Introduction to Reiki and Melissa Laurie

In no way is Reiki evil, dark magic, witchcraft. And there is a common misconception of this because dark magick is real, first of all. Reikki is pure, divine, loving energy and wisdom.

Nothing else. So like when you actually see where Reike comes from, you really got to open up your eyes about it. People have been healing since the beginning of time.

With Reiko, it really is so intelligent that it knows where to go. Joining us today is Melissa Laurie, model, singer, and reiki master, known for blending spiritual wellness with creative expression.

It doesn't matter how many followers you have. One person came to me and said, you changed my life. I didn't kill myself today because of your message.

That's it. At the point of time that you decided to seek out to Reiki, how much noise did you had in your mind? We discussed this and I'll say it again, I went to the shaman and he asked, what's wrong with you?

And I said I'm sick, tired, and don't want to live. And he looked at me, he said you're not sick. It's in you mind. When I found Reikki, it was at a time in my like where I was planning to take my People are sicker than ever.

They're addicted to pills, they're in the hospitals, and they are not getting better. It's the pill that makes you take another pill and another and then you become like your own pharmacy.

As a Playboy model and being on the adult side and transitioning to a healer, how has that been? It has been hard because Welcome to another episode of a healthy point of view podcast.

I'm your host, Sam Tahata. And like usual, we're bringing experts in health, wellness, beauty, and mindset from all over the world. In today, We have a guest that really doesn't just have her own healing story, but helps many other people how to heal, not just helping other People out of heal but teaching others to be able to Heal.

So this is an expert, an Expert that creates other experts And this is a Reiki master and teacher. Today we have Melissa Laurie. Melissa, thank you for coming on the podcast.

Thank you. So much for having me. It's an honor. A pleasure. Absolutely. There's just a lot behind that. It comes from the Japanese origin, right? See, you're onto something.

What else? Keep going, what else do you know? I'm here to learn more than actually try to explain it. And you are the master. So I want to talk about a Reiki master, number one.

Let's learn a little bit about you and how you even got to it and what a reiki Master is. Absolutely. Um, let's see, this is a long story, but I'll try and make it short.

So Reiki is an energy. It's everyone's into AI, right? You know, it's like AI is the new thing now. it really is in intelligence. how I found Reiki. I struggled my whole life with anxiety, depression.

Um, I was suicidal. I was just lost in so many ways in my life and I spent much of my live in doctors, hospitals, on medications and i just knew there had to be another way.

i exhausted everything, i was tired, sick, nothing was helping. Was at my wits end when I found Reiki it was At a

time in my life where I was I, was planning to take, my, life, well i was it, Was that bad i couldn't even function Day-to-day it Was it?

Was hard to get out of bed so Reiky it's it'S a funny story because i actually went on a groupon and And I'm like, all right, I've tried everything. I tried therapy.

At the same time, which we'll get into, i was starting to get curious about plant medicine. So all of this kind of was happening at the time. i think I was about 26 or 27 years old.

And i went on Groupon and I saw something for Reiki and i'm All right, this looks interesting. This looks different. It looks cool. Like, let me… On Groupon.

On a Group on. Let me try it out. Doesn't hurt, right? And I went in and to this day, This woman completely changed my life. So shout out to Eve, if she's gonna watch this.

She was just incredible. I don't know how to explain because when you try to explained Reiki to someone that doesn't understand energy or alternative healing, you look like a crazy person.

People are like, are you actually doing something? So you touch me and then I'm healed? So you laugh and you have fun with it, but you understand on a deeper level that we are the healers.

It's us. Not your doctor, not your mom, your dad, the magic pill you take every day, it's you. The individual themselves. Yes. Right. People can guide you.

Like, I'm a Reiki master teacher. I am not healing you, i'm not heal my patients. i am guiding them to heal themselves That's amazing that you say that, because I had another individual on the podcast and I actually put it on them like, you're a healer.

You know, and they said, no, im not. Im a guider. And you are the second person now who comes in here and says that. So I appreciate that Yeah, it's something that I'd love to take credit for that, like, oh, I hands down healed all these people, which, you know, in reality, yes, help them heal.

And any shaman, and which we'll get into again, any Shaman will tell you, You're gonna heal you. I can't fix you. And that's shocking to hear, because again, we're brought up in this generation, in his lifetime, thinking that someone else is going to save us.

It's us, and that was the hardest lesson I had to learn, that nobody was coming to safe me but me. So that's step number one. So I went in and I'm like, you know what, let's do it.

Let's try everything. Like, what could I lose? And it changed my life. It changed. I couldn't believe how good I felt. So I started going every week and it was just it, was like therapy combined.

She was also a hypnotist. So she was combining. That's the great thing about these modalities, right? Is that you can combine so many different things into one.

Absolutely. There's so much different modality as we talked about breathwork and tantra and reiki and yoga and meditate. And it's fascinating. And they all kind of like build up on each other, right?

Yeah. I really think they go hand in hand. It changed me. it was working. and I remember sitting in that office with her.

Finding Reiki Through Personal Crisis

She looked at me and she said, what do you want to do in your life? And I blurted out immediately, I want help people. And then I broke down and I cried and said, but I can't even help myself.

And it's weird sitting here on the couch, because I could take myself back to that time looking at her. It was so transformational to know today that I, maybe four or five years in, I do Reiki, and teach.

I am helping other people. Helping other heal, helping people wake up. That's gotta be such a powerful feeling, right? It's very rewarding, isn't it? You changed my life.

I didn't kill myself today because of your message. That's it. that's all I need. Yeah. Thats all i need I agree. thats all in this life is like wow my story me sharing and me doing this work helped one person thats it Amazing.

So Melissa, when you said that when your teacher, your Reiki teacher says, what do you want to do with your life? He said, I want help people. Is that something that you already knew you wanted?

Or is that some that just kind of came out at that time? So I think Deep down, we always know. We always have an inner voice. The problem is we're all so traumatized by what's happened in our lives that we can't even hear ourselves.

So I think deep down I always knew but then the imposter syndrome comes in and then what ifs and I can't do it and you go through all the lists of why you can and why shouldn't.

So I do think yes, I always knew and again, when you know about spirituality and know what you I am a believer that we came here with soul contracts, knowing the mission that were on.

We chose our parents, we chose the trauma, We choose the job, everything, every person that meet. we choose that before we even came her. So knowing that, Sometimes I say my awareness kills me.

Being so self-aware kills because sometimes I know and I'll do the thing anyway that I knows is gonna hurt me, you know? So yeah, I really think I always had an inner knowing and voice and tried to drown that out for so many years.

Because it's scary. You know that inner voice. It's like most of us when we do something wrong, right? When we sin. We know that we're doing that. Oh, yeah, you know and we we tend to ignore that inner voice.

That's living within you Now one of the things you brought up you you were talking about there's a lot of noise in in people's minds How much noise at the point in time that you decided to seek out to reiki like how much?

Noise did you have in your mind? it was even today, anxiety, depression, these things, it's an everyday job. It doesn't just magically go away. it doesn' matter how many ceremonies you sat in, how much inner work you've done, How much you think that you healed, It can come back in the snap of a finger.

We discussed this and I'll say it again. I went to the shaman and he asked, what's wrong? Like, What's Wrong With You? And I said, I'm sick. Tired. Anxious.

Don't want to live. And he looked at me and scratched his head and said. You're not sick? I was mad at him. Yes I am. What do you mean? He's like, you know where you're sick and he tapped me on the forehead like that.

It's in your mind. All those looping thoughts and patterns, it was bad. Like I said, I didn't want to be here anymore because I couldn't calm the chatter in my mind, and I could not make sense of it.

