Opening and Podcast Introduction

implore the people who are listening right now to say, what options would be a little bit harder for me? I bring you back to a speech where JFK talked about our space program.

He said, we do not go to the moon because it's easy. We go the to moon, because its hard. The space between hard and easy is where the greatest joy of growth comes.

Welcome to Holistic Truth Podcast. I'm Jamie Dorley, CEO of Nutritional Frontiers. And I'm Christine Genovese, creator of the Soul Intelligence Method.

We're here to help you break through chronic disease and dysfunction physically, mentally, emotionally and energetically. With real proven strategies, protocols and tools you can use in your practice today.

Hello everyone and welcome back. where we are gonna talk about mind, body, and soul. And I am your host today, Jamie Dorley, with the co-host, the lovely and talented Christine Genovese.

Welcome back, Christine. Thank you, Jamie. I am especially excited to talk to our guest today. You know him personally and I've heard lots about him and it sounds like he and i look at the world in a very similar lens in terms of the energetic lens and spiritual lens.

So I'm pretty excited. Put your lenses on because you guys see things at a much higher level than I do. I've been waiting for this for a long time. We got this very special guest.

He's a mentor of mine. And he's great coach of mind. he does this whole thing with intuitive life purpose and coaching and executive coaching, and sales training.

I remember back up when I made my first transition in my career from sports nutrition in the field of functional medicine and went to work with Dr. Jeff Bland, the father of Functional Medicine and the Khaki family.

You know, I was a little naive in my early to mid thirties and a bit nervous about my first sales training. I showed up in a suit and tie and there was some really smart people in the room and you know a couple of the senior leaders on the team in particular, right away I knew that these people were very successful.

But there's a genuineness and an open heartedness that they welcomed me with that I am forever grateful. So I always say that that really took me in whole new direction of my career.

Without them I would not be the owner of Nutritional Frontiers and, you know, the number one educator and sales professional at Metagenics, which is still the largest company that deals with nutraceuticals in the functional medicine space, was Adam Harmon.

And he ran Manhattan, and I don't know if it was folklore or truth, but I heard he ride around on his scooter from Wilma Cannabis, all around to Dr. Bernie Siegel's office.

These are like famous doctors, Erica Schwartz, And all these really leaders and pioneers in our field. And since then, he's done nothing but skyrocket.

I mean, three best selling award winning books. He was on the two top radio stations in the country, not only in LA and New York. And now he's living the great life down on the beach in Mexico.

And I recently hired him as my coach and it's been instrumental because Christine was my Coach and I have Adam. So we have two coaches on here and i need to, so let's give a nice warm welcome to Adam Harmon.

How are we doing, Adam? Oh, I'm doing so well today. It is a beautiful day in Guadalajara, Mexico, and just enjoying reaching out to the world for my little laptop.

Adam Harmonu2019s Background and Intuitive Coaching

I am having a great day. Well, we're really glad that you were able to join us. I've been telling Christine and been bragging to our team about you and, you know, just doing a few initial sessions with you has been life-changing.

And you always had the ability, when he would talk at our meetings, Christine, everybody was like a pin dropped because Adam had this stage and he's so well respected and the fact that he is going to be joining us today.

I'm so honored and grateful. So Christine, I know it's the first time really getting to do a show with him, but I am excited. I want to sit back a little bit and listen to you two because you guys are in the stratosphere, which I've heard.

Well, Adam, am so excited to have a fellow intuitive on the show. First of all, let's just start with that. Am sure your intuitive ability was something that you were able to leverage throughout your career.

You know, it's interesting. We have this thing called empathy. And empathy is what some people think of it as and some portray it is an extension of the expression awe in regards to I empathize for you.

But empathy so much deeper than that when we take a look at the many layered tones to it. I used to be able to literally sit there and work with my doctors and be Able to say, Hey, why don't you bring some files out?

Okay. Of your clients, put them face down so I can't see the name. So you're not messing with HIPAA. Okay? And I'll tell you what's inside the file, what you missed and what she may want to try.

And they would turn over the files. First one. I love this one was in California. He was like, Okay. And turn over the files and I said, yes, you have a really low red blood cell magnesium, but I really wouldn't worry about it as much as you're worrying about because we have to take a look at histology and the actual tissue levels of magnesium which aren't shown in redblood magnesium.

