Opening and Setting the Tone

I am so delighted you are here. This is a time of magic. This is a time of high energy. This is a time of elevated states and positive emotions. And you, by being here, you by joining me for each episode are making this statement that you are consciously planning to align yourself with.

Feeling that good about you, about the world, about other standing, all of the things that have happened to you and that's happened to all of us, and a lot of them are good.

But we know from the research in this field that you can take those things, even those huge life challenges, those shattering things that might be so big, you think, I'll never get over this?

And even those tragedies can be used as fuel for our personal growth and help us elevate our minds into oneness with the all it is with the universe, with cosmos itself, and then live elevated lives on that basis.

So I'm so glad you made the choice to be here, because you making that choice has reaped cashes throughout your whole life. And over the next while, I know we'll move into territory that will inspire you, that will motivate you.

But I also want you to take action on some of the points and ideas you hear here. Because as you apply these things to your life, and only as you apply them practically, does change really happen?

So I'm so grateful you're here. You made this choice, and you're going to love the experience you'll have with me and my guest in the next little while.

She is a long time friend. Her name is Christy Whitman, and she's an abundance coach and the New York Times bestselling author of several books, including The Desire Factor.

She's appeared in many media outlets, including The Today Show, The Morning Show, People Magazine, Woman’s Day, Seventeen, and other media. She's the founder of the Quantum Success Coaching Academy, a 12 month Law of Attraction Certification Program.

She has helped thousands of people worldwide achieve their goals through her seminars, coaching sessions and products. She lives in Arizona with her husband Frederick and their two sons.

I am so delighted to welcome Christy Whitman. I am so happy to be with you and always love with you. I love you so much and I always love our conversations and.

Hello, everybody. We're here. We're here to have a really just heart conversation and to help you in any way that we can help and assist you in any way that we can assist.

So I'm grateful to be here. Yeah. And you'll feel that desire of us to assist. And also you'll feel the energy that we both are generating individually and together.

And in this big, wonderful group, this community that reforming here. So you will sense that energy. It is powerful and it can shift you as you're a participant in it.

So Christy, go ahead and just give us a quick recap of your story up to maybe up to your deciding to become a coach because things happened there that were extraordinarily hard for you, and also that you used as fuel for your transformational journey.

So please share that that story with us. Absolutely. So yeah, I, I was, you know, in middle class Italian-American family living in Scottsdale, Arizona, graduated from Arizona State University, moved to Chicago because I had more opportunities to get a career, because I wanted to have a career, make my own money.

And, I started checking the boxes of everything that I taught, was told or thought or, you know, and knew. When did you know that the things that were, you know, given to me, that would be the things that would make me happy in life.

So I checked the boxes and those things weren't making me happy. And I thought you know, there's got to be something more. And I was young, I was 24 years old, and I had been engaged, and I wasn't happy, and I was planning a wedding.

And yet I had the career, my dreams. I was doing really well financially. How come it wasn't happy? And so that really got me to start asking bigger questions.

And I ended up moving to California, and I started to learn about meditation and about energy work, and started learning about Law of Attraction and these universal laws and how our, you know, we create our own reality.

And I really started opening up to, for the first time in my life, feeling like I belonged and that I was safe and that I was connected.

Christy Whitmanu2019s Early Life and Loss

I didn't feel lost anymore. I felt like there's more depth and meaning, and I ended up going on a meditation retreat because I had started meditating.

And on this meditation retreat, I happened to go with my friend who ended up being my, coauthor on one of the books that hit the New York Times, Taming Your Alphabet.

And we were going to the meditation retreat, and it was a teacher's retreat. And it was a Monday. It was a memorial day, and they were teaching us how to set a healing space for somebody in a meditation.

So, you know, compassion. And if someone is needing healing or how do you how do you help them? And all of a sudden, my sisters, energy popped in because they said, pick a person.

She was right there. Right. So I'm in this meditation and my sister pops in and we just started adding light and, you know, transmitting light and things like that.

Well, later that was it. We drove in the car driving home, back home with my girlfriend, and she said, by the way, when we were doing that meditation, I added my light to your sister's light.

It was incredible because, you know, like she was taking both shows. So we were both doing this healing for her. It was about eight, 15, eight, 20 in the morning.