How did you figure to start making sense? Do you meditate? I do meditate. I don't meditate as much as I should, again, knowing what I know, because I have an anxious personality type.

It is hard to meditate, it's hard literally to sit there in absolute silence and think nothing. Its hard. So hard! It's interesting you say that because when I first met my mentor, Dr.

Robert Willicks, who was a shaman, You know, he would always tell me in my early 20s, like, you have to meditate.

It's so powerful. You have do. And eventually I committed to it and he gave me this little green book.

I forgot the name of it, but it teaches you how to mediate. Okay. He was telling me, hey, one of the things go into your closet, first thing in the morning, make sure it's dark and you'll be able to just shut your mind off.

I could never do it. The only thing that has actually truly worked when it comes to meditation for me has been guided meditation, where I actually utilize a device called BrainTap with Dr.

Patrick Porter, who's a PhD in neuroscience, and he invented it, it has certain type of frequencies, depending what you're trying to heal. It can be something like your back pain, you try to go to sleep, he has guided mediation.

with these different beats and frequencies. And that has changed my life. Have you tried guided meditation? I've definitely done, well, I listen to Frequency every single night when I sleep.

That's how I see it. So I have dabbled in a lot of things. I don't know if I'd done what you're saying in particular, but I definitely have done the binaural beats with the headphones and they put the dark mask on you.

Yeah. But that's what I'm saying. There's so many different modalities that I probably didn't do exactly what did. Right. And I just done little variations and versions and it is super powerful.

Sound healing too, I don't know if you've ever experienced sound healing. Oh, that's amazing. I have the the crystal singing bowls. oh my god incredible from that you could have you can either be having a crying attack or an orgasm just from I'm serious.

So you actually do the sound baths? I do. I also do I I wouldn't call myself a you know world-renowned but oh I love doing that even in my Reiki sessions at the very end I Love doing and it's great You can actually put it on your body and feel the vibration of the bowl and if he's off different frequencies.

Yeah Now, you know, it's interesting enough. I did. Flew out to L. A. with with a group of different people from the Likovita organization and then also my business mentor.

We all flew out on this private jet to do a whole wellness day. Awesome. With a bunch of influencers in L A. And while I was out there, they did there was a lady who did the sound baths and I had Someone I know personally comment on on that video on my social media says you're participating in witchcraft So what?

Have you ever had anyone say anything like that? Oh, yeah. Oh yeah, how do you respond to that, you know? With my platform in general I get a I got a ton a tone of hate comments first first off in General So I'm very sensitive, so I am an empath.

So. I do get upset a lot of times, and then my personality type, I've not sure if it's because I m a Capricorn or I' m stubborn or what it is. I feel like I often need to like over-explain myself, which I'm still learning even today to not.

Sometimes you just explaining to someone and you're wasting your own energy. So I've personally learned a lot of times just to delete comments, when to NOT respond back.

If you feel this person is going to get your message, if you explain something and want to take the time, okay, then I'll do it. In no way is Reiki evil, dark, Dark magic, witchcraft.

And there is a common misconception of this because witch craft is real. Dark Magic is Real. Brujaria, Santaria. That's real, it's no joke. So sometimes, I don't mean to laugh, but there have been people that are like, oh, you're doing like black magic and you are giving people evil, evil reiki.

And I'm like that's not a thing, first of all. Reiki is pure, divine, loving energy and wisdom. Nothing else. If it's something else, it is not reki. Not reikki, that is something and that never something that I do practice, I only hope to help people.

I would never, ever wish to make anyone worse than I found them. You know, and when you think about where Reiki comes from, Japan, right? Which, not for nothing, but the Japanese people are very well put together, you know?

And when look at Eastern medicine, like doctors in the Eastern part of the world they get paid to prevent you from getting sick. Unlike Western medicine, like over here, it's very reactive.

Doctors get payed to try to stabilize your signs and symptoms, not even correct them, just stabilize them once you're already sick, so like when you actually kind of see where Reiki comes from, you really gotta open up your eyes about it.

I mean, that's something, right? Yeah, I think, and yeah, what, It's the hardest thing because I'm not saying I don't believe in medicine and I believe doctors and I do think yes, sometimes you do need doctors.

And sometimes people do you need medicine. But what the world has turned into, especially like America, people are sicker than ever. They're addicted to pills, they're in the doctors, in hospitals, and they are not getting better.

I laugh every time I see commercial on the TV, take this, and then you can have diarrhea, gas, bloating, you could die. Who would wanna take that? Who wouldn't wanna that, but people are taking it every day.

And then they take and they have 10 new health problems. That's where I was in my own personal journey. I doing it all, I taking all the pills, in the doc.

I was like, I never want to submit to a pill again for the rest of my life. Iwas on Prozac, I was on birth control. Iwason antibiotics every other week.

Healing, Mindset, and Guided Meditation

No one could figure me out. It's the pill that makes you take another pill and another and then you become like your own pharmacy, right? And you know, one of the things that I like to talk about is the mixture of Eastern and Western medicine together.

It's like even like someone who undergoes like surgery, let's say they get some kind of orthopedic surgery done. Right. You will heal a heck of a lot better implementing some of these things like Reiki.

Yes. Throughout that healing process, because the power of the mind is just incredible. Listen to people like Joe Dispenza, who talks about the best, the Power of The Mind and how you could truly heal.

I mean, you've probably seen some tremendous stuff with people being able to heal post surgery or many other different Oh, yeah, I've seen it in my own patients.

I have seen in myself. Many years ago, a fractured my shoulder and I was like, oh, no, getting surgery, not going to doctor. Not doing it. Taking pain medicine.

Going to heal this. Obviously, you know, with creams and things, too. But it is in our mind. And that's what I learned from my teachers and from the shamans.

It is our minds. Because guess what? Thousands of years ago, there were no pharmaceuticals. People have been healing since the beginning of time with the plants and with Reiki.

And even though Reikki, the name Reike is a newer name, I think it was around the 1920s or something that the named actually, people have doing that since beginning time.

There just wasn't a name for it. Our minds are the most powerful thing. The fact that DMT, dimethyltryptamine, is naturally produced in our brains. You can trip on the snap of a finger if you wanted to, like as if were on

psychedelics.

It's naturally produced the God molecule, that's what DMT is. That is the god molecule. I wanna try it one day, but I'm just, I have to have a coach, right?

You will have shaman, yes. You have, you have the shamen. So, and this is what I am talking about though, so all of this, If you could do that on your own, how could you not heal on you own?

It might take longer. Yeah, you take the antibiotics and guess what? In three days, I was very sick a few months ago. I really sick. Whatever happened, got very I sick, was in bed for two weeks.

Everyone was like, just go take antibiotics. I don't want to, because I know what the antibiotic is going to do to my body, to gut, for the next year and a half.

I'm gonna get an instant yeast infection, which I always do. If I have to spend a couple more days, I'll know how to heal myself. I can heal myself, I know how to do it.

And we all know, we were all given that right at birth, but because we live in the culture that we in, We listen to the doctors and we listen our parents and run to things again outside of ourselves when it is in here.

That's what Reiki is, is you are going to heal yourself. You know your body better than any doctor. They don't know you. They read your chart maybe but they don't know you.

They don' know what trauma you've experienced that when you were a little kid your parents got divorced and you never dealt with that and that's why you have some condition that you had.

How would they know that? And they dont care usually. Unfortunately they do not care. You go to more of a shaman or a holistic doctor or internal, those are the people that wanna get to the root.

And that's what Reiki is doing. We're getting to root, we're going into the roots. and I compare it to a plant medicine ceremony and people freak out and they're like, there's no way.