The next thing you need to look here that you missed is the individual had themselves a lowered thyroid function as well. So where you are thinking they're lacking energy production, they are lacking basal metabolic rate.

Okay and we went to this whole thing and the person just looked at me and he says can i do another one with you please i love it. And this is a well-known doctor in his area.

I mean, literally, he first started out going, all right, sit down. Yeah. What do you got? You know, but after it was done, you know what we have to understand is that healing is universal.

And once we tap into our own hearts and we tapped into her own energy, we can feel things at a distance because distance is irrelevant. That's, I, mean if you've ever heard of the term within, within quantum physics, known as quantum entanglement.

That's where two particles which can be a million miles away from each other you affect one and the other one automatically gets affected We have connections throughout this world that people in physics and quantum physics in quantum mechanics are really starting to understand how it all works One interesting thing just to throw this out to you is they quantum Lee entangled two Particles, okay, and there was over an eight mile distance from Each other there were two photo protons.

Okay, so and they took a picture of both of them together, quantumly entangled with the electron microscope. And

guess what the shape was between those quantum entanglements?

Half of a heart, baby. Yin and yang. No, yin and yang. That is right. Yes. So these old wisdoms that we have from our history, from legacies, different cultures and civilizations, really starting to prove themselves in science these days.

And I basically help people these days in regards to understanding their life purpose through a lot of different ancient approaches, as well as coaching approaches.

As soon as we figure out what their purpose is to be able to get them from point A where they are right now to point B, which is their soul's desire, their true life.

So I utilize not only algorithms that I've created, proprietary algorithms, that are created. But in addition to that, I also search on what's known as the parallel timeline system.

The parallel time line system is a concept that came through initially from Stephen Hawking in his work with string theory, where he spoke of multiple worlds.

And the bottom line was, when he first started talking about multiple worlds, he said, well, according to what I'm seeing so far, we're going to try all the mathematics with eight parallel universes.

And they tried to crunch the numbers, they try to make it happen. But if you're a physicist, you got to be able to know that if your numbers don't quote unquote zero out, then your theory has a hole in it, all right?

So he did something interesting in the last two years of his life, actually three years in his live. He took that number eight, tilted it on side, turned it into infinite, tried to put infinite in there and all of a sudden all the numbers marked.

So basically within his algorithms, he's pointed out something interesting that let's say you, Christine. Okay. If you take a look, a version of you is on a certain percentage of those infinite parallel timelines in infinite, parallel universes.

So even if it was just 1%, what's 1%? Infinite. Infinite yes, so therefore there are infinite permutations of you that you can tap into and when we do an overall measurement of the actual Numerous different we take a sampling of a like a hundred different parallel universes where they are you could find a person's life purpose like that So I utilize the algorithms, I utilized the questionnaires, the coaching to be able to get them to their life of their purpose.

But I also use my intuition along with the utilization of quantum physics according to string theory to figure out what a person's life purpose is. Wow, that's pretty fantastic.

How much do you think knowing that helps a personal heal and be in alignment? Well, you know, here's the thing. A lot of people miss the concept of knowledge as opposed to application, okay?

So they can know what their purpose is, and it can be very fulfilling inside of them, but to really feel that fulfillment is to embody that new position, that mission, Okay, and when we truly embody that purpose, then all of a sudden we get something which is magical, which That has a certain vibration, a certainly wavelength, the certain power to it.

Everybody can do that, whether they believe in energy or not. When all of a sudden you see someone being really authentic, it hits you right here. It makes you listen.

And makes your present. There is a power toward authenticity. So I think that, yes, it can be a change for individuals, can help in their evolution and their healing to know it.

Life Purpose, Quantum Ideas, and Authenticity

But the work I do afterwards in allowing them to truly embody it and get them step by step from the point where

they were to the points of their soul's desire, which is their life purpose, that's where the real joy is.

That's the where real transformation is." All right. What's stopping people from being a true authentic self? Well, this usually lands somewhere between here and here.

He's pointing to his ears in case you're listening, okay? Between their two ears! You know, it's interesting. When we take a look at that, that brings up the subject matter of my last book, which is called The Five Possessions.

