Why Self-Worth Is the Real Secret to Manifestation with Pam Shanker and Dr Debs Eastwood Transcript

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Introduction u2014 Pam's 28 years in the civil service

Welcome to the Wellness [music] on Tap Welcome to the Wellness [music] on Tap podcast with your host Dr. Debs. podcast with your host Dr. Debs. >> And as you know, >> And as you know, we met at a mutual friend, Bookso, and we met at a mutual friend, Bookso, and my audience knows Bookso um at one of my audience knows Bookso um at one of her events and I was fascinated by what her events and I was fascinated by what you're doing you're doing >> and that's a really nice way to meet >> and that's a really nice way to meet people.

people. people. >> Yeah. >> Yeah. >> Yeah. >> As well and to share the love if you >> As well and to share the love if you like. And but you didn't start like. And but you didn't start in the sort of wellness arena, did you?

in the sort of wellness arena, did you? In a sort of mystical In a sort of mystical >> No, not at all. >> No, not at all. >> You were literally very grounded. Pray >> You were literally very grounded. Pray tell.

tell. tell. >> Mhm. So, um I was a civil servant for >> Mhm. So, um I was a civil servant for many years. I went straight out of many years. I went straight out of education into the civil service and I education into the civil service and I was there for 28 years. I um was from a was there for 28 years. I um was from a family of public servants and I was um family of public servants and I was um brought up to work hard, get a job, work brought up to work hard, get a job, work hard, get promoted, work hard, get hard, get promoted, work hard, get promoted, work hard, get promoted and promoted, work hard, get promoted and that's just what I was doing. Uh and that's just what I was doing. Uh and then in 2017, I woke up one morning and then in 2017, I woke up one morning and read 2016 actually. I I woke up one read 2016 actually. I I woke up one morning and read an article about a lady morning and read an article about a lady that had been really successful in that had been really successful in property and I just thought, "Oh, I'd property and I just thought, "Oh, I'd like to do that." And um there've been a like to do that." And um there've been a lot of changes at work and you know um lot of changes at work and you know um and they say when the student is ready and they say when the student is ready the master appears. So the master appears. So >> I uh gave up my job and went into >> I uh gave up my job and went into property.

property. property. >> Uh that the um the there was a lady and >> Uh that the um the there was a lady and she uh was giving back to women. she'd she uh was giving back to women.

The leap: leaving security for property

she'd been very successful in property and I been very successful in property and I just thought I'd love to go on I'd love just thought I'd love to go on I'd love to do that and I couldn't do that and uh to do that and I couldn't do that and uh work at the same time and I thought work at the same time and I thought >> um you know I had the opportunity to do >> um you know I had the opportunity to do it so that's what I did I gave up my job it so that's what I did I gave up my job and went into property.

and went into property. >> Wow. So as cleanly as that there wasn't >> Wow. So as cleanly as that there wasn't you didn't study any property courses you didn't study any property courses before you left?

before you left? >> No. >> No. >> No. >> Wow. That was brave. It [laughter] was >> Wow. That was brave. It [laughter] was it was a leap of faith and uh I went on it was a leap of faith and uh I went on to to grow a portfolio and I can look to to grow a portfolio and I can look back now now that I am spiritual. I can back now now that I am spiritual. I can look back now and see that I was guided, look back now and see that I was guided, see that I was nudged, see that an see that I was nudged, see that an opportunity presented itself and just I opportunity presented itself and just I didn't know at the time I was being didn't know at the time I was being guided, but I can look back and now and guided, but I can look back and now and say it's so obvious, you know. So, um so say it's so obvious,

you know.

Discovering the Law of Attraction

So, um so I was guided into property and then um I was guided into property and then um helped other people grow their wealth helped other people grow their wealth through property in addition to growing through property in addition to growing our portfolio. Um and then in 2020 and our portfolio. Um and then in 2020 and then during that journey that was then then during that journey that was then when I was um given the gift of the when I was um given the gift of the secret uh and that was my first secret uh and that was my first introduction into the law of attraction introduction into the law of attraction and energy when and what you put out you and energy when and what you put out you get back and get back and >> the Ronda burn book.

