when my Children were younger and the mind movie concept and they were athletes.

They became very accomplished athletes at the college level and my daughter even at the USA level. But we, we used your product Mind movies to help them kind of instill that confidence and see themselves succeeding before they went out to play the basketball game or the soccer game. Those were there to sports.

But you've done so much more than that. I mean that was, that was the start for you back in 2008 but you're the co host of a cable tv show called Wake Up. You have a hugely successful personal development company, part of which is mine movies which has reached over 10 million people worldwide. Unbelievable. I bet you weren't imagining well you probably were imagining that back in 2008, 10 million people and just do such amazing work.

You you've helped open schools and in different places like Liberia, you are knighted by the Orthodox Order of saint john and also you are one of the top 50 women leaders in Los Angeles for this year. So it's so good to have you on, thanks for being here. – Thanks Tom it's so great to see you and you know I always love chatting with you. – Yeah, so we're gonna talk about manifestation and that's something that you are an expert at. Actually tell us even the story about how you manifested the whole mind movies concept because I know at the time things weren't going super great throughout your life, but that concept is one that you that you baked and brought to fruition and now you've reached 10 million people, how the heck did that happen? Like what tell us a little story.

– Yeah, that's quite the story now I it started with a moment of frustration In 2006, you know I'm living in Sydney with my then husband Glenn and we were running for businesses, we were serial entrepreneurs.

So action was never a problem for us, you know.

How Mind Movies Began

And I was headed my first sort of cassettes Brian Tracy Cassettes when I was 21. So I knew all about positive thinking and setting goals and taking action and having a plan and you know, doing all those things and I'm thinking why am I looking at all my bills and my bank account and I'm missing something here. Like I believe I'm doing everything right, like why why am I not still moving ahead, why am I still struggling?

And I'm like I need the answer. So of course you asked the question and the answer will appear. And a friend suggested that I get online and order a DVD called The Secret. And so Glenn and I would sit in our living room, it was a Sunday afternoon, we watched that movie, and I'm like, how did I miss this? How how did I miss this whole, you know, visualizing with emotion and not needing to know the plan and not.

I'm like, this is insane. I'm like, okay, so we started applying what we've learned in that movie. And so one of the businesses that we had was this network marketing business, That's the first time I'd seen that business model and every other business that we had was like, if we didn't show up, we didn't earn money, I'm like, wait, this is a way for me to leverage myself.

So I remember writing out all these affirmations, like, I want to help people, I want to help them make money. I want to be financially free. I want to travel the world, I want to speak on stage. I want to work from the beach with a laptop because I heard someone say that I thought that sounds pretty cool.

And believe me, in theory, it's not. And so I had all my affirmations, I'm like, this is great. And not long after that, a friend of ours that we met through the network marketing business came to us with this little slide show that he put together and it was affirmations.

PowerPoint slides with affirmations. And in between the PowerPoint slides were photos that kind of matched the affirmations and music. So is this little video that he created, which was his version of a vision board.

Now we've learned from the secret that when you create a vision board and put up photos of the house you want or the car you want to drive or the vacation, you want to go on. That when you look at those images, that makes it easier for you to imagine or visualize yourself already on the vacation already living in the house, but this thing was like dynamic and moving and it had music and I felt good like my friend Ryan who showed me this movie, he had like it was 30 something single you guys.

So he had hot cars and hot women and and I'm like, that's not what I want. But I'm excited watching this. Like this is really cool. So not long after that he said, look, let's set up a website that's going to business together, you know, so we can help people around the world make these movies.

And not only did we have four businesses and no time, but Glenn and I knew nothing about the internet. Like I hadn't even heard of YouTube and this is 2007, you know, and Glen could hardly turn on a computer.

And so we went, look, you know, this is a great idea. Let's let's pull up this thread, let's just follow these breadcrumbs and see where this goes. So we put one little video on YouTube and within months we had people sending us emails going, this is chase changing my life.

I'm like, all right guys, we need to focus on this. How do we work out the internet thing? Like how do we do this? And it was really interesting because, you know, Glenn and I had had so many different types of businesses that we had really great business acumen.