I compared it a to plant medical ceremony without ingesting a psychedelic. Right. So when people are going through a Reiki session, explain it me. Are you talking with them?

Are having them tap into certain thoughts? What is it? So because Reikki is First of all, anyone can do Reiki. Like anyone could get certified and do it.

There's no like special skill that you have to have like a, you know, sports player. Anyone can it, Anyone could tap into this. It's just A, being open.

Being open is the number one thing. When someone gets on that table, I say, you don't have to do anything, but I need you to believe in this, and I needs you be open.

That's all you need to. If you believe that it's woo woo, witchcraft, that this is stupid, it not gonna work. It's like the placebo effect. Right. So with what I do, my session's gonna look different than another Reiki person's session.

Everyone's going to have their own modality and flair. And you know, as I got deeper into my practice, it gets fun. Because when you first do it, you're like, am I doing anything?

Is anything, Am I helping them? Because it's based off intuition. Reikki is intuitive. and this is what i teach. Let's say you have problems with your stomach, your gut, right?

That doesn't mean I have to focus the energy there. It doesn' mean, or what if I don't know that the energies there? Reiki is so intelligent that it knows where to go.

even if I don't, even I'm like, ah, I dunno, what's wrong with this guy? I actually, donno, something's with him, but I can't feel what off. It knows where to go.

Are you working with the chakras in the body? Yes, so those are the energy centers in our bodies, and those the things that have over blockages, under blockage, that's where the trauma and the illness get lodged, then it manifests into the physical.

We say you get sick in your aura, before it manifests into the physical. Which is why we were talking, it's so important again to start off and do these things young and to nip things in the bud before we get to the doctors and the hospitals and pills and all that.

So my sessions are gonna look completely different. I also picked up on channeling. And I don't wanna call myself a psychic or a medium, I say I channel.

So that's something that I've picked up on over the years. Reiki is a silent energy. Now the problem with that is when someone comes in and they have no idea what reiki, which a lot of people don't.

They have not idea. they don't know what to expect. They think it's a massage, they think I'm gonna hypnotize them, They got no clue. So Reiki is a silent energy.

Typical sessions are around 45 minutes, I would say. Imagine just like standing over someone for 45 in silence. There confused, you're like, all right, there's this awkward silence, And you can do that.

You can be whatever you want. So for me, I started channeling and it just it came out of me like word vomit. I. Started practicing and then doing sessions and.

It was just coming up. Do you ever get like downloads? Yes. I think there's eight psychic abilities, seven or eight. So I have certain psychic ability and one of my abilities is I will hear things repeated in my ear until I share it with the person and it drives me insane.

And it usually sometimes will lead up to the session. It's freaky. I was like, I didn't ask for this. Hold on. So that's something to me that I did pick up on.

So during my sessions, I actually end up talking the whole time because I'm downloading. Sometimes I am able to see this person's childhood. They're like, how did you know that?

How did know it was my dad that died? I don't know. I hear it. Some things I say, I was like, if it resonates or resonates, take what resonates and leave what doesn't.

Because again, with channeling, a lot of times you could be downloading messages for their girlfriend or their brother. It might not be directly towards them.

But it's gotten pretty wild to the point where I'll pick out names that I, there's things I couldn't possibly have known. And they're like, how could you have know that?

I'm like I don't know, it just, It's a download. So yes, during my sessions, I talk. I do guided meditation. I'm not certified in hypnosis, but because I got it for so many years, I like to- You're familiar with it.

Yeah, to combine everything. Because I think the more the merrier, why not help this person in more ways, the sound bowl. Absolutely. Right now I am actually studying Kabbalah, But I do for probably four or five years now, this has resonated with me, tapping.

So it's the tapping of the pulse points to release trauma. And I'm like, how amazing would that be with my sessions? And in hand, I am already working with the chakras and the meridians.

So I can only imagine that when you're doing some of your sessions, especially early on, You have some of your clients that have tremendous breakthroughs.

Oh, yeah. How do you deal with those breakthrough? Sometimes those break throughs can really be overpowering and take over someone's body. I mean, just to the point where it's just like they're crying, they are screaming.

Yes. So how do. You deal. With some. Of those. Breakthroughs? I think I'm a great spaceholder. Again, I am a very sensitive person, like probably the most sensitive on the planet.

My friends all call me crybaby. because I'll listen to a song and I will cry. I was always like a deeply emotional person. So I'm the friend that everyone calls and dumps their trauma on.

And I like it though, I liked being that person that, everyone's like I've never told anyone but you. Some I am already very good at like holding space for people.

I think it's really important to have people that hold space and let you let it all out because that's the number one reason we're all sick is because someone told you it wasn't okay to cry.

And with men, I see this too, with the male clients, number thing, man up, don't cry about it. I'll give you something to try about. That's a masculinity that that has been programmed in us.

Since your children. So I have men that come to me and they're like, What? I cried four times yesterday. They're like, I can't cry. I cant.

Sound Healing, Energy, and Misconceptions

So I'm seeing grown men cry for the first time. And it's beautiful to me. Yeah. Where a lot of men were like ugh, they look weak. Like I think it strength.

First of all, personally for me I don't want a man that can cry with me and hold space for Just because you're a man, you have femininity. We have masculine and feminine in both of us.

So this toxic masculine culture is unfortunately taking over and it's like everyone is so shut off from their emotions and gifts. It's scary, it' beautiful to see people healing before my eyes and I'm the person that's helping them.

That's, beautiful, to me. Obviously I'm not gonna cry when they cry, because I have to hold space for them, but I've definitely had clients where they've sobbed for hours, where their jolting, their bodies are jelting or they're sweating or just there's so many different things that you could feel with Reiki and all that's good because we say any sort of movement, whether that yawning, crying, laughing, sweating, burping, farting, I know it's gross and weird, But I always say whatever you need to let out, Let it out.

And it's the same in a plant medicine ceremony. All of that is all the stuck crap literally in your body that you haven't released. Melissa, you said something earlier, like you could be that friend that people could just pick up the phone and call and tell you all their problems, which you know, for you to do that, to begin with, I want people to understand that that's not I'm that kind of person as well.

Yeah, it's. Not easy because what you're doing is you are allowing a lot of this energy, sometimes toxic energy. Yes. Penetrate into you. Absolutely. So how do you you have to work on yourself and you?

Have to be able to release and detox from that. How do handle all of that? Yeah, I think that's a really good point and as Healers as empaths as caring people, of course, we want to like listen to everyone's problems I've gotten really at it though and I I've worked on myself because I have a problem setting boundaries.

I had a problems speaking up for myself in general and I do want to help everybody. Like I feel bad and that again comes from childhood. Everything comes in childhood, all unresolved trauma from child, why we are the way that

we as adults, it's all from our childhood or past lives.

So I'd gotten pretty good at like, hey, I don't have the space for this right now. There's like one friend that's been calling me for like, probably like two months.

And I'm like it's nothing personal. I just don't have the space. I'm dealing with my own inner turmoil and I was dealing a little bit of depression and like, I love you, it has nothing to do with you.

But I will reach out when I have this space, so good. It feels so because especially as a healer and people in these jobs, you have to say no or you will get sick.

And I got sick, and been doing this now professionally for five years and I was getting sick, and was like, what's, I getting anxiety again, depression, hold on.

This is not, I worked on this, this is for me. It was from the clients, it was the from clients. Its from friends. If you don't properly protect your energy at every time, when you go to, like going to music festivals, so when go you to a music festival, you you a conference, anywhere, if you dont protect you energy and your aura, the second you shake someone's hand, that had a shit morning, thats fighting with their husband or wife, your shaking their hand.