And so we drive all the way because we were in Northern California and we had been in Oregon. So we drove all the way back down and she drops me off. I walk in the house and I'm living with my boyfriend at the time, who ended up becoming my husband, and I opened the door and I'm literally got my bag on my shoulder and the phone rings is when we had landlines back in those days, Dawson, if you remember and, the the landline rings and my boyfriend answers the phone and his face just dropped, and then he kind of, like, handed me the phone. He goes, it's your mom.

And I put the phone to my ear and my boyfriend is like, grabbing me. Like he's trying to hold on to me. And I'm like, what are you doing? Like, where are you?

Why are you doing that to me? And then I go, what's up? And she goes, is, is Mike holding on to you? And I said, yeah, he's kind of annoying me, like, what are you doing?

Get off of me. And she goes, she did it. And I go, who did what? What are you talking about? And she said, your sister, your sister committed suicide.

And in that moment, I just I dropped the phone. I dropped to my knees. I it was just a moment that forever changed my life and all of our lives. And, for me, though, I was clear I didn't want to end up like her.

And I didn't want her decision to end her life. Be the thing that ends mine. Meaning how much light and how much happiness and how much, you know, going for my goals.

I don't want her. And not being able to heal from her, choosing what she did, what her her decision was to be. The thing that held me back and it ended up not being.

It actually ended up being the thing that inspired me because as I was wanting to not be like her, you know, as I was wanting to not end up like her and I was wanting to heal myself from, from the this trauma, you know, this big loss in my life.

She was 11 years old with me, my only sibling. We were very, very close, you know, but she was very haunted. And it in one sense, it was a relief. But in another sense, it was it was a huge loss.

And so that healing process led me to be open and to heal. And it led me to do what I'm doing today. So I always said, if I can help one person shift from where my sister was to make that decision and be able to help them change their lives, then it's all worth it.

And fortunately and gratefully, you know, I've been able to help thousands of people be able to shift their perspective and shift and get help and, you know, change their lives and, will it ever or will it ever make up for my sister's life?

No, but it sure does it. It sure does feel really good to be able to be a coach. And what what was a catalyst for me as I kept leaning in, I kept healing.

And then one night as I was meditating, I had, a book, the title and image and book cover and everything, and I was like, well, that's interesting. I've never written a book, you know?

And the pages started turning. And that night at 1:04 in the morning, that's when I started getting this other consciousness downloading through me. And I got up and I started writing and letting it fluidly come through me.

And once I got the book published, because it was seven nights in a row, and then the whole, you know, getting it published, I never published a book I didn't know how to do.

Everything was like just beautifully flow, you know, flowed together. It was just a flow of just openness. I ended up getting the book and my friends and family read the book.

They bought the book. They were not the target market for this book at all. They thought I was all crazy. So I started speaking in spiritual bookstores and churches to people that actually would like the book, you know, and that did like the concepts and everything.

And so I was doing workshops and people started asking me, would you coach? And I'm like, coach, like a football coach, a cheerleading coach. I mean, I had no idea there was this thing called life coaching.

And, they would ask me and I'm like, well, I'm not a life coach. I don't know what to do, but I can help walk you through. I could help guide you through that process.

And really, what I was doing was helping people release their negative energy and bring in different energy, bring in a higher vibration, focus their mind, you know, focus the the mental capacity that we have on what we do want, what we do want to create, so that all of our four different bodies, not just our physical body, but all mental, emotional, the energy and the physical body are all in congruency and in alignment.

And, so it's been a it's been a journey of well over. I was like 24 years now, so and it's, just I keep leaning in and I'd

be grateful as we were talking before you push your core, Dawson.

you know, there's been other times in my life, too, where I went through a divorce from that particular boyfriend, where I, you know, have been in major debt a lot of different tack.

Several times, to then, you know, shift that pattern of with money and that sort of thing to, you know, being able to stay aligned and in faith at one of the most difficult times that was even, like harder than my sister.

Not you can compare anything. But when my two month old son was rushed to the hospital and had to have open heart surgery and he was in the hospital for a month, you know that like those moments of going, okay, I'm not entertaining the who's to blame or the guilt or the shame or any of that.

I'm not I'm not going to, you know, let fear or worry, you know, get me. I'm focusing on what I want and the visuals I want to see. And then when the fear comes up, be able to process it, let it go, but still stay with the positive aspects of this.

What's you know, what we want to visualize, what we're looking forward to seeing you know, when he gets older, what how we can connect together. Me and my husband and his dad and and that's it.