>> the Ronda burn book. >> Yeah. Absolutely. and and I absolutely >> Yeah. Absolutely. and and I absolutely loved it. And from there, that was what loved it. And from there, that was what sparked my research. And I've been sparked my research. And I've been thirsty for knowledge ever since, all thirsty for knowledge ever since, all about um getting onto the right about um getting onto the right vibration and asking for what you want vibration and asking for what you want and being open to receiving and, you and being open to receiving and, you know, removing all the blocks and and know, removing all the blocks and and just being um true to yourself and just being um true to yourself and finding your soul's purpose. And I've finding your soul's purpose. And I've been on that journey, you know, probably been on that journey, you know, probably since about 2017, 2018, something like since about 2017, 2018, something like that. And it's just been beautiful.

that. And it's just been beautiful. Wonderful. So, do you weave that into Wonderful. So, do you weave that into the property or is it a separate thing?

the property or is it a separate thing? >> Um, so I weave it into business coaching >> Um, so I weave it into business coaching now. now. now. >> Ah, okay.

>> Ah, okay. >> So, I liken my working life, my civil >> So, I liken my working life, my civil service life to battleship gray and I service life to battleship gray and I liken my life after that to living in liken my life after that to living in full color.

full color. >> Having re, you know, found um energy >> Having re, you know, found um energy this energy work, I you know, I am this energy work, I you know, I am definitely now living life in full definitely now living life in full color. where I'm living from my soul's color. where I'm living from my soul's purpose from joy and I'm now helping purpose from joy and I'm now helping other people do that as well through the other people do that as well through the universe cafe um which I set up in 2022 universe cafe um which I set up in 2022 uh as a vehicle for my coaching really.

uh as a vehicle for my coaching really. >> Oh okay. >> Oh okay.

The Universe Cafe u2014 blending practical with spiritual

>> Yeah. So >> Yeah. So >> yeah, >> yeah, >> yeah, >> tell me then how do you put in the >> tell me then how do you put in the manifestation into your coaching?

manifestation into your coaching? Because that's what we're talking about Because that's what we're talking about here, isn't it? here, isn't it? >> Yeah. Yeah.

>> Yeah. Yeah. >> Sort of manifesting >> Sort of manifesting >> the things you would like in your >> the things you would like in your >> absolutely >> absolutely >> absolutely >> future life.

>> future life. >> Yeah. So, uh I set up the Universe Cafe >> Yeah. So, uh I set up the Universe Cafe in 2022. Cafe meaning community and in 2022. Cafe meaning community and universe. We're all connected and we're universe. We're all connected and we're all energy. And we can do the practical all energy. And we can do the practical side,

the 3D things to grow a business, side, the 3D things to grow a business, you know, and there's the planning and, you know, and there's the planning and, you know, the having the vision and the you know, the having the vision and the planning and the the all the things that planning and the the all the things that we do, the mechanics of growing a we do, the mechanics of growing a business, but we we need to engage our business, but we we need to engage our the energetic side in order to be able the energetic side in order to be able to supercharge our success and to supercharge our success and supercharge um you know, that that that supercharge um you know, that that that vision to get there quicker. Uh and um I vision to get there quicker. Uh and um I I I so the steps for me are to have that I I so the steps for me are to have that really clear vision really clear vision >> to uh to know where you're going and to >> to uh to know where you're going and to really connect with it on a so on you really connect with it on a so on you you know from a soul level. A lot of the you know from a soul level. A lot of the coaching uh that I do starts with you as coaching uh that I do starts with you as the person, as the individual because uh the person, as the individual because uh you know, we want to um have have that you know, we want to um have have that big dream and and uh we want to be able big dream and and uh we want to be able to take that path, but there's so many to take that path, but there's so many things that can stop us, limiting things that can stop us, limiting beliefs, resistance blocks. And so, beliefs, resistance blocks. And so, number one, we need to be able to number one, we need to be able to connect to our soul's soul. Uh and then connect to our soul's soul. Uh and then number two, we need to be aware of the number two, we need to be aware of the things that are are stopping us. And things that are are stopping us. And then we need to work on those things.