You just got all that energy inside of you. And you don't even know it. We don' even it, right? And it can happen through different senses. It's interesting you say that because a lot of the times you're having conversations with people and you listen to them.

Yeah. And I remember when I worked at the fire department, one of things that was kind of hard for me to understand, which eventually I truly understood it at a different level, was the 911 dispatcher who actually didn't see what I was seeing when i actually got on those emergency calls.

But that 911 dispatcher, everything that they would hear, the person screaming, that person taking their last breath. You know, those 911 Dispatchers had to deal, they actually got more exposure than some of the people that were actually frontline there.

They're just listening. So I can only imagine you really diving deep into people's trauma and listening to stuff from their childhood and everything else, what you have to listen to.

It almost becomes your own PTSD that now that you're dealing with I'm just listening to what some of your clients are telling it's so true and it It's it so important to understand that like this this work isn't it?

It''s not for the week and It´s a beautiful thing and I think we have that mission, right? You obviously had that vision for a reason to help so many people and save lives but you still do have to protect your and we do we It's not like every man for himself, and I believe so much in community, but again, at the end of the day, you're the one that has to go to sleep at night and you are in your body, no one else is, so you do have to.

Sometimes you have say no. I have turned clients away, I've turned students away. At first I was like I wanna help everyone, wanna save everybody, everyone's gonna be great.

It was taking on so many. First of all I working at music festivals, meeting a lot of people, The funny environment, like I said to you, because people first of all coming on drugs, alcohol, drugs psychedelics.

Which it doesn't ruin the experience at all. It sometimes makes it a little funny. But yeah, you're just, I was meeting so many people and people are like, wow.

Even in like 10 minutes, i was doing like little 10 minute sessions, cause that's all I had. And they were crying on the table. I'm like God, this works.

You know, was giving my cards out. So I, there was a time where I doing three, four sessions a week out of my

home. And you know, I had a roommate and I always sage the home before and you cleanse and do all those things, you do everything right.

But it doesn't mean that you're still not gonna get the yucky stuff on you from them. So, and we have all these routines to dry bathe ourselves and washing anything with water, but it still doesn' matter.

Sometimes it's still no enough. Yeah. It is about saying no. And I have said no to people. I would get some weird feeling, like, I don't know about this person.

I dunno if I want them in my home. It is hard to say that because I'm like, oh no, what if like something happens to them? And then I feel bad because that's that me.

I do feel that. So do you have like a team of other people that are also healers that if you get stuck in a certain situation or if your dealing with a client who's too complex that you can reach out to to get advice?

I definitely do. I want to say I've stepped out of the healing space a little bit. I was like really deep in it a few years ago, like, really in, it like doing the festivals, doing retreats and doing these like events and all this stuff.

And Miami is a special, special place. There's a lot of fake out there. So I started to pull myself back, but I have my like ride or die, One of them i've been chatting with every other day because he's been helping me and he has a space and He does events and she does tamaskal, which is a sweat lodge, okay, Which I love also so I have like yeah, I I Have a team of like Hey, i think you might be suited better.

I think this person can help you and i'm a huge believer in that, just like passing people off and like, passing the baton. One of my missions here, which I've never been paid for, I don't care to be paid, for the amount of people that I have led to plant medicine, specifically Ayahuasca.

Oh, like I couldn't tell you, hundreds, and I'm happy to do it. I am so happy because it changed my life. So I'm like, I always say to God, am I supposed to be a shaman?

Should I be getting paid? And then I check myself, and I don't care. I literally just changed that person's life from giving a phone number out to my shamen.

So that's super special to me, too. It's just like passing people off like hey, you have these issues. Reiki can help you, but I think But you might need something else.

I'm going to dive deep into the ayahuasca stuff because I really want to hear your point of view on it. But one of the things that you mentioned, especially here in Miami, you said there's a lot of fake out there.

Yes. And as natural healing continues to grow bigger and the biohacking space continues I've noticed i've been in this space for almost two decades at this point.

Okay, so you outdo me So i i'm seeing it from where it was very small and everyone knew each other to now I go to some of these conferences and expos and stuff and it's I mean, it''s massive, right?

But at the same time I do see a lot of people show up and they show Up with the whole costume is what I call it. Yep, the glasses the beads the flowy pants And it's scary, you know, it scared because number one, they're trying to capitalize monetary, monetary wise from people that are hurt, people who are very vulnerable at that point in time.

And I've seen guys out there that aren't doing it in a way to just really take advantage of some of these very hurt broken women, so have you experienced any of that?

It's almost like sometimes we don't want to have a target on us, but these things have to be talked about in the community. And I feel like I've stayed silent at times because I'm like, oh, I don' want anyone to attack me.

It is a huge problem, a big problem. It's one of the reasons why I also step back because I couldn't stand to see it. I was going to these events and I'm watching it happen before my eyes and hundreds of people are falling for this.

And I have text messages from this person, horrible things, first being horrible to me, but also just using women and would call them out on it And I see them and they're on social media and their followers are going up and like you said, they are doing events.

It is very hard to see. As someone who's real in the space, it hurts me mostly because of all the hurt. It's making it worse.

Western Medicine vs Holistic Healing

Yeah, it makes it worst Someone who's trying to heal and then you got this person who is putting on this pretentious, you know fake facade on them and all they're trying To do is stick their pecker and something that they should I'm a divine masculine man.

That's my favorite and they are they have this I mean, I meant to vine masculine. I love the feminine like Come on, come on guy. You just hit on me and you sent the same text to three of my girlfriends.

And then and then they'll flip the script be like, oh, you know, your so and so, and call you name every name in the book. We do have to talk about that and it's happening.

It's not that women aren't fakes too. it tends to be more of the men. Like we said, because women are in that vulnerable space and yes, men are still men and there's a lot of toxic masculinity and sexual energy.

And yes. When a woman's weak like that, it makes it easy. We're not saying to like, not participate in finding a healer or anything. It's really be aware.

Maybe there's certain type of questions that people need to ask or get some testimonials from other people, other women that have worked with this individual to make sure that they're really qualified to guide you through this healing process.

I think like anything, right? And it's funny that I'll bring this up, but it'd like you wouldn't go to a doctor without knowing that doctor's history, it's really the same thing.

You wouldn't go to you wouldn' go a bad tax guy that got bad reviews, would you? you gotta do your homework, like anything, you have to. And that's like even with me, I've had people come and they're like, oh, i've gotten reiki before, but it sucked, it didn't work.

Or I'm like oh well, well I hope this experience can be different for you. Maybe there were people that didn' like me. It's you know, different strokes for different folks.

But yeah, doing your home work is so important. I have had women come to me and be like so this guy, run. They're like, what do you mean? I'm like run, he messaged you, run away.

And they're, like what? And that's when I'll share my story. But yeah, you have to do your homework because what is it? Wolf and sheep's clothing, there's a lot of them.

There's lot a them and they are putting on events and their either horrible to their girlfriends or wives or they cheating or their using this for the wrong reason or there on drugs doing this or whatever.

I say drugs, it's not that, I'm a big advocate for psychedelics in the healing space, personally and for others, but using it with intention, using mushrooms to heal, not to get some a little woozy and then, you know, put your show on for them, which is what's happening.

Yeah, it's a very scary thing. It is scary. Melissa, I want you to Take a quick moment here and tell me, who is Melissa Lori? Oh my goodness, what a question.

You know, when people ask me… I love when when you didn't ask what I do, but when they ask, I always say it's a shorter list of what don't do. I hate the 3D, like, What do you do?

What's your favorite color? And you don' ask that. But I wear so many hats. It's not that I don't know who I am, I'm changing every day. I look back on my life and I've been so many different versions.