You know, it's now he's, you know, 14 and you know, just playing professionals and professional soccer. He plays elite soccer. And, get straight A's. And you know, just he's just a easygoing, smart aleck kind of kid.

but it's like what I'm seeing him do now and like, now, present moment is what I visualized in that hospital room when he was in ICU and literally couldn't even lift up his arm.

They had carved a piece of cardboard on his hand so he couldn't lift it up. That's how small and weak he was, you know, to seeing him like this big soccer star.

So it's, it's been quite a journey. So I'm thinking, as you speak about the brain's negativity bias. And this has been recognized in psychology for a century, which is that we tend to gravitate toward the negative, and especially when we have negative things happening that are object of reality.

So when you do have a child who's gravely ill, when you have a family member who is struggling and maybe even terminal, when you have financial challenges, it's hard not to focus on them.

The brain is designed by evolution to look at the whole spectrum of available things to occupy its attention, and it's trained to go right to the thing which is the worst, the worst case scenario.

And I know, like the other night, I was worried about one of our websites, and I woke up in the middle of the night. I was worried about this website.

I kept on staying awake, worrying about it, and worried about it for like two hours. Try to say, Dawson, be a positive person. Think about Jesus. Think about Mother Mary.

Think about what in my brain is kept on going down. But back to that website. Now, of course, at night your little your conscious facilities are available to rescue you.

That our brains that's just our brains. Negativity bias. I got up in the morning. I spent like two minutes. I had the website problem fixed, but, our brains are just designed to focus on the bad stuff and we try and rescue ourselves.

Most of us try and rescue ourselves over and over and over again.

Negativity Bias and Shifting Energy

And yet, like a broken record, our brains just keep on pointing toward that same old miserable track. How do we get

out of that? Yeah. Well, that's that's really energy mastery.

It's really when the track is going on. Right. The only thing that's going to busted is a different energy. And so what the council talks about and what I have been practicing, which I just absolutely love it, it neutralizes anything else is compassion, energy, whatever any of you anybody is going through.

And whether you're obsessing on a thought or you're thinking about something and or you're thinking about worst case scenarios, when you allow yourself to feel as if you're standing under a shower, head of light, or your cell standing under a waterfall of light and just imagining that this energy of compassion, it's like someone handing you a nice warm blanket if you're cold or you know someone handing you something warm to drink when you're chilly and you just that, or that feeling of getting into a nice hot tub or getting into your bed and putting the covers over and you're like, just that feeling of, I'm okay, that I'm all right.

Like that type of energy. That's what we want to focus on because the, the, the the brain bringing us back, it's already looping in a certain type of energy.

And it's in this like loopy worry kind of energy, which is in itself a vibration. But when you bring yourself into this, I'm okay, it's going to be okay.

Just let my energy be. So now you're in alignment so that boom, like that, that solution to the website or that idea, you know, that that creativity pops in.

It might be in the middle of the night, but it might be, you know, all of a sudden you got that comforting of the compassion like, soothes you back to sleep.

Right? And then you wake up in the morning and you're like, oh, that was easy. That, you know, so the compassion, energy, when our mind is even focused on that, I'm okay.

And there's other things you can do too, besides the feeling or imagining the energy. If you were to just like, hug yourself or just even caress your shoulders or, you know, your face or your hair, if you gave yourself a somatic physical touch and just, you know, rubbed your shoulders or, and just told yourself, it's okay, you're going to be all right, it's there's always going to be a solution.

We're going to find the solution, feel the solution, feel, you know, whatever that is. But you're giving yourself a nice big like it's going to be okay.

And that calms the system. While you're also then telling yourself. So it's like three aspects like feeling, connecting and tending to feel the energy then by the physical touch, and then also getting the mental body involved by telling yourself it's going to be okay.

There's a solution for everything, you know, whatever, that everything is fixable. Things are always working out, whatever that is, to make you feel soothed.

So let's pause here for a moment and put Christie's advice to practical use. Because, as you know, I, not at all content for you to be inspired. I want you to take action on all of this.

So right now, grab your journal, grab a piece of paper, and I want you to write down the title, the name of something that captures your attention and brings your brain and mind back to negativity.

What issue is it in your life that keeps on bringing you back to it over and over and over again? And Christie, I didn't know your sister, but I imagine that there was that in her life that she just was unable to escape that centrifugal force of that sense of focus on the negative.