then we need to work on those things. But um we need to ask we need to also But um we need to ask we need to also ask the divine. We also need to connect ask the divine. We also need to connect to source. We are all energy. We are all to source. We are all energy. We are all connected. And um we're all one. We are connected. And um we're all one. We are all one. So everything everything is is all one. So everything everything is is light. Everything is energy. Our light. Everything is energy. Our thoughts, our actions. Uh, and so thoughts, our actions. Uh, and so to put out what you want and to do that, to put out what you want and to do that, you know, with with intention, you know, with with intention, with with um with soul, with direction, with with um with soul, with direction, with meaning, to really connect with with meaning, to really connect with that, to really connect with our heart that, to really connect with our heart space. Uh, when we're coming at things space. Uh, when we're coming at things from from that position, there's nothing from from that position, there's nothing there's nothing stopping us. You know, there's nothing stopping us. You know, when you can get onto the right when you can get onto the right vibration, vibration, vibration, then we're putting that vibration out then we're putting that vibration out and that that same vibration is coming and that that same vibration is coming back to us. And that's when people walk back to us. And that's when people walk into our lives. You know, I ask for into our lives. You know, I ask for things. I ask the divine for things and things. I ask the divine for things and then and then within, you know, a very then and then within, you know, a very short space of time, somebody can come short space of time, somebody can come into my life that answers and provides into my life that answers and provides the answer to it to, you know, the the answer to it to, you know, the question that I was asking. Uh so question that I was asking. Uh so it it's for me business coaching and and it it's for me business coaching and and life coaching and and and purpose is life coaching and and and purpose is about blending the two. It's about about blending the two.

Spirituality vs religion u2014 what's the difference?

It's about blending the practical and blending the blending the practical and blending the spiritual as well. spiritual as well. >> Yeah. Yeah. I completely agree because I >> Yeah. Yeah. I completely agree because I I used to think you know a couple of I used to think you know a couple of decades ago that spirituality and decades ago that spirituality and religion was the same and so I used to religion was the same and so I used to bulk at anything because bulk at anything because I am not a religious person in any way I am not a religious person in any way shape or form never have been. It's too shape or form never have been. It's too much of a for me personally, you know, much of a for me personally, you know, each to their own. I don't judge, you each to their own. I don't judge, you know, but for me personally, I find it know, but for me personally, I find it it's too controlling. I see it as a it's too controlling. I see it as a constraint on my life and the way I want constraint on my life and the way I want to live. Um, so it doesn't work for me.

to live. Um, so it doesn't work for me. Um, Um, Um, and then I started to realize that I was and then I started to realize that I was completely wrong about religion and completely wrong about religion and spirituality being the

same thing. And spirituality being the same thing. And my interpretation of it is that religion my interpretation of it is that religion is something that is outside and you is something that is outside and you take in and spirituality comes from take in and spirituality comes from >> inner wisdom, inner knowing.

>> inner wisdom, inner knowing. >> Absolutely. >> Absolutely. >> Absolutely. >> And so I would consider myself to be a >> And so I would consider myself to be a very spiritual person very spiritual person >> but still not religious.

>> but still not religious. >> Yeah. Yeah. And I would say that I am >> Yeah. Yeah. And I would say that I am the same. the same. um that uh spirituality comes from that um that uh spirituality comes from that connection to source, that connection to connection to source, that connection to the divine, that connection to the your the divine, that connection to the your higher self, to your inner knowing. We higher self, to your inner knowing. We have within ourselves the answer to have within ourselves the answer to everything, to every question that we everything, to every question that we have. It's connecting with that. It's have. It's connecting with that. It's it's doing the meditation. It's sitting it's doing the meditation. It's sitting in silence. It's spending time with in silence. It's spending time with ourselves. It's connecting with our ourselves. It's connecting with our heart's purpose. It's leaning into the heart's purpose. It's leaning into the things that give us joy. It's it's things that give us joy. It's it's leaning into the guidance that we're leaning into the guidance that we're receiving. Uh it's understanding when receiving. Uh it's understanding when we're being guided. It's all of that.