Who else feels like they've lived like 36 lives in this lifetime? Raise your hand, because it's been me. And it was the shy girl, the party girl the outgoing girl that introverted girl.

I've always wanted to do anything that makes me feel alive. I sing, I model, I do YouTube. I used to professionally dance for music festivals and nightclubs.

i write, i do it all. You sing too? I sang and I write. Oh, yeah. Might have to have you sing right now. God no. Don't put me on the spot. But that's one of my things.

It's funny because I say this, I'll do plant medicine 300 times and everyone's like, aren't you scared? But then if someone puts me on the spotlight to do that, I'm like I am terrified.

I have stage fright. Isn't that funny though? Isn' that the paradox of life that people are like how could you be, you're like the most outgoing bubbly.

Well I still have my own inner fears and traumas too. That's something when I was a kid I bullied. Even though I love using my voice I do have a little bit of stagefright still.

I'm aware I am working on it, maybe enough plant medicine, but so yeah, I think I, think, am a beautiful person that, well, i think i'm an alien too, But I Think I Am An Alien That Came Here To Honestly Help People Wake Up In This Lifetime To Live A Better Life Because I Know We Were Not Put Here, To Just Work A Nine To Five And Be Miserable And Die.

I know that. i want to live life on my terms and show other people how to do that too. any way I can and being authentic. I think I'm super authentic and I am super honest and that's something that I always hope to instill in other people no matter what I doing.

There's so many things I still want to do. doing podcasts, things like sharing my story, opening up. It's magic, it's medicine. I love it. And you know, I actually think that humans are the aliens.

We're the ones that came here from somewhere else. But Melissa, you have a big story. You were also a Playboy model. Number one, that's an accomplishment that a lot of women, Want to accomplish because you have to you can't just be a playboy model, you know You have the physique you to have a look and you also have be voted to be yeah a Playboy.

Oh, yeah Competition But you don't your history as a playback model and being on the adult side in Transitioning to a healer. How has that been? It's been hard because, first of all, I have imposter syndrome, so it's funny.

People are like, oh my God, you were in Playboy. That's so amazing, that's huge. And I'm just like eh. They're like you have half a million followers.

I don't identify so much. and I think that growth for me because maybe there was a time that I was like oh, look at me. I'm not like that anymore. I am no different than the homeless person on the street.

And maybe that's come from doing so much plant medicine and inner work and healing. It was a dream. Playboy was huge dream of mine. I, guys and girls bullied me so hard.

So obviously that propelled me to like be like, oh, I'm gonna. Kind of show it off a little bit. I gonna be hot one day. Wait, just you wait and see. They laughed in my face.

Wow. You will never. And my, it's funny because my grandpa had a stack of Playboys necks. so I always knew from a young age, like I had seen porn and things at a younger age.

It was very aware of like beautiful women. and I am like. I want to be confident. I hated myself. Every day I had horrible acne. My hair is very big, so I was very tiny.

And I know that sounds funny now because my hair's gorgeous and I love it. Hated it, I got bullied for it." People were like, Melissa's like this and like her hair's, like I just got made fun of on every level, but I'm like i'm gonna show all you guys.

It was a way to kind of show other people. Listen, when I worked at the fire department, one of my goals was to be on the Fireman's calendar and, you know, South Florida has the largest one and I did it for three years in a row.

But it was, a very interesting thing because that, it's for charity and i thought that it, was going to, be very, very fun, which we did have many fun events and everything.

You know, I could really understand how women feel and get treated because when I was wearing that uniform and took off my jacket, it didn't matter who Sam Tejada was.

I wasn't a piece of meat, you know? And you just had to kind of let everybody grab you, touch you and everything else. And for me, It was just like, You what?

I'm not for it. These people are seeing me from the outside, but I am way more on the inside. And we know, just because you are, there are so many beautiful men and women.

We see them every day living in South Florida. They're everywhere, but not here. You have to have a beautiful heart and soul. And I think like you just said, I used to do it for the clout and I did like the attend.

I loved it. Because it was everything that I didn't get. You know, I came from a broken home too, you know. So my childhood was rough. Divorced parents, married each other, divorced again.

They remarried each and that got divorced. Again, my mom almost died twice. There's so many things that happened to me and just being bullied constantly.

Yeah, it was like a big F you and. And then it just became, yeah, people saw me as a piece of meat. I was an object. They didn't see what's in here and in there.

And I'm like, wow, I have such a big heart. First of all, very smart. That's where the psychic powers go. That is where it comes. Everyone is like, are you reading my mind?

Yes, I am. Exactly.

Reiki Sessions, Chakras, and Channeling

There's a lot of other women out there that get stuck into the whole social media world. What's the message? You understanding it and now you being a healer and being able to guide people through a of the things that have created a What is a message that you can share with other people that are out there that can probably, you know, resonate with this whole, You know you being a model and taking yourself from what you've done as a Model to where you're at today.

I think just to allow yourself. to be whoever you want to for you in that moment. And that's gonna be forever changing. Stop listening to people around you.

If you wanna go be in Playboy, go to playboy. if you gonna go become a doctor tomorrow, Go become doctor. Stop listening to everyone around you and listen to your inner voice.

What do you want? What's gonna bring you joy and peace in this moment? And don't ever regret anything along your journey. Don't regret Part of me was ashamed for Playboy.

I had accomplished a dream that I never thought was possible. And then I was shamed because every guy told me, you're naked on the internet, I can't be with you.

What? You do porn? I'm like, what? Do porn. Not knocking porn, there's nothing wrong with porn I don't do porn though. So I just kept getting boxed and box and I'm like, no one's putting me in a box.

I am taking myself out of the box, I've been in box my whole life of people telling me who I should be, and not listening to anybody. And I will dress how I want, say what I what, get all the tattoos that I wanted.

Which was big in modeling too, when I got all these, you can't really see because I was very covered up, but I went out and got these tattoos and was like F it.

And all these, I was doing fashion magazines and all types of promotions. They're like, you're done. You're toast. I'm like I don't care. Because of the tattoos.

Which now everybody has tattoos and I still do it. But I model all the time. It has nothing to do. So, but just going against the odds and stop listening to people because you will never be happy.

And my whole life being a people pleaser, being the little child, your never gonna be happiness if you keep listening. What is happiness? I think happiness is being at peace with yourself, being able to wake up and live on your terms, calming your inner demons and turmoil, and loving yourself.

Just truly loving your own company, loving yourselves, the flaws, imperfections, things that you did in your past that The acne some I still get acne.

I'm almost 35 years old Learning to love myself for that loving yourself is important. Yeah, that's something that really Big and talked about when it comes to mindset and being able to elevate to the next level It's like the number one person you have to live is yourself.

So Melissa who is? the five-year-old Melissa Laurie Five year old me, let's see, five year-old me. Definitely outspoken, wild child. Five-year- old-me.

Yeah, little diva. My parents used to call me Missy, that was my nickname, Miss-y. But yeah, just bubbly and vivacious and full of life and dreams and aspirations.

all those things and I think we're all like those little children deep down like in our adult bodies and we are like kicking and screaming for that like little child to like be let out and play, right?

I say like, I made a video too the other day, we spent all of our childhood playing house and wanting to be older and growing up and then we get older, and all we do is chase the inner child, that's why everyone parties and drinks and they just wanna, you know, they don't wanna worry about adult stuff.

It's like the mind of a child is so magical. I have a niece and nephew and she just turned six. And I just watch her and I do, I see a lot of myself. They're so magickal.

Everything is possible when you're five, right? Like you jump into a pool and you don't know how to swim. But everything's possible. Yeah, and your imagination is just always going and going.