And I coach people on that subject as well. And bottom line on the whole thing is, is that to truly embody something, you have to have a better sense of who you are.

Okay? Because a lot of people are, fake it until you make it. And that's just the way our society programs individuals is just, just get out there and do it, okay?

But embodiment is so powerful. So here are the things you must understand. And it gets into the five different things that you truly own. When you ask most people, what do you own?

They'll tell you stocks, bonds, real estate, whatever. You know what I mean? But the bottom line is they're just caretakers for those. And unless they own these five things, that I'm about to mention to you, they will own and lose those things in their life easily.

All right. But if you take ownership of these five things that I'm about to tell you, I feel like I am leading you into this. Emotions and thoughts, right?

Is that one? Okay, first one is emotions and thought. You are such a good client for coaching. Thank you for listening. Good student. He's a darn good student.

You know, it's so funny is sometimes I'll take and I look online at some of your social stuff and i'm like he's just taking off dang He learning his stuff in and blazing new ground.

So you go jamie first of all So the first one's emotions and thoughts most people think that they're prisoners of their emotions And sometimes their thoughts.

Oh, i've got a lot of thoughts going on in my head. Yeah, guess what? They're your thoughts No one else has control of them besides you, your emotions.

No, one has controlled them. Besides you. I use a lot of techniques in regards to a Marcus Aurelius and in regard to Seneca's stoicism when it comes to being able to help people to control their thoughts.

And I go a little bit further than that in regardless of some very ancient Buddhist approaches to allow people, to those thoughts and to notice some of the differences between observations.

judgments, triggers, all of these different things. Because when you start to notice the difference between observations and all these more heavy types of thoughts, okay?

Then you go, maybe I don't need as many heavy thoughts. And I give them exercises for that. So the first thing is thoughts and emotions. Jamie, you're correct.

Do you have a few more of those exercises? I think Jamie needs a little more homework. It's a life pursuit. Come on, girl. Christine did such a good job on me.

I need to go to the next level. And one thing I want to compliment both of you on is, look, I've done other coaching and other therapy over the years.

The thing that I really love about Christine's method and yours now, Adam, is that you give us actual exercises and

real world things to change. Because I think we're caught in this society right now emotional trauma where you go to a therapist and you repeat all the bad things that have happened to you.

It's everybody else's fault. But three years later, you're still seeing the therapist twice a week. She's still taking you through the same things. And there is some progress, but a lot of it is out there.

The thing I love about what you are doing right now with me, it's given me exercise and I'm using them all, the sun gazing, the observation, the thoughts and the judgment and triggers.

It's really interesting when you start doing those, right? And one of the cool things he taught me is when someone's giving you grief, when your running in a situation that could be someone at the checkout counter can't find their credit card or someone has given you an attitude, is one is just sit back and observe and ask yourself, What kind of day is that person having?

Obviously not a good one. My God, yes, perfect. And then he's like, well, what kind home life did I have? It might be even really worse. That's bad enough.

Think about your childhood. These are things that are really cool to do and I've been doing them and it is a process. So I highly recommend if you're listening out there, are you accepting new clients?

I am accepting clients. I recently decided to accept another new 12 clients, so I'm open. Yeah. Well, that's fantastic. But seriously, both of you have taught me a lot of cool techniques to use because I think right now, and I see this with a lotta younger generation, is they're getting caught up in all this trauma and all of this, my childhood was terrible.

I'm like, no, it wasn't. It wasn't. Yeah, we all have experiences. So I don't want to interrupt. I just had to shut up because well, thank you. It's really, really really been helping me.

Thank you Yeah. Yeah It is my personal belief and I list this within my first book seeing the angel in the mirror it's available on Amazon and Basically, it basically says that human beings are really good at doing three things, okay?

The three thing they're really good at and when they do them, their life feels fulfilled, and I'll tell you why I said that in a second, is because they are to heal, to serve and to create.

If you heal, serve, and create in your life, you don't go to bed emotionally and soul-based hungry, okay? You feel fulfilled. A couple of my clients are what I guess they call billionaires.

Okay, one has like $30 billion, whatever. The bottom line on the whole thing is that I always ask the folks who have a lot of expendable funds. I say, so what do you want?