we're being guided. It's all of that. And it's being true. I think the key And it's being true. I think the key thing is being true to ourselves, thing is being true to ourselves, >> being having real integrity >> being having real integrity >> to to our self, our soul, our heart. Um, >> to to our self, our soul, our heart. Um, and if we can live from that, if we can and if we can live from that, if we can live from the inside out, live from the inside out, >> uh, then the world would be a is a >> uh, then the world would be a is a better place. Well, if you're living better place. Well, if you're living from the inside out, the world is from the inside out, the world is definitely a better place for you, the definitely a better place for you, the one doing it. And, um, you know, you're one doing it. And, um, you know, you're putting out that beautiful energy and we putting out that beautiful energy and we impact the world around us.

impact the world around us. >> So, when we are giving that off that >> So, when we are giving that off that wonderful energy, uh, then that's having wonderful energy, uh, then that's having a ripple effect and you are impacting a ripple effect and you are impacting other people around you. Uh so so do other people around you.

Battleship gray vs living in full colour

Uh so so do that and ask of things at the same time that and ask of things at the same time and you are receiving you know and so and you are receiving you know and so for me I've really turned up the volume for me I've really turned up the volume since Christmas. I one of the things since Christmas. I one of the things I've always wanted to do is Raiki. Uh so I've always wanted to do is Raiki. Uh so I've been a I've been a client of Raiki I've been a I've been a client of Raiki before I've experienced Raiki but I before I've experienced Raiki but I decided last year that it was something decided last year that it was something I wanted to learn how to do. I wanted to I wanted to learn how to do. I wanted to become you know I I wanted to practice become you know I I wanted to practice Reiki for me just for me. I wanted to Reiki for me just for me. I wanted to turn up the volume between me and the turn up the volume between me and the divine, between me and my higher self, divine, between me and my higher self, between me and my guides. And so I did between me and my guides. And so I did my level one raiki in January.

my level one raiki in January. >> Congratulations. >> Congratulations. >> Congratulations. >> Down. Thank you so much. And I'm down to >> Down. Thank you so much. And I'm down to doing my level two in July. And I will doing my level two in July. And I will become a Raiki master for me.

become a Raiki master for me. And since I did that, I have been And since I did that, I have been clearer on the questions that I've clearer on the questions that I've asked. And I have been and definitely asked. And I have been and definitely turned up the volume. And I am so much turned up the volume. And I am so much more open now to the guidance that I'm more open now to the guidance that I'm receiving and uh the nudges and um receiving and uh the nudges and um it life's changed a lot for me actually it life's changed a lot for me actually in the last few months. Yeah.

in the last few months. Yeah. >> How interesting. >> How interesting. So, I can't shift out of my head this I can't shift out of my head this wonderful picture that you've painted of wonderful picture that you've painted of the battleship gray the battleship gray and how many people and how many people and most of them will never and most of them will never know any different know any different and their whole lives will be will be and their whole lives will be will be gray.

gray. gray. >> Yeah. >> Yeah. >> Yeah. And that really makes my head go into a And that really makes my head go into a million different directions, thinking million different directions, thinking about all the potential links there with about all the potential links there with >> loneliness and depression and illness >> loneliness and depression and illness that comes from that that comes from that >> and, >> and, >> and, you know, relationship problems and, you you know, relationship problems and, you know, it goes on and on and on, doesn't know, it goes on and on and on, doesn't it?

it? it? >> Mhm. And I'm not saying that living a >> Mhm. And I'm not saying that living a life full of color totally protects you life full of color totally protects you from all of that, but if you're content from all of that, but if you're content within within within >> Yeah.

>> Yeah. >> Yeah. >> there is less propensity for any of that >> there is less propensity for any of that >> to affect you. Surely. >> to affect you. Surely.

>> Absolutely. And what I found sits >> Absolutely.