We knew how to run a business, but for some reason we didn't think that applied to the internet were like this is like a different medium. And you know, once we bought a program online and then we came to the US went to a seminar, got accepted into a mastermind group. You know, we stayed here for like five months and just worked our butts off just you know, organizing, you know, our first big launch to the world, which was September 2008 when everyone else is losing their shirts and their jobs and their homes. You know, we spent all that time working to that point and was able to launch my movies and had outrageous success.

Like we did a $700,000 launch so little $97 product. So, you know, it was like this succession. But it's like we had like you said, you know, 10 million people oh yeah, that was always a goal.

It's taken as you know, nearly 12 years to get there. So of course now it's like all right, next 100 million. You know, that's the next goal. So let's see how how fast it takes us to get there. – I love how you started off that too.

You said, look, we were experts at taking action. But the actions you were taking weren't necessarily at the time prior to the, you know, really getting uh caught up on how important the mind is.

The actions weren't really getting you to the level of success you wanted to be at. And and this is what I see in so many people. And also for people that want to heal, not just making money, but people that want to become healthy, they can take lots of actions. They can go to every doctor, they can try every vitamin or pill or medication or whatever.

But at the end of the day, I think at least 80% of your success, anyone's success at healing or financial prosperity is going to be based upon what's inside of you because when you're just taking actions and you're not guided by a really strong powerful, I call it super power mind.

But subconscious mind is what most people call it. Then a lot of the actions you take really aren't that effective. But when you get it right. and this is what mind movies does, it helps you get the inside right? Because everything's

created twice first, inside then outside. So when you get inside right now, actions, they just, they come to you the right action I call it effective action.

And so that's what I love about what you've done is you've helped people master that. And then talk about, let's talk about why pictures and feeling and sound is so important in working with the subconscious mind.

Why is that such a critical element? Why can't we just say I'm confident? Right? – And that's well, you know, I think the reason of my movie is so powerful for a number of reasons, number one.

Using Visualization for Health and Healing

You know, and I think this is why Glen and I were struggling for all that time. We knew we wanted to be wealthy, but we had, we didn't really have a clear picture of what that meant or what that looked like. So yeah, we're kind of running running, running running, we're like a car on a jack with the wheel spinning and not really getting anywhere. But once we got very clear about what that looked like and what we wanted, that's when things started to really fall into place a lot faster. So the process of making a mind movie, that's what really helps us to figure out, well what does love look like.

You know, I met my partner during Covid and I made a mind movie. I talked about how I showed up the kind of characteristics I wanted in my partner that what our relationship looked like, The things that we did together.

Like I've really painted a clear picture of that through affirmations describing that. And the reason we use affirmations is because we need to describe this as if it's happening now, because when we go to visualize, we need to see it happening now in our mind, right? And it also helps us to choose the right language, because all of the words that we use carry power.

So we're not talking about, you know, being debt free or being pain free. We're not using those kind of words, We're only using the words that describe what we do want, financial freedom, optimal health strength vitality, you know, whatever that is. So the affirmations kind of really tell the story. They narrate what the what your future looks like. So I always say, okay, if you're gonna write a list of affirmations, you're going to go deep and describe what this looks like, think about what it is that you want, what life looks like.

Let's describe that. So when we visualize we can see what that looks like, you know, remind yourself why you're doing this and you know, why you're going through this extra effort and then really focus on the thoughts that you need to think to become this person. You know, and I like to add those in there as well. So we've got our story, we've got our affirmations, but then the images that you choose really help to give your brain and a place to start from and to build from when you're doing your visualizations, right? So, you know, having some beautiful beach scenario or beautiful house or you know, the specifically the kind of house that you want to live in that really helps to give your brain a place to start.

But the music is kind of like the secret source because when we're visualizing it's not just what we see in our mind, but that we want to be feeling, how we're going to feel when we are living that future.

So music is the perfect way to help you get into that emotion. Like for my love, my movie, I used to love song. So if I'm using like a health and fitness one, I'm using something up tempo that's like really, you know, getting motivated and getting me going. So, you know, I used the style of music that's appropriate to that.

The reason why all of that's important is because for us to be able to effectively visualize what we want to know what it is, We've got to be clear about that.