Oh my God, it's wild. So do you feel like you still have that five-year-old Melissa Laurie in you? I do and I feel like I

have her and people joke and that's why I will still go out and dance my ass off sometimes till six in the morning.

I probably won't do that again for another six months, but yeah, you can't lose that. You can lose the inner child. If you lose inner the child, then you loose the magic.

And then again, it's you become the nine to five. you don't laugh, You're supposed to play at every age. That's how people stay young forever. Playing, laughter.

Yeah, gotta laugh. What are some of the things you do for your health, like overall health? What're some things I don't? That's a good question, cause I do a lot.

You work out? Six days a week, sometimes seven. Not anything crazy, I've transformed my working out. My mom was a bodybuilder and personal trainer for over 20 years.

Oh wow. So it's like ingrained in my soul to like workout. But it great for you mental health too. I feel like I can't function, Like I worked out this morning, Until I work out I feel like I can't function.

It's so good for your body and mental health releases those endorphins Oh my god, it starts my whole day off when I if I workout in the morning i'm energized throughout the day because of that workout so working out and yoga and saunas and I try to eat very clean.

I Try to drink water mostly I don't Smoke, I don't drink alcohol. You know, as I said, i do psychedelics, which psychedelic help me. I'm not saying everyone, everyone go out and do psychidelics.

They help, me they help mentally, physically, spiritually, emotionally, they helped me rewire my brain when I am down. Just going for a walk. Sometimes I just go for walk just to listen to the nature and the birds.

It's the most grounding thing. If you're anxious, walk outside, stick your feet in the grass or the sand or whatever, touch a tree. Connect to nature.

My friends laugh, but sometimes if I'm anxious we'll go out and be around a lot of people. I'll just start touching the tree, everyone's looking at me like, okay, what drugs is she on?

It's calming because we are connected to the earth. Like, Pachamama, that's, it's healing. What are the non-negotiables for you? Non-negotiables? Like in life or?

Yeah, for like health, wellness mindset. For you, you have to do these things. Definitely working out is something that I have to do. I don't know if I'm just, I am super disciplined also.

My Feng Shui master, which if he sees this, he's going to be so happy. He's like, you're really disciplined. but you're really stubborn. And I'm like, mm-hmm, yep, but your disciplined.

Yeah, like I said, there is nothing inside of my body. It's been over six years now. There's literally nothing that could ever tempt me to drink alcohol again.

That's just for me. I am not saying… Everyone has I would never again. There's certain things that I used to party and do things and like we all have when we're younger There are certain that would NEVER put inside my body again, right?

I don't care if everyone else around me is doing it. That's fine. Have fun Yeah, I'm the same way. I wouldn't ever again touch it yeah, there's That for sure.

Unlike set on and just yeah my my fitness my exercise my mindset I know when I need to retreat And then I know when I need to go full force with business or whatever it is.

And sometimes we just need retreat and I'm starting to get better at that, but I am a hustler and am type A and OCD and go, go go. But I learning stillness.

Stillness, the quiet days are some of the best. You don't always have to be going to to worthy and to I think that's one of my biggest problems. It's like, I'm always non-stop, you know?

And it's, like I have to force myself to stop. Stop. Yeah. If not, just keep on going. But if you don't, it'll catch up with you and that when you get sick is because you're not slowing down and your body forces you to slow down.

Yeah, and it's not only like getting sick with like a cold or flu. It's like mentally, you can get sick, where your mind is not right. You can't think properly.

There's no mental focus or clarity. So that's important for people to know. Like you do have to take that break, right? And then my biggest, I think I just thought of it.

My biggest non-negotiable is which I speak about this on my platforms, is bullying. Anybody that bullies or has anything negative to say to you, get rid of them.

Delete, block, goodbye. I have no time for bullying, the world is hard enough already, people are sad and sick enough and have their own demons, Just be a good person.

You got to lift people up, you know, like just be And and if you can't try your best just just do your Best do Your best It's it's uh, one of the things it like every day you have to think about like what did you do today that brought you joy?

You know in bullying somebody I hope that's not what brings you Joy because if not If that is what Brings you, Joy, You Know you you Have to be psychologically evaluated.

Yeah, i'm just gonna say how it is there's many like that and it Is sad and That is the reality of our world, is that there's a lot of separation.

Holding Space and Protecting Energy

And if you understood spirituality, if understood Reiki, If you understand the true meaning of life, we're all connected, all of us. So by helping someone else, you help yourself.

You hurt someone, else you hurt yourself And Melissa, you're wearing some beads. I am. These are energy stones, right? I'm wearing the woo-woo beads, but this is actually very special because this was handmade for me, actually.

So I was living in Tulum. Oh, I love Tulu. Like all the others. Isn't Tlum fantastic? It's not a destination, it's a lifestyle. It lost a lot of its magic because the overpopulation and the tourism and stuff.

Yes, but I was going there for like six years in a row and I had such a calling for some reason to Mexico. Must be something about the Mayan culture, I believe maybe in the past life.

And I living in Mexico, booked a one way and didn't come back. So this was actually made for me and it just It holds a lot of strength through me. I've worn this during ceremonies.

What kind of stone is this? Is that quartz? So this is quartz and then it has a little bit of everything. Amethyst, it's got onyx, sandstone, lava stone, I think there's turquoise.

It has like a beautiful array of things. I obviously believe in them as I'm holding it. I am like the crazy stone lady. You charge them? Of course, I don't leave my house without a couple of them in my purse.

That I used to laugh at people. It'd be like, you put rocks on your face, You're weird. And now it's funny. The universe jokes on you. Yeah. On that person.

They hold a tremendous amount of frequencies. So I mean, they really do. Just like anything else. If you believe this has power, it has a power. Yeah, I mean, you know, there is like science, like you can actually grab a device and see the frequency that goes off of it.

Yeah. And it's just those stones really do heal. I have all of my different ones that I had. There's a little tree behind you. Oh, the same one. The exact same one.

I have the same. So, you know, there was a part that you mentioned earlier about, shaking someone's hand and absorbing other people's energy. Because what made me just think about it is, obviously you have different energy stones around your neck and those that type of energy, that frequency, they're absorbing it into your body and it has a lot of different healing mechanisms.

But at the same time, we can absorb good energy, right? We have people that are vibrating at a very high frequency and I love having those type of people in my circle because it just really lifts me up.

But, at same you can observe some very bad toxic energy. So, one of the things I want to talk about and get your professional insight for the viewers and listeners to hear is we live in a transactional world.

Even when it comes to relationships, when comes having sexual intercourse, where people are just, let me go out party and hook up with this other person, regardless if it's a hug, a kiss, or actual sexual penetration.

Let's talk about, from a professional standpoint, the type of energy that you can absorb with these types of relationships. This transactional relationship.

You know, it's very scary because the younger version of me, I don't even, again, who that person is and we all had a time, of course, where you're young.

I went to, first of all, the number one party school at the time in Florida. Yeah, you go out and you party and hook up with people and don' realize what it is doing to your soul, your body, Illnesses and shock you have no idea because we're not taught to know that how would we know?

That like logically it makes sense when we talk about it, right? It's it's It is super logical because when you understand energy, it' like light bulb people don't think about I like that.

They really don' they Sex is the most powerful thing on the planet It' the only thing that creates life if you think About it like and I spent years in celibacy because of things like this and Again, I'll say it again, very sensitive.

So for me personally, yeah, even kissing now, it's a lot. I feel it. If this person is sad and depressed, i will get sad, and I'm like, what's this? Hold on, this is not me.

Yeah, if you look at it like that, just the breath. I mean, without your breath, there's no life, right? Imagine when you kiss, you're exchanging the breath.