Self-worth as the foundation of manifestation

And what I found sits beneath all of it is worthiness beneath all of it is worthiness >> and selfworth and self- loveve and >> and selfworth and self- loveve and self-kindness. And it has to all start self-kindness. And it has to all start with that. We have to love our to be with that. We have to love our to be really good at manifesting. We have to really good at manifesting. We have to love ourselves first. Uh there has to be love ourselves first. Uh there has to be there has to be no no blocks to that there has to be no no blocks to that self- loveve. And if we can, you know, self- loveve. And if we can, you know, love ourselves wholly, then we take away love ourselves wholly, then we take away all the noise, we take away all the all the noise, we take away all the external noise external noise >> and we um just do what we need to do. We >> and we um just do what we need to do. We just get on with it. And I have uh just get on with it. And I have uh another so one of the things that within another so one of the things that within the last week or so I've been guided to the last week or so I've been guided to um to do is to ask for help. So I've um to do is to ask for help. So I've never been very good at asking for help.

never been very good at asking for help. I've always thought I could do I've always thought I could do everything myself but I'm running a big everything myself but I'm running a big event in April and uh the divine guided event in April and uh the divine guided me to do it and so I'm doing it and now me to do it and so I'm doing it and now I'm and now I realize I need to ask for I'm and now I realize I need to ask for help. So I am reaching out to people help. So I am reaching out to people that I'm I'm I'm breaking down barriers.

that I'm I'm I'm breaking down barriers. exam barriers I've set up myself, exam barriers I've set up myself, barriers that I've created myself, uh barriers that I've created myself, uh blocks that I've created myself. Oh, oh, blocks that I've created myself. Oh, oh, I can't possibly speak to that person.

I can't possibly speak to that person. Oh, they wouldn't want to speak to me. Oh, they wouldn't want to speak to me. Um, I'm reaching out to people. I'm Um, I'm reaching out to people. I'm finding ways into people, people that finding ways into people, people that are high-profile. I'm looking for are high-profile. I'm looking for high-profile people to help me create high-profile people to help me create impact and and uh I am impact and and uh I am finding a way into communicating with finding a way into communicating with those people. And if it's meant to those people. And if it's meant to happen, then it will happen. Absolutely happen, then it will happen. Absolutely right.

right. right. >> Uh so yeah um but living a life in full >> Uh so yeah um but living a life in full color is about living

from the inside color is about living from the inside out. And you know the Harry Potter's out. And you know the Harry Potter's wizards and muggles.

wizards and muggles. >> Yes. >> Yes. >> Yes. >> The wizards are the ones living in full >> The wizards are the ones living in full color in my world. Uh and the muggles color in my world. Uh and the muggles are the ones that are you know are the ones that are you know battleship gray and and the wizards can battleship gray and and the wizards can see the muggles but the muggles can't see the muggles but the muggles can't see the wizards. So so my my message see the wizards. So so my my message really um is to really um is to >> is to be me. That's that's one thing >> is to be me. That's that's one thing that I've I've learned how to do is just that I've I've learned how to do is just be me and know that that's okay and be me and know that that's okay and that's good enough. And if people like that's good enough. And if people like it, great. And if they don't, that's it, great. And if they don't, that's fine as well.

fine as well. >> Just be me and talk about what I am >> Just be me and talk about what I am doing and how I'm doing it. doing and how I'm doing it. >> And maybe one more person might hear it >> And maybe one more person might hear it that wasn't open to it before, but maybe that wasn't open to it before, but maybe it will be now. So, it's spreading that it will be now. So, it's spreading that color. It's about reaching the people color. It's about reaching the people and spreading that color and spreading that color >> and and helping people. So, so my goal >> and and helping people. So, so my goal is to help people to grow their is to help people to grow their businesses. Your business is a vehicle businesses. Your business is a vehicle that will provide you with the income to that will provide you with the income to then go and make the memories, live your then go and make the memories, live your full life, create the legacy, do the full life, create the legacy, do the thing. Um, and I want you to do that and thing. Um, and I want you to do that and and enjoy the journey. But it's about and enjoy the journey. But it's about being happy right now. And so it's uh being happy right now. And so it's uh it's it's it's creating a way of doing that and you creating a way of doing that and you know creating that vehicle and and know creating that vehicle and and allowing that vehicle to um give you allowing that vehicle to um give you joy, give you it's the vehicle for your joy, give you it's the vehicle for your purpose, purpose, purpose, >> but it also will give you what you need >> but it also will give you what you need to to live that full life.