But when our thoughts, emotions and actions the trifecta when all three of those things are in alignment with this future that we want to create, we are this resonating beacon that is the same frequency as those things, right? Because we know that how we change our frequency or the energy that we're sending out to the universities through our thoughts and emotions. – So take take an example because this is the global energy healing summit. So someone maybe has chronic pain and you know, they've tried all sorts of different things. What what is your

advice using the concept we're talking about right now because a lot of times, you know, when people are in a situation chronic pain and and we say, okay, visualize what would be like to to be uh not pain free, but feeling great moving with ease all that. They can't do it right there.

So stuck in the situation they're in, which is one of the reasons why my movies are so great, right? Because it it age, it starts carving away every time you watch it. But what advice would you give to someone like that? That's having a hard time even seeing themselves healthy uh moving with these, what, how would you coach them?

– Yeah. So anyone who is suffering, you know consistent pain or long term pain, uh you know, if I'm speaking to you then you know that there are still moments where maybe you're laughing or you're on the phone or doing something where your mind is distracted focusing on something else and you're not feeling the pain in that moment. Okay, so we know that that can happen.

So keeping that in mind, um you know when you're visualizing, which I recommend that you do and you, you could call it a day dream, call it visualization and meditation whatever you wanna call it.

What I find most effective is that rather than trying to think of a whole bunch of different things, just focus on one moment on one thing, you know, and then make that as real as possible.

So rather than seeing yourself as a character in a movie, really put yourself in the moment as if it's happening now using all of the senses that you have. So for me I had, I've had two knee surgeries, I've had chronic knee playing pain for years. I'm absolutely in the best health.

I've been in a long time. I feel no pain in my legs, I'm feeling amazing. And what I would do when I was visualizing what that would feel like is I would, I would feel myself running along the beach so I could, when I'm so I'm running along the beach and I used to be a runner.

Like it's run a lot and just be my morning meditation so I can hear the ocean, I can smell the ocean, I can feel the sand underneath my feet, I can feel the sun that's warmth. I can, I can feel how easy I'm breathing, even though I'm jogging and I'm kind of like springing along, like I'm feeling strong and I'm feeling fit and I've got all this energy and vitality and I'm watching the sun come up over the ocean and I have tears of gratitude because I'm feeling, you know, so in my body and so energetic and vital and this is the emotions that you'll be feeling when you're doing that.

So as I'm doing that, I stay in that as long as I possibly can when I'm in that visualization and my subconscious mind doesn't realize that that's not actually happening right now. It actually thinks it is because I've made it so real, you know?

So as and once you kind of create a scenario like that in your mind, you don't have to be sitting down with your eyes closed to visit there again, you could be driving the car, you could be vacuuming the house, you could be doing any kind of activity that doesn't require a lot of conscious thought and you can just go in a little mental vacation into that, you know, where you know, once you're doing that, you're creating these new neural pathways with thoughts that traveling along those neural pathways that are in alignment with this new version of you. This fit amazing, strong version of who you are.

– That was so cool watching you go through that because I can tell you're feeling yourself humiliation. Well, another thing you did to was you used some movement like, you know when you didn't say so I'm running, you know, like I'm running and that's important to get the body involved in communicating down to the subconscious again, what I call the super conscious because it is so conscious, right? We're just not aware of it with our little primitive conscious mind, but But it's it's running 95% of our life.

Talk about the power of the subconscious and healing. Just kind of your thoughts and your viewpoint on on the importance of it and healing my son healed himself, from he had a one of the largest herniated discs.

They said for a young guy who was a basketball player in college and they said, you know, we gotta come in, we

gotta shoot you up with steroids and all that kind of stuff and you know, they did that, he was, he was, he wasn't here, I would have advised him not to do that. But anyway, as he did that and it didn't work. And then literally just by reading a book that that talked a little bit, it was called the mind body prescription, reading a book listening to it three times in a row.