What do want, I mean, do seem like you have lot in regards to physical objects, what you do And the first thing they usually say to me before they start working with me is, well, I want another $30 million at $ 30 billion.

Okay. So the interesting point about that is not, it's very interesting. The interesting thing about, that, is is that when we look at that. They're trying to be able to imagine if you had a hunger for steak.

You're like, ah, want some good steak? I know that feeling. I was in Egypt and that's the thing I told him I wanted when I got back. I'm like, I need it.

I have O positive blood and it's screaming for steak right now. Love the falafel but the steak needs to come. Exactly. So the situation is, is that when we have this hunger for stake, but then we feed it with chocolate.

Okay, no, you don't get sake you get chocolate and you're full and then all of a sudden You're like still hungry for steak, You know at the end of the day you still hunger mistake, but now you got diabetes.

All right, so it's not a good situation so we want to be able to give people what they really hunger and I I took those individuals that I work with of that higher socioeconomic bracket And we broke it down and we finally got to the point that it's not another $30 billion they want.

They just want options and freedom. We all want Options and Freedom. And when we understand that we all Want Options And Freedom, Then we say, well, how do I look at my world?

Is the world that I looked at from a perspective of, and a lot of the younger kids these days, even people into some of baby boomers as well. They look as hard as impossible.

And there's no, it's like, oh, that's too hard. I won't do that. Sometimes within spirituality, they use a spiritual bypassing technique called, well, if it doesn't come easy, It wasn't meant for me.

The Five Possessions: Thoughts, Words, and Empathy

You know something? Read any, any biography of top producers in the world who've changed the. They reside between hard and impossible. But most people stand there and go, Oh, I'm not going to attempt it.

So when you think about your options in I implore the people who are listening right now because I know you two do this, but I am poor the People who're listening, right?

Now to say what options would be a little bit harder for me I bring you back to a speech where JFK talked about our what you call it our science program our space program and he says and I'm gonna do This with a horrible accent.

So I've sorry anybody from New England listening. Okay, he said We do not go to the moon because it's easy. We go the the Moon because its hard, and it brings us into a state in which we achieve higher things.

The bottom line on the whole thing is, the space between hard and easy is where the greatest joy of growth comes. So at first, I implore individuals, don't tell me what the world is doing to keep you down.

Don't, tell, me about what your perceived issues of limitation are. I need you to dream with me. i need, you, to get out past that and to be able to go forward into the, world and understand that in that beautiful space between hard and impossible is your life's purpose.

And when you embrace that, and embody that. Things happen. Well, what I want to do is I wanna go back to your five, because you had your top five and we got stuck on thoughts and emotions, and then we went down a rabbit hole.

So you gotta bring it back around. What are the five out of the latest book? Let me climb up the rabbit whole. Okay, I'm up there rabbithole. Next one besides thoughts, emotions is your words.

I implore everybody to be able to out there and go be honest. You said things that you have to apologize for afterwards. Now, when it comes to words, words are very interesting.

Words oftentimes when we say things that are quick and they come out of our minds, those are triggers. We say them and all of a sudden they are statements.

It's important to understand reactions. Important to that reactions are statement, okay? So if all the sudden you said something, you felt something you reacted to something.

Okay? Your mind is conjuring up a statement. Here's an example of that. All the sudden if someone walks up to you Christine on the street that you don't know You don' know this person from Adam that, you know, but the situation is and they say I don''t like your blouse You'll probably make one of two statements if you're the average individual out there Christine I'm not including you on this but I decided to use your name So the situation is that you probably say either outwardly, Hey, bug off to that person.

That is a statement or inwardly say, I should go home and change my blouse. Okay. Those are both statements, but did you ever have a situation where you have to blow up in the morning and it affects you throughout the day?

Let's see races of hands on that one. Yes. My hand went up without even trying. There we go. All of a sudden his hand popped up. It was like magic. Damn it.

Got me. Jamie, you're a human being. I'm so sorry. But the situation is we've all gone through that. So we keep that energy of that feeling inside us.

If anybody ever wants to get rid of the energy, of feeling, inside you, like that, it's to be able to turn your statement into a question. Okay. Here's an example of that in the case where someone came up to you and told you your blouse was ugly.