Just bring her back. And people tried all kinds of ways to escape, but they go on holidays, they get married, they do drugs, they do extreme sports, they distract themselves away.

They watch media, they think there's all stuff we can do. But again, that's just the way the brain is structured. So we tend to focus on that. So I want you as you're listening.

Now write down that thing which gets you what's your website, what's your worry? What's your problem. What's is it a health problem? Is it a money problem a real problem, relationship problem.

What is it that brings you back into that negative spiral? So write that thing down and we don't need a long explanation here. Just if it's a movie, write down the title.

Write down 2 or 3 words that summarize it. Okay, now think about those three cues that Christie just gave us. One was. The energy. Oh one was physical, and the most important one she mentioned was energy with a shift.

The energy of this thing, how do you shift the energy? So think about the physical part. That's pretty easy. Like what does shift you physically? Just take a walk shift to you.

Does that self-soothing physical touch where you give yourself a butterfly hug, where you stroke your heart? Where are you? Maybe you use acupressure and and, stimulate one of the alarm points, whatever it might be.

Baby's deep breathing that puts you in that place. But write down your physical thing, okay? Why don't you? A physical thing and then because he said that you mentally come up with a phrase that indicates the possibility of shift or an altered state, that mentally assurance.

What is that for you? It could be something as simple as this too shall pass. It could be things will be different one day. I am greater than that. There's more to me than that.

Maybe this negative thing is part of who I am. And that's for all of who I am. There's much more to who I am. The finest of who I am is. So get your mental thought in here as well and write that down out.

So physical. Write down your mental and then energetic. What is it that's gonna shift the feeling for you here? She mentioned standing under a shower of light. Wow.

now I feel good to imagine feeling under a sunny, either a shower of light or imagine, your favorite saint, your favorite spiritual master, the radiance pouring out of them and just filling you with unconditional love.

What is it that shifts your energy around this? How do you change your energetic structure that then can move into mental, emotional, physical, other dimensions as well?

But what does it take you to change your energy. So you've got these three things. You've got your problem and you've got these three avenues into the solution.

And then just practice that. When you find your brain and mind returning to that negative thing, you've got your solution. It doesn't take long to take ten deep breaths or take a five minute walk.

It doesn't take long to picture that visualization, but that way, the more you, thinking about that negative thing, the more you correct. Ramana maharshi, the great non-dual the Saint of India in the 1920s, was asked Bhagavan, what do I do about the wandering mind?

My mind wanders all the time, and visitors travel from all over the world to see Ramana maharshi. And he had visitors from all different continents and countries.

And so this person, to travel a long way, was expecting some kind of brilliant answer from Rome and Maharishi. How do I how do I solve the problem of my mind that wanders off to the bad stuff, the negative stuff?

And Ramana maharshi said, you just return it over and over and over again to center. you just keep on bringing it back to center. This person was expecting some kind of magical answer and all he got was the most practical of

answers.

You just keep on doing it over and over and over and over and over again. And so eventually, what, like the yoga Sutras, they call that you set up new patterns, new habits, you simply over.

Well, the old habit, that negativity focus with this new habit you've written down now. So Christie has just given you a gym here. I'm not going to let you alone until you practice it.

well, I you know what? I love that dorsum. Because we look at the, you know, it makes it even more momentum and more powerful is when we get the four bodies involved.

Right. So so the mental. Yeah. Changing and thought about it. Right. And then you got the physical. So putting yourself into a physical state, changing your physical state whether it's getting going for a walk, working out, you know, feeling as if the energy is different in the body.

So bringing in that compassion will make the body more biologically and physical, physiologically relax too. Everything just kind of settles down. And then the emotions to my excuse me, by letting the emotions settle, which is the emotional body, is the belly, by letting the emotions that you don't want release out.

Think of it like waves in the ocean or waves in a lake. Just releasing out, bringing in that compassion energy. Now you got the mental. You got the you got the emotional and you got the physical and the energy.

And that's why it's like it's not just the mental that you're fighting against momentum that you keep trying like a rubber band, you know, you're you're now getting in the energy body and you're getting into the emotional body and you're getting it.

The Council and Energy Mastery

So all four bodies now are getting in aligned. And now they all like click, click click click click right. It's like creates that tipping point where now momentum gathers you and different thoughts start to rise and different perspectives and different images in your head start to get created.