to to live that full life. >> Yeah, I love it. I love it. It makes me >> Yeah, I love it. I love it. It makes me nostalgic is not the right word, but nostalgic is not the right word, but it's that kind of sensation just takes it's that kind of sensation just takes me in a lovely place. So, how then me in a lovely place. So, how then can we get these battleship gray people can we get these battleship gray people out of that? Can we out of that? Can we is one person at a time, I believe. And is one person at a time, I believe. And when I started as a coach, I hid the when I started as a coach, I hid the spiritual side of me. I thought people spiritual side of me. I thought people wouldn't like to see that. I thought I wouldn't like to see that. I thought I would be closing off a lot of people if would be closing off a lot of people if I if I if I showed the spiritual side of I if I if I showed the spiritual side of me. So, all I showed to begin with was me. So, all I showed to begin with was the practical side. You grow your the practical side. You grow your business like this. You you know these business like this. You you know these this these are the different steps. And this these are the different steps. And and I realized there was a piece of me and I realized there was a piece of me missing. And so I sat with it and it was missing. And so I sat with it and it was I was actually with a coach at the time I was actually with a coach at the time and she said, "You just need to show all and she said, "You just need to show all of you. You just need to be open to to of you. You just need to be open to to everything." And so the minute I started everything." And so the minute I started to be me, wholly me, just me, all of me, to be me, wholly me, just me, all of me, that was when the world opened to me.

that was when the world opened to me. Business opened to me. My business just Business opened to me. My business just seemed to flow a lot easier. Um, and so seemed to flow a lot easier. Um, and so how do we how do we show the people that how do we how do we show the people that are living that battleship gray life how are living that battleship gray life how to live in full color? Well, we show to live in full color? Well, we show them what it's like to live in full them what it's like to live in full color by just being ourselves, by loving color by just being ourselves, by loving what we do, by being with the right what we do, by being with the right people, by making the connections, people, by making the connections, creating the events, bringing people creating the events, bringing people together. But they're not going to together. But they're not going to really understand it until they feel the really understand it until they feel the energy. And uh and so I bring people energy. And uh and so I bring people

together physically, a lot of the work together physically, a lot of the work that I do is is in a physical space that I do is is in a physical space because whilst we can still do the work because whilst we can still do the work over Zoom, it's not the same, especially over Zoom, it's not the same, especially when you're only meeting people for the when you're only meeting people for the first time, you need to be in there first time, you need to be in there sitting in their aura to be able to to sitting in their aura to be able to to feel it. Um, and then when they feel it, feel it. Um, and then when they feel it, when they feel feel the connection and when they feel feel the connection and feel the energy and and it's like a it's feel the energy and and it's like a it's like just drip drip drip, you know, like just drip drip drip, you know, there's people that even when I started, there's people that even when I started, my family didn't know on what on earth I my family didn't know on what on earth I was talking about and now they're all was talking about and now they're all on, you know, a lot of them are on on, you know, a lot of them are on board. So, it is just that keep talking board. So, it is just that keep talking about it, keep talking about it, keep about it, keep talking about it, keep sharing, keep showing what a wonderful, sharing, keep showing what a wonderful, you know, what joy it is.

you know, what joy it is. >> Yeah. I guess that just if you take it >> Yeah. I guess that just if you take it right down to its bare bones, the joy right down to its bare bones, the joy and the happiness and the happiness >> Yeah.

>> Yeah. >> Yeah. >> is infectious, isn't it? >> is infectious, isn't it? >> Yes, it is. It is. Yeah. >> Yes, it is. It is. Yeah. >> If you're living in gray, then you would >> If you're living in gray, then you would crave Not everybody's, Again, crave Not everybody's, Again, generalization, but you would crave generalization, but you would crave that, wouldn't you? You'd crave, for that, wouldn't you? You'd crave, for instance, battleship gray life. People instance, battleship gray life. People do go on holiday. Yeah.

do go on holiday. Yeah. >> Maybe that's a bit of color. >> Maybe that's a bit of color. >> Yeah. Yeah. >> Yeah. Yeah. >> You know, and then they go back to doing >> You know, and then they go back to doing what they do. What I want, my mission, I what they do. What I want, my mission, I suppose, is to show people that they suppose, is to show people that they have a choice.