All right. You want to say, as Jamie said before, huh? I wonder what that person's day's been like. Secondly, I wondered what their person home life is like and really think about it.

OK. Get into it, don't you? So I want know why that guy is an idiot. No, that's not a statement. We're like, you know, question we're looking for here.

And lastly, a wonder with this person. Childhood was like By the time you've gone through those three, all of the aggravation pulls from your body. And then you don't react as much and you can control your words better.

Okay. So if you find yourself reacting to individuals, find your self with individuals around you that just seemingly piss you off. Okay. Ask those three questions.

How about TSA? You got to do that at T. S. A. too? Oh my, oh my God. You have to that T S. A. I think that's actually prerequisite. Wasn't there a sign up somewhere?

you got do these three things because you're not going to enjoy this experience. It's like the dentist's office with more drills and less novocaine. Thanks a lot.

Oh, gosh. All right, so we got some basic stuff here. We started talking about empathy too. Like, you know, we talk thoughts and emotions, words, empathy, right?

For me, I've known for a long time now that I am extremely empathic. I'm very, that's my first sense is clear sentience. So growing up as a kid, i didn't like how I felt around certain individuals.

My father happened to be an alcoholic and I fell all that self-loathing and hatred and all of the things he was going through. So one of the things for me is asking, is this mine or somebody else's?

Because I'm that sensitive, right? And you know, being empathic and intuitive sometimes, you take on other people's stuff and you don't realize it. So what advice do you have for somebody that notices those kinds of things?

So a way to be able to notice that it's someone else and not you is where a feeling comes on and you can't figure out why that feeling's coming on. But I've got even better than that.

I got an answer to that, okay? Oh, I figured you would. This is why I threw it out there. A way overcome it. Yeah. I learned this from one of my teachers who is a Buddhist monk, and it's called divine witness, okay?

Divine witness is very interesting because when you look at empaths, empath seem to think that they're just receiving garbage package from other individuals.

My job is to receive the garbage from the world. I feel down from it, but hey, I'm being empathetic. All right. And sometimes big parties. Oh, that idiot over there.

Put your hand up, Christine. I wish it wasn't the case. Sometimes you feel that way. Let's talk about that sometime. Okay. But the situation is, is think about it as a delivery from someone else.

to you, okay? As an empath, you're reading that information, the delivery of that, information is coming to. But as an empathy, there's another superpower in there that most people don't understand and take use of, which is you are not just a recipient of the world's energy.

You are an energy mover. Watch what happens here. Instead of making the traffic come from them to, delivering their packages of whatever fun, so you can feel it and react to it.

Well, no, you don't transmute it. You actually change the flow of the traffic. Watch this. So what you do is the following. Instead of receiving the packages, what do you is you imagine behind you the sun.

Just imagine that the Sun is behind and it's huge. And you literally take and you breathe the energy of sun like laser beams shooting for sun through your back into your heart.

and then you fill up your heart and I do this with people under hypnosis because I don't have to sit in talk therapy for years they can work with me for a number of sessions because i deal with the subconscious mind so the energy is coming from the sun behind you filling up the heart imagine it going up you throw filling your head out your eyes into their eyes and then going down their throat and into their heart.

Imagine in their hearts there's a fireplace in there heart, it is unlit. imagine going and lighting the fireplace and as you light it the flames have the same color of the sun and in the flame of sun you see that other person doing their life purpose.

When you do that you are literally being fed by an amazingly powerful source the Sun You are being fed by, because it goes through you, and they are feeling seen.

One of the biggest things that people want in the world right now, especially with all this insanity, yes, is to be seen, you are correct, Christine. So the bottom line on that whole thing is, when that happens- That's all space for people.

Yeah, to witness to hold space. But yeah, that's a great way. Like to me that still feels like transmutation, right? You're bringing the energy of the sun, you're kind of transmuting it somewhat, but that feels really good to have that visual.

And to really feel it, because I think the feeling is the biggest part. The biggest of it. And what this does is allows the other person to be able to feel seen.

It's like, wow, they feel more powerful. In addition to that, it allows you to fed by the sun in the process. So it feels like a weight comes off your back.