When you're in that very different energy versus when you're shut down and you feel low and or you feel trapped or you feel, you know, it's a very different world.

Absolutely different world, and then that starts to become your world of your practice long enough. So, Christy, I want to go now to a different part of your story.

And that's the council. And so here you are. You're just flying high. You're on the today show. You're on the morning show, your people magazine, you're in 17 magazine.

Yeah. The New York Times bestselling book. You're a famous coach. Well, everything's going well. Perfectly. And then you started getting a sense of something completely different.

Yes. Yes. yes. Yeah, I had to I pivoted, I mean, I had most of my business was certifying coaches, and I still do that. but that was pretty much what I did.

And I did, you know, of course, personal development and all that energy work and belief worked. I was always part of it, but it was it was the coaches that I did that with.

It was rarely when someone just came to me for just personal development and everything was just pivoted because, you know, I started opening up to energy healing and having really having really incredible experiences where my hands would go up and, you know, someone would be on a phone call on the other side of the country, and they could feel that.

And, you know, just things that I was leaning into. And, one day I was driving on the freeway. I'll never forget this. I was driving on the freeway, and all of a sudden it was like I had this movie screen that came in front, in front of me.

And it was like this council, and it was just this, like circle of light and and I'm like kind of going and they're like, pull over. And I was like, I think I because I was like, what is happening?

Right? So I pulled over, I got off the freeway and I sat there and it was just this surround sound feeling of create sacred circle of light. And I'm like, okay, what is that? You know?

And it was just the download of it. And so it was just a bunch of people in my community that were willing to or wanted to get healing, you know, energy, work, healing every week and have that, you know, consistent, energetic support.

And so, you know, offered that to my community and had several people that were on there. And we were one day it happened to be my son's birthday, though I'll never forget that, we were the to the last person.

And all of a sudden I couldn't hear them clear. I could hear it was like a bunch of jumbling and all of a sudden it was like my consciousness went out of my body, and I could have sworn.

I could have sworn on my life, my first born's life. Everybody. My dog's life, that my body went over the side. And it wasn't the case at all because it was recorded.

My I was like, my consciousness was to the side, but here comes the council. And back then we're getting. The first time I sounded Indian, some people would say I sounded Australian, some people said I sounded British.

Some people say, you know, a South American. So it was this very strong accent that came through. And they they didn't use mannerisms like I do. It was just very stoic and, you know, and so I have that on my YouTube channel with that day when, when that happened and the question that was asked and everything. But since that day, it was like everything pivoted.

What the courses I, I offered and what downloaded through me to teach with the council about energy mastery and that really one of the things that they're here to speak through and utilize my consciousness as a coach, as an author, you know, as a one that provided processes to people for so many years and did energy work, is to help people learn.

How do you master your energy even like what we just talked about? The thought that we have the looping of a thought, it's energy, you know? So even as you open up the back of your head and neck like that energy point back there where when you imagine, like you're turning on a heat irradiate or something, you're turning on that faucet and letting energy move out the back of your head and neck.

That helps thoughts in that energy of that looping release or other things like imagine you're taking the whole looping, not just the thought, but the whole idea of it, putting it into like a helium balloon and then imagining the helium balloon goes away, and then you come back to, you know, like you've written down, okay, I need to check on the website.

You know, you you get things right, you get let me write that down so that I have that that's there that's over here. So now my mind can come back to compassion.

Sleep is fun. You know, certain visions, something that feels joyful to you, not too joyful and to activating and to exciting because then you're going to be like my you know, I want to I can't wait to do that.

I got to get up and I got to go do that right now. You're going to be inspired to get up in the middle of the day. I know you, Dawson, but you know what I mean?

That that feeling of just letting yourself just come back into the. Okay, that's an activated negative thought. It's

doesn't feel good this time in a place for it right now is not the time for it.

I'll write it down and get to you so I can now come back to this moment, allow that compassion, energy. Allow myself to see myself just at peace, an image of myself at peace.

And then move from there. So this was a completely unexpected experience of the counselor coming and speaking through you, and then really redefining what it is you do to through the instrument of Christy Whitman and your knowledge and your coaching skills and your other abilities to start to offer these teachings about shifting our energy.

What does what is the Council exactly? So think of it as a collection of just really powerful, high vibrational energy that comes through me. It's like connecting with just such a beautiful vibration that comes through me and then expresses through me.