His pain went away when he really understood what was going on in the mind was actually causing the pain, not a herniated disc because plenty of people have herniated disc and have no pain, right? But you know, so he's a huge believer in the power of the mind for healing. What are your thoughts on the power of the mind for healing? – Yeah well we know through epigenetic switches a fairly new science um that we can we can we can not only heal our body, we can completely change our D. N. A. Like we have the ability to be able to do that and I think part of what helps us to do that is being in these you know these visualizations but educating yourself on what's happening within your body so that you can see the cells and and things mending and healing and you know seeing blood flow and seeing bones mend and all of that and the more that you can see that and visualize that and then not just see the healing but then see you know create a moment like we described before of what you'll be doing after you've had that healing. That is one of the most powerful ways that you can heal yourself. You know and as you know I've worked with dr joe dispenser for years and you know we've seen I've seen people not you have to use a cane anymore.

Frequency, Patience, and Letting Go

I've seen people get up out of wheelchairs like I've seen a lot of amazing things number one because they believed that they could do it number two, they apply themselves and it doesn't happen in one meditation or one visualization, it becomes a practice, you know it becomes part of your daily routine and to you get to a point like I heard like a 70 year old Spanish gentleman, 70 years old had a condition where blood was seeping into his eyeball and they said, look, you're eventually going to go blind blah blah blah.

And he's like, no, I don't think so because he had been going to the Dr. Joe events. He would, it took three months. Yeah, I went back for the check up and then went, what happened?

We don't, we don't know like there is no cure for this. He's like, no, I just, I healed myself. – Yeah, that's so awesome. How often should somebody, what do you recommend the frequency of somebody watching a mind movie or whatever their, whatever their tool is, I highly recommend mind movie by the way and we'll show you how to get in touch with Natalie and and get that program. But how often should somebody watch a mind movie or whatever tool that they're using?

– Yeah, I mean in the beginning, absolutely daily, maybe twice daily. Um, and then after a week or two of doing that, you've kind of find that you're watching your mind meter uses a little bit of its luster. So, you know, I think if you do it too much, it kind of becomes too, you know, common, but what I like to do is to watch my mind movie before I go into whatever activity or action I'm taking towards that particular thing.

Like for example, my love my movie, I would watch before I go on online until the dating sites, you know what I'm working on? The Children's program. I'll watch that mind movie, particularly I've got something big or next week I've got a big meeting that I've got to go into. I will definitely be watching that my movie before I go into that so that I become this vibrational match to the outcomes that I want and to the end result that I'm working towards because it and it becomes a source of inspiration.

You know, I remember back years ago when I put on quite a bit of weight, I was like, okay, I want to lose some weight. I had a specific event I wanted to lose it for, I knew that five o'clock was my danger time because I would always reach for a glass of wine. So I'd play my mind movie about 4 30 it reminds me this is what I'm doing. This is why I'm doing it.

This is how I'm going to look fabulous at this next birthday party I'm going to and the whole thing. So it would help to keep you on track. So there's different ways that you can use it that could really leverage your efforts as well.

– Yeah, I love it. Let's talk about lag time because a lot of people, I think their biggest challenge with, they believe in

this, right? Yeah, I wanna try it.

It's gonna work and then they do it once or twice and like okay, you know what, what am I healed yet and my billionaire yet you know what's going on here, this isn't working and and so there you know you talk about getting to the vibrational level, it's not like you go, you know one day from here and all of a sudden you're like way up there. I mean it's possible but that that doesn't happen for most people and you see things it's not even healthy for it to happen for most people because you see people that win the lottery and then literally two years later they they weren't at the same vibrational level as all that that energy that the money had for millions of dollars and it's all gone. Right?

So talk about lag time and why that's so important and why people need to be stay committed and maybe a tip or two on how to stay committed. – Yeah. Well one of the challenging parts of you know, applying the law of attraction and you know manifesting what it is that you want is that once you've done the work like you know you're you know in gratitude, you've set your intention, you're clear, you're visualizing you're taking action.

One of the next most important parts of that is that you've got to let it go and it was like what do you let it go? Like I'm doing all this work to make it happen but once we go into these emotions of desperation or helplessness or frustration or impatience, which I may know a little bit about that, then we're going into low frequency emotions were going into this lower frequency and all we're focusing on is the lack of what we don't have have to let that go right. And we have to really, you know, like surrender or lean into the belief that, you know, it is going to show up, you've done the work. You know, you're taking action, everything is great, but then release it and go, look, it's going to shop exactly when it's supposed to and it's maybe not going to look like what I think it's going to look like it probably won't happen the way I think it's going to happen more often than not.