So I work with people when it comes to that. I love it. Well, all right, so we've got thoughts and emotions. We got words. Where would we go next? The next one we got is actions, okay?

A lot of people don't have strategic actions that are planned in the moment. This is very interesting. A lotta people have reactive actions. It's like you put up your dukes, I put my duke's.

You know what I mean? We live in a world of reactions. I me, one time I asked myself, when I was younger, was like fighting against everything. And I ask myself jeez, am I a creator or a reactor?

Is that my entire life? Cause I was reacting to everything in my childhood. I see so many people who have crazy busy lives with everything going on around them and they react to.

But if you're able to stand there and say to yourself in your actions, are my actions a representative of the person, the me. that I want to bring into this world.

And you're always constantly asking that. I many times hypnotize individuals and I asked them what's their three main things they react to. Then when they feel those main thing, I say, where do you feel it in your body?

And then as soon as that gets set off inside them, all of a sudden I put in a visual of what is known as a railroad crossing sign going out.

Actions, Integrity, and Choice

The railroad crossing sign coming down and it says stop and on the railroad crossings sign It says what will you choose to be in this moment? and then actions work out nicer another way you can help with actions is give a person an exercise for two days to walk around and Constantly feel the heart inside the chest while they do things and while They talk and imagine talking directly from your heart your actions change a lot when you do that So those are the approaches I do in that areas.

Want to hear about the next one? I did. Here we go. Okay. The next is your integrity. Now there's an interesting one. I'm not saying, you know, for the lying buggers out there, or you're doomed and all this other stuff.

No. Do you that even white lies have a cumulative effect on your self confidence? You literally start questioning yourself like, you know, am I full of shit?

Excuse my language. Are we on the proper channel for that? It's okay. We're the New Yorkers here. Well, I think that's pretty mild for the three of us.

That's I'm just a guess. Okay, there we go. Right behind schedule, we haven't even hit an F-bomb yet. Come on. I remember on K-ABC, they like rose in my eyes when I said, darn.

And I was like okay, fine. Excuse me. But the thing is, is that when we do those types of white lies. Let's say an individual invited to a party said you would probably go and then the day comes and you're just not in the mood.

You're not the right place. Okay. And they're like, Hey, are you coming today? Okay, some people might say something else came up, nothing else. All right.

This gives us an opportunity when dealing with not allowing white lives or lies to build up to be able to communicate directly and have sometimes harder conversations.

In that scenario, if you couldn't come to the party saying, you know something, I'm not just not in the right place right now. I wonder if I could have a rain check.

That's it. that authenticity as opposed to that white lie gives a charge to your subconscious mind and allows you to be able to feel powerful and in control.

So white lies hurt you way more than they hurt the people you're giving to and their cumulative. I work with individuals who are constantly staying focused on their confidence.

Constantly staying focus on your goal, constantly working to embody their mission, not their ego. Okay? And there's a lot of benefits to that, but these types of exercises help to bring them along in this process.

Well, I think really what you say, and this happens a lots with people, right? I went through this. A lot. That's why I really enjoyed my experience of weight training and bodybuilding because people think it's about the physical, right?

I was just watching a video on this from one of the top champions of all time and he says, this has nothing to do with the gym or the body or trophy or championship.

He says this is the discipline to build your confidence that you can apply to anything in life. He says, because no

one knows that you're going to do the extra time on the stair master or increase your weights or I'm going make sure I get my workout.

And he says. But if you BS yourself. that you lose confidence and self-confidence that now you don't have the confidence you could do something new. Or you said, get in from that easy to the hard to impossible zone.

So I love this aspect of the book. And I really took that, for me personally, is not over-commit. You talked about it in there, right? And being honest with the person, like, hey, I'm not really filling up to this or I can't do that.

I think it really helps because I thing one of things that's happened to me in the past is over committing. And then all the time between over committing and then white lies or backing out or can't do it or trying to jam it all together, that whole time in between that month or two months or three months, it's hurt you, right?

Yeah. You know, I'm going through that right now with, you know I got two different, three different things going on in one weekend in October. Yeah, and I like, all right, i'm gonna make a decision.

and stick to it rather than, you know, I was going to fly to New York and fly back to Florida. I'm like, what am I doing? It doesn't make sense, right?