But another way of saying, and it's like the messengers, the message of that high energy. Some people like to think of them as guides, masters, angels.

So it's a collection of this energy that I get access to. We all have access to it. Those higher vibrations to be able to have that vibration translate into thought, because everything's energy and a thought.

We think it's all energy first before it forms itself into a thought or emotion or anything. So this way it's pure just openness and that energy is invited to come in and then it speaks through me.

It you know, it, it guides through me. And so there are these beings of compassion, guides who who are there for everybody. And I think of once the East and the West, like Mother Mary, you know, for example, if you pray to Mother Mary, you often just feel the energy, the beautiful love energy of Mother Mary Wash of you if you pray to quiet you like.

At one point in my life, I realized that I was a moderately compassionate person. Like, like a four on a scale of 0 to 10. I mean, I wasn't a not compassionate person by any matter of means, but, I realized I didn't have a, a deep well of empathy.

So I prayed a quality. And the goddess of compassion, I said, honey, and will you be with me? And will you transform that part of my life into being into compassion?

I can feel this energy of passion in just coming through. Now. There are clouds all over the place, my house. And, this is about 15, 20 years ago, and I wound up after a couple of, of years of just invoking, one year of finding.

I was just genuinely empathetic and compassionate that we had not been before. So there, there are these, these, these, these beings that are there. And, and the great scriptures talk about how, all those things are just available to us and are, wanting to guide us, wanting to share their wisdom with us.

You know, the the big variable is what is right where we got our those at us in our cell phones. So we're watching the latest series or we're, distracting ourselves with alcohol or drugs or people.

A conversation or any matter, any other, just other distraction. So, to actually you yourself and then be available to that loving presence who might be there for you is, is is incredibly powerful.

And of course, you had, I suspect, no resistance whatsoever, but you were totally available. If people say to me, oh, is such courageousness, you know, you're so curt.

You have so much courage to do what you do. I'm like, it feels really good. It feels really good. I feel good in my life. And I, it just I feel good. So it's not that I have to conjure up courageousness to do it.

It just comes naturally. It would. It would be more painful to not do it, you know, because that's how good it feels.

So. So how do I how do we how do how does everyone listening, how do they open themselves to those beings or energies or whatever they are and benevolent ones?

Compassion, Guidance, and Family Challenges

This we make clear what we want. We want, we want the good ones, the benevolent ones. Because there are plenty of disembodied spooks sitting out there who are, probably not. Not of the highest order.

So how do you how do you invoke that kind of a sacred presence in your life? Well, yeah, ask for it. Like you said, when you pray to Mary, you could feel that presence.

A lot of times it's as simple as that. It's it's us being the initiate. A lot of times we might complain or want something different, but it's like when we change and whether it's Guanyin who, by the way, is sitting behind my my chair, behind me.

So I love communion. whether we're, you know, praying or connecting to a goddess of compassion or, a being that represents abundance or success, understand that it's us that has to allow that in.

And so by sitting in meditation, by just feeling the presence of, say, a companion or Mother Mary, but with compassion or Jesus energy or Christ energy, or it could be, you know, some other goddess archetype or some other type of, you know, God, our archetype or whatever your whatever frequency, whatever feeling, whatever state of being you're wanting to feel, you know, we can just ask for it and then be able to feel it because instead of having to go do this and that and that and this and that, this and this, in order to feel successful, we could actually just cut out the the middleman and go to the source and just feel success, feel the love, feel the joy, feel.

Because as human beings, we all learn this. If you want to be successful and then everybody has their own idea of what that looks like and how much or how little or how, you know, it's it's all interpreted.

So what we make it mean. But it's like, if you need this and this and this and this and this and this in order to feel this, you can just feel this and then those things are attracted to you.

You still take action. You still engage with them. You still you don't just sit back and you know, that come knocking on your door. You engage, you create, you breathe life into it.

There's there's movement, you know, and that's how things become because we engage with those things. And what even just a thought about someone or something, we're engaging with them.

So with that thought is positive. There's a positive engagement with it. If it's a negative thought or a complaint or a criticism or a judgment that's feeding that relationship to.

And it's with everything within our own matrix of life. And so we get to initiate and every now, now, now, now, like here, right now, now like that's like pushing a reset button, saying, I invite in more of my intuition.