You're changing your life force energy just through kissing. And it's like, I started learning all this from my teachers and my shamans. I'm like I wish I, don't wanna hear it.

Because yeah, and then you realize, okay, can't just sleep with anyone. Can't kiss anybody. On a soul level, it killing me. Unless this person genuinely cares about me or has good intentions for me and this isn't, you look good, wanna see how you are in bed.

For me, on a soul level, it crushes me. It crush me to feel used, of course, as women. If you sleep with someone, yeah, you feel you used. You might've had fun.

Men can compartmentalize a little bit better than women with sex and hooking up, the hookup culture, not always, I'm not saying all. But for the most part, You guys don't bond through sex, we do.

Women bond though sexual energy. So we like attach. So imagine being a spiritual person, someone who has clear, clear clean channels, I say in quotes, because I do the planets and I the shadow work, and do it all.

I meditate. As I've gotten older and as I get deeper into my work personally for me I realize how sacred it is and how I can't. Because if I sleep with someone, I will have that energy.

The energy never goes away. Yeah, you absorb it. And you know, ahead of time, Tantra expert on the podcast, and she mentioned and. She put a lot of emphasis on it in.

You know. One thing is absorbing the energy throughout sexual intercourse. But if the male ejaculates inside of you. Oh, yeah. Now you really get in all of that masculinity energy directly, and it can be very toxic also if the energies are not aligned.

Yeah, I mean, just obviously anything without a condom, not that even with a Condom you still will get the energy. But like you said, that raw skin to skin, That human connection you are, you're getting, Not only are you sleeping with that person, You're sleeping With every person that, person has slept with in their lifetime.

Their exes, if they've ex boyfriends, girlfriends, husbands, wives. You are getting it all. And not just that. which again, obviously STD is all that's real, but on an energetic level, you're getting all of those people's trauma now.

All of it is going and mixing with you. So when you think about it like that, it's scary. You're like, oh, I'm never having sex again. I can't do it. Someone needs to invent like a you know how they have some of those like different devices that will block certain frequencies and some invent Like a condom that yes, let some hold their own energy.

No energy in me.

Authenticity, Modeling, and Inner Child

This is purely for pleasure only I Mean of only but yeah, so when you think about it like that the yoni one condoms, yeah It changes you it does it changes your perspective and perception and again me getting older and me doing more of the work and realizing that, yeah, you don't really wanna just touch anyone or be touched by anyone, especially if this person doesn't have the right intentions for you and you're just something to have fun with.

People have to definitely take this message and apply it to their lives if they haven't. I think so, because again, what are you gonna have? You're gonna 10 minutes of pleasure and then have 10 years of misery?

It's not worth it. It really is not. Now, Melissa, you're big into plant based medicine. Yeah. Right. So I want to talk about some of the plant-based medicines that you've experienced with and what have been your actual results from it.

OK. Um, OK, so I have this is fun, actually, because this I've always wanted to. Talk about this on a podcast. I. Have done ayahuasca eight times. Well, I had done combo.

10 times I have done Peyote once. I've done Bufo Alvarez, which is five M-E-O-D-M-T, twice. And I done Wachuma. Um, and then I had done Sananga, Which is the drops in your eyes.

and I'd done Rape or Hape, the sacred medicinal snuff that shamans usually pair with ceremony. Like hundreds of times. That's it. I think that's it. So I would only imagine that you have a different experience with every single one.

Oh yeah. And even the same medicine, you will never, ever have the experience. Ever. It will be the never be same. Which is like one of the best experiences you've had?

Definitely Ayahuasca. She's my medicine. A mother ayahuaska. Yeah, she's really showed me things. I mean, I saved me, right? she helped me save myself, but she's something that I'll always preach.

And as I said, we were chatting yesterday and my shaman knew, he knew he instinctively knew. He's like, you're coming to ceremony. It's been a few years since I've done it actually.

I really said if I do this, and it doesn't help me, I'm gonna take my life. And I did it, it's funny because I it with an ex-boyfriend at the time. Mind you, did I with a ex boyfriend, and they separate men and women, so we weren't together.

Right. and this ex boy friend was Peruvian. That's like his mothership. Yeah, yeah, that's big in Peru. He had never even smoked weed in his life though.

Oh wow. So he went from zero to a thousand. Me, I've dabbled. Literally, zero-to-a-thousand. I'd done drugs in my past. Party girl, done a lot of drugs, in the past, and I will admit that.

So I was already equipped. He went zero, to thousand, he was horrified. First of all, the very first time I ever did ayahuasca, they call it the void, where you kinda go somewhere and you don't come back.

And I blacked out and they couldn't revive me. Oh wow. How long did that last work? It was a few minutes and I was in the dirt. I literally had fallen from the chair.

We were in ceremony doing some sort of healing with the shaman. And I just went out. And so he was freaked out, he's like, girlfriend's dead, she's done.

And I'm like I'll find, I find and all, it sounds so cheesy, but I hate saying this, But I opened my eyes and the shaman was standing over me and he smiling and it felt like had gotten reborn.

Like I died and I came back. That was your first time doing it? That's my first doing doing. My boyfriend's time he looked at me like this is horrible, never doing this again.

I looked and go I am coming next weekend. And I did, and I went the next weekend. And, I want the weekend after that. I just fell in love with it, because although it's horrible going through it.

It was scary, it was purging, you're crying, You lose sense of reality. What kind of purge did you experience? I was throwing up for hours, going to the bathroom, coming out both ends.

At certain times when you were doing it I have to do both at the same time, I don't know what to. You're on the toilet and you're like, oh my God, it's gross, but that's real, that real.

I was crying, sweating, screaming, everything was coming out of me like demons. But it was also the most, Plant Madison is the scariest hands down, the scariest thing I've ever done in my life.

Do you feel like it a very bad trip? The first few, because I didn't know how to navigate, yes. When we say bad trip, what we learn, I like to consider myself a little bit of a psycho dot at this point.

It's never really a bad tip, right? It the exact trip that you needed, but it becomes a trip when you lose sense of reality and that your in fact tripping and it's not gonna stop.

That's when it become a bag trip. Like I'll tell you, I like to microdose shrooms. Yeah, same. Right. But sometimes if I take too much shroom. You can have a bad trip.

And the thing is, it's I liked it. I think the way you said it, so not really a bed trip, It's just not navigating it the right way. Where my thoughts will go elsewhere.

and I was just thinking about like death. The dog died, my parents died. Stuck like this forever. It is just like. Need to get out of this mindset. Yeah, you know caught in the loop But even if I take a higher dose and I'm just like at the beach hanging out, whatever I am good.

It's it's when you get into that wrong navigate navigation. Just like Then that's where it becomes I roll you spiral and that when it comes the quote-unquote bad trip, which I I mean everyone I' m afraid I"m afraid of having a bad trippin and like It's the exact trip that you need though.

And that's why people are so afraid because it is scary. I'm telling you, it's scary, you see scary stuff. It not easy work. People are like, how could you go so many times knowing what you know?

Because I know what I am gonna get on the other end. Its worth it to go through it, to come out on other the end, To be sitting here and talking about this today.

This was a dream. A dream, I said I can't wait to share this with people someday. it changed my life. How can I not share it with people? It changed it for the better.

And I'm not saying people, there are certain very small situations where yes, someone might have a bad trip and not come out of it or you have to know how to navigate.

You have know, how do, first of all, breath work is the most important thing when you're experiencing plant medicine, you to be with your breath. So as long as you the breath and you always go back to the, you'll be brought back.

You're like, okay, this is fine. It sucks right now. How long does it last for the ayahuasca?