Yeah. Yeah, yeah. You know also there's this aspect within all of this, which is choice versus doing what I should do or what have to do. Oh my God. So what I'll many times tell individuals who are caught in a life that is they perceive as just filled with just a bunch of endless responsibilities.

I say every time you do something, say out loud because your ears have to hear it because it rewires your brain when you say these two words. Okay. And everything you'd do from getting up out of your chair to finishing up your taxes to whatever, you know what?

I mean is. I choose to do this. I chose. Saying that out loud has been shown within certain neurological studies to chain not only the neuroelectric aspects of the brain, but also the production of specific things like dopamine.

Okay? Choice, the word creates dopamine. So telling people, like imagine, just go through an entire day. If you feel overwhelmed, and this is for all your listeners out there, you're feeling overwhelmed with all these responsibilities, say the words, I choose to wash the dishes.

I chose to do that project. And you will be amazed how much easier and more effortless your life is. Well, besides the dopamine hit, it gives you the sense of freedom because you are making a choice, right?

Which is one of the things that you said everybody wants. That's right. You know, freedom and options. Right. Well I also think they want love too, but we didn't get there yet.

We'll get that. What is your number five? My number five is your focus and energy. You get to choose what you put your focusing energy on. We live in a world these days where everybody's vying for it.

Mark Zuckerberg wants your energy, he wants you to watch Facebook. He wants to you watch Instagram. Okay, that's why they took and he pays paid a big fee to the court in regards to this in regard to taking and manipulating people and rewarding literally rewarding with placement on Facebook and Instagram of individuals who brought fear or anger.

Okay, so basically speaking fear, anger, oh my God, if you're feeding into that, If you find yourself fearful or angry during the day, then you have to ask yourself a question.

What am I taking in which is making me do that? Where am i focusing my energy? I see individuals such as yourself, who are obviously high empaths. I can feel you through the wires here, Christine.

Of course you can. There you go. But high-empaths literally are standing there many times, and they're taking on

tons of energy. They're giving their energy to everything they see on social media.

All of a sudden they find out about a new war and they see some pictures of some poor people who got killed and their families and all of sudden, they give away 10% of their energy.

Then they, you know, their next door neighbor is like, well, we should all be able to do the same thing to our yards. They should look perfect. And you're thinking, oh, and you give another 10 percent away.

From my experience and my intuition and working with people and seeing the outcomes I get, the average individual is less than 50% running on less that 50 percent of the potential energy if they're an empath.

I work with those individuals to preserve their energy. I was with a person who had utilizing 17% of their possible out of 100% energy and they were always tired.

If you find yourself confused in a world that's filled with responsibilities and you feel like you just want to get off this crazy twirling thing and your tired, you're giving away your energy, and I teach people on ways to be able to maintain their own energy when you get a personal over 80% they're a different human being.

Obviously, we talk about energy all the time and how important it is when we start talking about your mitochondrial health and everything else, but where your time, focus, and energy goes, that's where the energy flows.

Whatever you're focused on, toxicity. We talk about managing where that toxicity is coming from. And it's not just what you're eating or the environment that you are in, you know, with chemicals and stuff.

Focus, Energy, and Closing Remarks

It has to do with the people you around or that things you listen to or what your stream and watch. So we're very, very careful about what we watch and who we surround ourselves with.

Then we've been very lucky to surround ourself in your energy today, I got to say. I can't believe that we're coming up at the top of the hour here. So my big takeaways are, you know, helping people, the crux of work that you're doing in the world is helping them be authentic, aligned, and embody the best version of themselves to live their purpose, right?

I mean, what a cool calling that is. Well, you know something, but when I was younger, I always wanted to be a preacher. I mean, gotta be honest, all right?

I wanted stand on a pulpit and just, talk about stuff. But I finally got to be able to get a job in my life that utilizes all my abilities. And that's coaching.

This form of coaching works really well for me due to my intuitive abilities and my understanding of systems to help individuals. I used systems throughout my career when I was at When I was at metagenics, I created systems like the clinical practice review where most reps were going in there and they were selling, you know, like one or two products.