I, I open myself up to feel more guidance. I allow myself to connect with my higher mind. You know, it's it's initiating that. And it's really interesting, Dawson, because there's so many people now that are finding that that's what they're wanting, you know, is to be able to have that deeper guidance, to be able to know, to go this way instead of that way, because the mind tells you to go this way, to be guided beyond the mind, to have the mind because we need it to function, but to be guided way beyond it into a place that's beyond logic and reason to know what's the right way to go, what's the wrong way to go, or what's the right place to do what you know what I mean?

Just to be guided in whatever area. But it's just that initiation. I mean, I'm, I'm doing a class right now. I'm teaching people that, you know, how to become a healer and a channeler, how to open up to that.

It's not like, okay, do this. We already are. We have that ability to do that. It's just what blocks us is in the way are those traumas. You know, I definitely know that I would not be doing what I am doing today if back 25 years ago,

26 years ago, when my sister, you know, ended her life, that if I didn't heal, that I would not be doing what I'm doing right now.

I wouldn't have been open to the husband that I have right now. I wouldn't be open to many of the experiences that I would that I have, and the reality that I live in now, had I let her decision be, would define my life.

Let that trauma, as I say, you know, post-traumatic stress disorder, right? Well, it is it's a post trauma. What do you do with it? And you can turn that into, you know, a triumph instead of a trauma.

You really can. So in this place, you can make that decision 25 or so years ago. And then becoming a coach and then, being open when the counsel spoke to you and now having developed this ability to, share that wisdom and also train people in how to hear those messages, what what challenges you currently, what are your current issues, challenges, life issues that you're you find yourself working through?

Well, currently my dad has been in, a rehab, hospital or rehab place. He is, he was in the hospital for about a month. He's 91 is going to be 92 next month.

Maybe. Maybe not. so he's in the process of transitioning and, you know, trying to get him to eat and when he won't eat and try to get him up to do as PT, and he doesn't want to and, you know, see me from the very beginning of when he went into the hospital asking him what he wanted and he wanted to transition, whereas my mom is like, we're going to do everything we can.

We're going to make sure he eats and we're going to, you know, get up and walking and he's going to come back home and and she's just in a very different place.

She's all about fighting. And we got to fight. We got to make him fight. You got to eat. And and I'm in a place of like, what do we what are we fighting for?

He's lived he's 90, almost 92 years old. He's lived a very long life. He's physically in a lot of pain. He himself has said he doesn't want to be here anymore.

So she's trying to keep him like she's trying to keep him alive. And he's just kind of like, I'd like to be left alone, please. Right. So even navigating my two parents who want very different things and staying in that space of compassion, it's not about me.

It's like I'm here to make you comfortable. Daddy, what do you need? They don't have butterscotch pudding. Well, then I will go to the store and I will get you butterscotch pudding.

Right. It's like this man is his greatest joy right now is his moment when he gets to eat his butterscotch pudding and the way he eats it is like a dog with a bone.

You'd think that someone was going to take it away from them. He is just, you know, he's in it. So, you know, that's currently what I'm navigating in my life right now.

So. Yeah. Yeah. And we do have our families and we are and meshed with them. And regardless what other things are doing in our lives, that's just part of our reality is that we need to be there for them and meet them where they are, regardless of where that is, regardless of their level of understanding or, sympathy for what we do.

So that is just yeah, some one of those things to navigate is the the age of your parents. When we age and our bodies are shifting and changing, how do we go through that?

And that's an inevitable thing that regardless of what else we've done in our lives and even how healthy we are, that will reach a point where our bodies are less capable than they were before, and eventually that they'll be like any other physical organism that gets worn out and will be tired. Let them go.

so much of the, the, the teaching, some of the Great Eastern scriptures is about what to do then, how you handle the body, then how you make that transition to the next phase.

And that's really a big choice we have is how we do make that transition. And some people approach it very consciously, others not so loving such. And another said most people approach death completely unprepared, just the way they approach life.

Completely unprepared. Yes, very, very true. Very, very true. yes. Yeah. So living living consciously with your family and then accepting them however they are, is one of those life challenges for everyone on the spiritual journey.

Indeed. Yeah, yeah. And then as you look ahead and look at what your next steps might be, where do you ensure to be since you're moving to at this point?

Well, I definitely will still, continue to channel the counsel. we're going to be doing more events and more traveling, which will be fun. So, like cruises and things like that.

So that's that. I've always wanted to do that. And, that's now coming to fruition. So, we have another book coming out next year, and called The Flow Factor.