It doesn't, but I know it's gonna happen. So then what happens, you know, you start to show up and act as if it's done like it's already done. I don't have to worry about, you know, which means that you, you know, even your future thinking and decisions you're making about your future and go, well I'll be healed by then.

How Mind Movies Works and Where to Get It

So this is the kind of vacation and I think going on like, you know, it's like all of those kind of things. It's the whole being, it's like, you know, we talk about you act as if, you know, talks about acting as if it's kind of like you act as if it's already done.

You know, you already feel it, you know like I don't have to worry about it even though you're still doing your actions and your visualizations and so forth.

And then you know it will show up and there is no, you know one size fits all. You know how long is a piece of string? Anything it is, it'll happen when it happens, it happens exactly when it's been too.

– I love the part one of the happens I had in my book the breakthrough code is see it, feel it, believe it and let it and then let go right, letting go and trusting and having that faith and that belief uh you know in the bible Jesus said you know if you had the faith the size of a mustard seed, a little tiny seed, he goes, you can point to that mountain say mountain move from here to there and it would move and he said you know, nothing will be impossible for you.

And so you know it's it's this, this this and I use belief instead of faith when I talk but this belief in in that it's already there, you have to see it, feel it, believe that it's already there and that is why mind movies is such a phenomenal tool uh talk us through briefly because I know people will send them to a website but but talk us through briefly kind of the Mind movie concept, you did it earlier, but if somebody wants help of the Mind movie, just explain a little bit about what they're going to get in. – Yeah, I mean we have some free pre made mind movies that you can download and start watching straight away. These pre made mind movies are around creating wealth and love and confidence and so forth, but they're fantastic for giving you an idea of what you want to create in your own. So with the Mind Movie software, once you log in there is a whole library of affirmations and photos already in there, and music that you just have to kind of drag and drop it, you know, a couple of clicks here and there, and you can easily create your mind moving from there. And we also got the version now where you can make it on your phone or

your tablet, it's really easy to do that.

But you've also got the option of importing your own music, or your own photos, and then writing your own affirmations. But we've made it so easy for you that you can get in there and within minutes have this amazing little movie that really depicts the life that you want to live.

You know, as I mentioned before, I've worked a lot with Dr. Joe and I used to do little workshops at his advanced workshops, helping people make their movies.

And I can't tell you the amount of times that I've been in there helping people and making their movie? And maybe they have a story in their head that they're not technically, you know, that they're technically challenged or something like that and they get to the end and they watch it for the first time and they have tears.

– It's amazing – Because it's like, well now that I see it, I actually do start to believe like this, I can see it now, I can feel it like I know that this is going to happen.

It's amazing. It's amazing process to go through. – Incredible product that actually will anyone looking to help influence your subconscious, your super conscious mind for healing for more happiness.

Joy, wealth, love. Natalie has talked about that for her. This is an amazing product. I've actually bought it twice, so I bought it, I can't remember what 2008 or nine or 10 or something, and then last year when I interviewed you, I bought it again.

So it's an incredible product. I absolutely love it. I highly recommend it. Natalie, where can people find out more about this? – Yeah, so if you go to mindmovies.com, that's one of the main website.

And yeah, and we'll have a link that we provide for Tom and for the community where you can download some free Prime, pre made by movies as well, which I highly recommend that you do cost you nothing, but will give you a great insight on where you can go from there. – So can we make that link right now?

Can it be mindmovies.com/energyhealing? – Absolutely. – Okay, great awesome. Go there get some free mind movies and you'll absolutely love this and I pretty sure you're gonna want the version where you can do your own mind movie too. I would highly recommend that Natalie you are amazing. I am so blessed and the world is so blessed that back in 2008 you guys came up with this concept Mind movies because it was life changing for so many people, 10 million people and counting and and I hope a lot more people will now go and take advantage of this but thank you so much for being on with us.

– Thank you so much, Tom like I said it's always a pleasure chatting with you and thank you for having me.