Health Habits, Boundaries, and Energy Hygiene

Ayahuascas usually anywhere from six to 10 hours, depending on the dosage, because you usually, you take a cup and then normally about an hour in, they'll offer you another cup.

So it's up to you. And again, that's a personal experience. They offer to be, is you're not feeling anything or? It's not that you're not feeling anything, it's just to get the full experience, that's normally what it is.

And again, like I just said, sometimes you don't need the second cup. Sometimes people take two cups and they wake up in the morning and go, nothing happened, I went to sleep and I'm like.

You went to sleep? I was on another planet, meeting the aliens, and you went sleep. They're like, yeah, I didn't feel anything. But that's what, it's so personal.

It's personal to the person. And it the same thing with anything, when I used to drink alcohol, if I had this much alcohol I would black out. Wow. it was bad.

I'd blackout and not remember anything which is one of the reasons I stopped drinking alcohol. But yeah, it's so personal to the person of what you have to experience.

So you can't even compare to anyone else what your gonna see. You can prepare them, but they're not going to have the experience that you're going have.

What's the biggest benefit you got from doing ayahuasca? I think I was able to reframe what has happened to me. And I say it like that because it's never happening to you.

It's happening for you, which is of course what I learned. I able reshape what had happened in my life, that everything happens exactly how it is to elevate you to propel you and to heal you I didn't talk to my dad for six years and out in the jungle in Mexico in middle of nowhere, which it seemed a little sketchy, but the shaman was

legitimate.

I did peyote, the masculine. I came home and I'm like, I have to talk to my dad. I now live with him. We're like this. That would have never happened for me.

With Ayahuasca, but Peyote really pushed me, Why are parents, they're doing the best they can. They're doin' the they best can with what they got. And I was able to forgive.

So I able was to to for give. During ceremony, you forgive, You forgive yourself. That's a powerful thing to do. Because if you don't forgive you can't move on.

How can you live life if your holding on to the ex that hurt you 10 years ago? Yeah. You're not gonna meet someone if you're blocked in love, because you like, oh, everyone sucks.

I can't trust anyone. You forgive, you let go. Letting go is the, I have let-go tattooed here. you just have to surrender. Surrender and letgo and the experience be what it is.

And on the other side I'm telling you, the benefits are just insane. i have arthritis in my left foot. Now I am a little young. from dancing and modeling all the years of doing this, I wasn't able to walk for like a year.

Like I was crying, was in pain. And mind you, am wearing like high tops right now. I always in heels, as a dancer, always heels. Couldn't walk. Was crying every day because arthritis is very painful.

It's like bone on bone. Kambo, which is the frog poison that I have, can't see it, that have holes in my arm. I'm able to walk. I not saying I don't still have arthritis, I wear heels, high tops, walk around, dance, explain that to me.

How is that possible that I am living my life again because of this plant medicine? Where I was like, that's it, stuck, in my 30s, never going to wear heals again?

It's like unexplained miracles. Like people can't believe it. People go in a heroin addict, never touch it again from just one ceremony. That's crazy.

For someone who's listening right now and is potentially considering doing some kind of plant based medicine. Yeah. What's one thing that you can kind tell them?

I say, decide for yourself first. Don't do it because it is becoming super a fad and a trend, right? And it's really out there now, which I love because it should be, but decide for yourself because you will get the inner knowing when you're ready.

It's a calling. Same with what I said with the Reiki. You'll start to have dreams. it'll to come up. you'll turn on the TV and something will be about.

You will get the signs when you are ready for you. You'll know. Because you'll now that you want to change your life. I like to say, when your tired of your own shit, When you're finally tired your of own your shit.

That's when yo'll go do it. When your exhausted your resources and your like, I am not happy in my life and I'm not serving my purpose here.

Plant Medicine, Ayahuasca, and Transformation

Thats when know, thats when go and do that. So Melissa, the right now with the new administration, there's a big movement that's happening. The MAHA movement.

Make America healthy again. What do you think about it? I love that. I'm here for it. Again, psychedelics, plant medicine, even now in the States, I say the food in our in their country, something has to change and it is changing.

They're, you know, they're passing laws now to take a lot of the toxic stuff out of food. It's like, it's exciting for me because years ago, again, everyone's this woo-woo hippie weirdo.

And I'm like, no, trust me. Like the chemicals and the toxins and food and water that we shower in. So it's super exciting that like people are waking up to it.

I am here for it, like I… There's been so much corruption, you know, for monetary gain and all that stuff. To see this happening, I, am a huge proponent to this as well.

Am excited for like our future because I feel like we are hopefully… I saw something on Instagram yesterday that actually like Alcohol is now like, not on the rise.

It's like people are stopping drinking alcohol. More people than ever. And again, this is not to knock, it's not saying people can't drink alcohol, but alcohol is poison.

Its straight poison! I always tell people, we've manipulated alcohol to taste good, But if I gave you straight up alcohol You wouldn't drink it. I can't even smell it But every other commercial every every their commercial everything in has been centered around alcohol Yeah, and it's a toxin right that causes oxidative stress which causes inflammation which a Toxin will have disease develop.

It's just really bad for you when you really understand what alcohol does to your body It' not good. Yeah And I think it's beautiful that people are, oh, instead of alcohol, I'm gonna do mushrooms.

And like, Oh my God, bravo. I've seen a lot of that now. It's Beautiful because again, like I am not saying do psychedelics and then get in the car. No, you don't do that.

But if you do the right dose with the intention, with right people, You have a blast. It's healing. You'll have blast, but it's also healing, it something healing instead of putting toxic chemicals in your body.

Where you feel like crap the next day. Yeah, I've never woken up after a psychedelic experience. I wake up and the colors are brighter. And I'm so grateful for life, and I am so happy.

Even if it was a bad trip, right? It was still good, yeah. My God, incredible. Same. So Melissa, as we wrap up here, if there's someone listening to the podcast and they really, really resonate with today's message, what is that one thing that you can leave them off with?

So many things come to mind. I think I'm going to leave it with the very first ayahuasca ceremony that I did. the message that I got at the end, we create our own reality.

You, you're your own hero, your your savior, it is you. you are Neo in the matrix. It's nobody else. So you get to create, You get wake up and decide what kind of life you gonna have.

And make it a good one. Make it beautiful one, do whatever it takes to the reality that you want to experience. Absolutely. And if people want to find you, where do they find I'm on everything.

I say I am on every thing. Instagram, Melissa Lori. My YouTube is MelissaLoriOfficial, which of course I love. This is what I talk about on my YouTube.

Twitter. Everything is variations of Melissa Laurie. So yeah, I have a website as well. More about Reiki and reaching out about that. And I, love hearing from people.

I'm always thrilled to hear that I can help anyone or guide someone. Again, if I. Can't guide them off to someone else, pass them on to. Someone else that can.

Help them. Amazing. Melissa, I truly do appreciate what you're doing. You're changing people's lives. Thank you.

And you know, our goal is to get this word out to the masses.

So thank you, appreciate you coming on the podcast. Guys, you guys heard it from Alyssa. Reeky master or Reiki master is how you actually pronounce it.

And how she said is there's a lot of people that are labeled as healers, but the real healer is the one within yourself. Everyone else is more here to guide you through that process, guide to you to the mindset process guide, you do the plant based medicine.

There's a lot of stuff we talked about here today for you, to be able to take a few steps in the right direction. We're all dealing with different types of trauma.

Traumas that happened recently, traumas, that happen when we were children, That we haven't addressed that we need to release and have breakthroughs. Melissa has taken many classes, dealt with many people, has worked with other professionals and masters to be able to help you do that healing process.

Make sure you subscribe, share, follow, tap on all the links down here, check out Melissa Laureate and all her pages, and we'll see you for the next one.