I would teach them how to be able to sell 30 products all at one time. And there were products that they used all the time as opposed to you walked in and talked about a menopause product and the last time they saw a Menopausal patient was last year, you know what I mean?

So, but those are all systems. We live in a world of systems and I like to be able to help people with proven systems to succeed. Well, your system has been fantastic.

It's really helped me a lot just in a short period of time. You always had this ability, you know, from the first time I met you, which was like 25 years ago.

I can't believe it. And I really appreciate you not only helping me back then, but helping now helping so many people and joining us on this podcast. Really excited for you to be able to bring some of these principles and your experience to our team.

I'm very, very looking forward to that and I appreciate it. So how do people get in contact with you? Um, how to get ahold of you. All they have to do is send me an email and then I'll set up a free session with them to see if we're a good match for each other.

And you know something when people are good matched, like, Jamie, you've just been amazing. Okay. We're great match. You're amazing you follow through.

Christine, You must love to work in with that guy. I'm sure he gave you challenges, but he comes through, which is lovely. Okay. And I love that type thing, But there's some people that I am not a match with.

So I like to find out in that first three 20 minute session, whether I match for them and whether i can offer them something that's valuable to them. so to be able to get one of those free sessions, all you got to do is send me an email and in the email, say free session with your contact information and send it to VTHE And I'll be more than happy to respond back to you within 24 hours.

We'll set up a time and see if we can work together and be of great benefit. To and how do I get any of your any? Of your three books, they simply go they gotta do is look go to amazon.com I made it easy for them.

The first book is called seeing the angel in the mirror It's all about really taking and cleaning off that mirror because during our lives We mess up that mirror with all sorts of weird, self-deficating thoughts, with also to weird beliefs and so on and, so forth.

So we can't see who we truly are. If we clean off that, mirror, we concede the true angelic self that we are, and then we could live from that perspective.

That's seeing the angel in the mirror. The second one is the official wizard's training manual. This one's interesting because the Official Wizard's Training Manual is actually a newer version a 21st century version of the training manual that the druids, a very mystical people, used to train their wizards with in the turn of millennia.

So the bottom line is, human beings have magic in them that shows you ways to tap into it. And the last one is the five possessions and we just went through those.

You want to learn about them? Take a look at the book. The books are cheap. They're the first two are 11, 11 each. Okay. Love numerology. Imagine that.

We have to have an energetic gateway related to our books. I love it. There we go. Were on the same page, girl. And in addition to that, the, what should we call it?

The last on, The Five Possessions is 22, 22. So fantastic. There we go. And if you, if, you read the books and you're like, this is interesting. You can reach out to me at the Adam Harmon show at gmail.com.

Maybe we can do one-on-ones. Well, just like anything else you've done with my experiences, you're taking very complex topics and simplify them based on where the person is.

And I got to get the other two books of the five possessions. It's an easy read even for me. Really. There's like all kinds of cool little sections and notes and journal right in there.

So, excellent. Well I'm sure that everyone is going to something out of this episode. I would encourage everyone to like, comment, and share it. Adam, you would definitely be one of the people I would invite to my dinner table.

If you ever heard the expression of having that round table dinner. Yes. I definitely want to have you, Dr. Joe

Dispenza, maybe Greg Braden. We could have a really, really fun discussion with me and Jamie.

Let's do that, I love Greg. I met him once in a bookstore, the same one I did my book signing at. And just a sweet human being and so intense. Love the stuff.

Oh, great. Yeah, man. Well, you know, maybe we'll have to make it down to Guadalajara. We'll to come visit you in person at some point. It's lovely down here.

Little slice of heaven. I love it. Well, Adam, again, thank you for being so gracious with your time. We loved having you as a guest. And I got to say, this has got be a part one, Jamie.

There's no way you could just do one with him. I can't believe it's time's up. So, all right. To be continued, my friends, thank you so much, Adam. God bless you.

Thank you, Christine. And looking forward to you working with our team and looking to have many more sessions and meetings and that TV show. I do like that worldwide TV Show.

Sounds pretty good, doesn't it? All right, thanks guys. As I say, enjoy Adam and his incredible books and leadership and training and knowledge and reach out to them at the AdamHarmanShow at gmail.com.

Yes. Have a great day, great week. There we go. Thanks, everybody.