So there's a lot of fun, fun movements, you know, going in that direction. So yeah. And then when you are channeling the counsel is it something you're doing consciously where you're aware of what's coming through?

No, no. So I have, I can have a conversation with them for myself or I can, you know, have them. Sometimes they'll chime in and I'll say, oh, well, they wanted me to tell you this, and I can hear them, but when they're fully in, I am it's like I'm taking a nap.

And the best way I can describe it is like, you know, when you come out of a dream and you kind of like, oh, I had a dream. That was a wild dream. You don't kind of know every.

It's not like you're awake. You could tell the different things unless someone says, oh, did you see the unicorn? Right? You're like, oh, I had a dream of a unicorn, you know?

Closing Reflections on Flow and Higher Self

And it's like a recollection. So it's like I'm aware that something happened, but I don't know, all that was came through and transpired and, and all that.

So that's kind of what my but it is where it's like when I first started doing it, when I would come out and come back in, it'd be like I was waking up from sleep and there'd be people staring at me and I'm like, oh, that's so weird, because I'm coming out of like, it feels like, you know, I've just rested.

And so which is interesting because normally, you know, I knew before the council, too. And one of the things I was so struck by was how present you are when I'm talking to you, when you're there, you are paying full and complete attention.

You're so articulate. And you were explaining, for example, about the universal laws and one program I did with you, I think, up by 70 years ago. And I was just blown away by how lucid you were about that.

So, it's interesting that this lucid human being, is out for a nap while the council is coming through. It's wild, isn't it? I'm a I'm a lucid individual.

I'm a mom of two boys. I am a wife. I'm a soccer mom. You know, I'm a dog. I'm a dog, mom. Yeah. So I'm very present in my life and very alive. And, you know, I'm also a rocker chick.

I love to go to rock concerts and, you know, and and so there's that. I love to do Pilates. And, you know, I'm interested in fashion and and all that.

So there's, there's a lot of facets for sure. But yeah, it's, it's, it's interesting that I am I'm not living in a cave somewhere, you know, I'm, I'm not secluded living just doing, doing this.

It's like more and more people are and more important people are interested in being able to utilize guidance in their day to day lives. And that's what's happening, which is really exciting.

It's actually, I find wonderful to have all those facets. So I just love all the, the, the multiplicity of things that we can do with our bodies. We can enjoy nature, we can move around, we can enjoy the senses.

We have so many rich experiences here in the body. And yeah, you're right. You know, the old mystics, their, their goal was to go into a monastery and, and then, entities elevated states and never come back.

not at all the path that most of us would be following. Now we get to enter those elevated states, and then we come back and we are a soccer mom, and we do get to go pick out some nice clothes and do all those delicious, sensual parts of living of actual, real, normal human life in the 21st century.

Did indeed good stuff out there. There's a lot of good stuff out there. Well, I am so grateful to you for all the wisdom you've shared, all the, solutions you've shared, and the way you make us so practical.

And you make it fun. your joy and the radiance you bring has been there for me. For every time I have seen you or met with you or or talk to you. And I'm so grateful for you sharing in this form now as well.

So thank you, thank you, thank you. And again, as you are connecting with me and Christy here, we're part of this energy field right now. We've shifted energy just by being here.

And can you feel it when we think back to where you were at, the beauty of the hour, and think back to how you feel right now. The chances are you're more in flow.

If I had you hooked up to the EEG, I'd probably see a lot more big delta theta, alpha waves, plenty of gamma. I mean, your brain has changed and all these things that start to shift in your physical body and from there out in your life.

So please do spend that time, have that desire, have that openness to connecting with your God self, your higher power, whatever you conceive it to be, make room, open yourself to that and you have no idea where it'll take you.

Just like Christy had no idea what would take her. And yet when you do that, everything begins to change, and things that may have been already hard before, things that may have been puzzling and inexplicable and difficult to deal with, just have a way of coming into that flow and becoming much easier.

So, thank you for being part of this beautiful energy system we built today together. And I know that as you keep on seeking that higher self, that higher component of your local material self, that that self will start to speak through you, you may or may not take a nap, you may be present, you may not be.

But as you do that, then you are that universe. You are that universal love and awareness and consciousness moving through a human body into the earth, and the experience transforms you and everyone around you.

So thanks for joining me. And Christy, and I look forward to seeing you on the next episode.