have a choice. I did the same thing in the same way I did the same thing in the same way year after year after year just because year after year after year just because that was all I knew.

that was all I knew. >> And people don't realize that they do >> And people don't realize that they do have a choice and that things can be have a choice and that things can be different and they can do things different and they can do things differently.

differently. differently. Very often we are guided to make a Very often we are guided to make a choice when something happens. It can be choice when something happens. It can be something terrible that happens, something terrible that happens, divorce, death, divorce, death, >> uh bankruptcy, whatever it is that that >> uh bankruptcy, whatever it is that that something like the what I consider to be something like the what I consider to be the universe giving you a real the universe giving you a real sideswipe. That's then when people go, sideswipe. That's then when people go, "Oh, actually, I need to do something "Oh, actually, I need to do something different now. I need to make a different now. I need to make a different choice." But if we don't have different choice." But if we don't have that, then people can just go about that, then people can just go about doing the same thing in the same way doing the same thing in the same way year after year. But what I want to do year after year. But what I want to do is show people that they they really can is show people that they they really can be, do, and have whatever they want.

be, do, and have whatever they want. Doesn't matter how old you are. It Doesn't matter how old you are. It doesn't matter, you know, about your doesn't matter, you know, about your your gender or your background. You your gender or your background. You literally can be, do, and have whatever literally can be, do, and have whatever you want. You just need a clear vision, you want. You just need a clear vision, a plan, and you need to take the action.

a plan, and you need to take the action. And the action is key because we have to And the action is key because we have to meet the universe halfway. Yeah.

meet the universe halfway. Yeah. >> So, people come into my community and >> So, people come into my

community and they give up their jobs, they go wing they give up their jobs, they go wing walking, they move abroad. All the walking, they move abroad. All the things that they've thought, oh, things that they've thought, oh, wouldn't that be nice? Wouldn't that be wouldn't that be nice? Wouldn't that be nice if Well, the wouldn't it be nice if nice if Well, the wouldn't it be nice if is should be happening today? It is should be happening today? It shouldn't be happening. It should we shouldn't be happening. It should we shouldn't be waiting for anything. We shouldn't be waiting for anything. We shouldn't be waiting for retirement. We shouldn't be waiting for retirement. We shouldn't be waiting for money to come shouldn't be waiting for money to come in. We shouldn't be waiting for anything in. We shouldn't be waiting for anything any external force. We should be any external force. We should be creating it ourselves right now and creating it ourselves right now and living our best life right now. And uh living our best life right now. And uh and that is really what I I want to show and that is really what I I want to show people that they have a choice every people that they have a choice every day. You get to wake up day. You get to wake up and um you get to make a new choice. So and um you get to make a new choice. So we just get today. We just get now. So we just get today. We just get now. So go and make it the best day. And and I'm go and make it the best day. And and I'm not waiting anymore. I've waited. I not waiting anymore. I've waited. I waited. I didn't even know I was waited. I didn't even know I was waiting. Let's face it. Living that waiting. Let's face it. Living that battleship when I was up to that, battleship when I was up to that, >> you know, I didn't even know. And then >> you know, I didn't even know. And then having now seen what it's like on the having now seen what it's like on the other side, I just want everybody to other side, I just want everybody to know what it's like on the other side know what it's like on the other side because it is amazing. And uh and so the because it is amazing. And uh and so the Universe Cafe community is for people Universe Cafe community is for people that want to really think outside the that want to really think outside the box and and and do it right now. H, you box and and and do it right now. H, you know, and and know, and and really have that I keep talking about really have that I keep talking about this, you know, a big dream and it is this, you know, a big dream and it is for today. It's for now.

for today. It's for now. >> I mean, it's just wonderful. You said >> I mean, it's just wonderful. You said your event was in April. What date in your event was in April. What date in April?

April? April? >> 18th of April. >> 18th of April. >> 18th of April. So, the middle of April. >> 18th of April. So, the middle of April. I'm sure we can get this podcast out so I'm sure we can get this podcast out so that there's some time just before that.

that there's some time just before that. Depends [snorts] on the schedule that Depends [snorts] on the schedule that we've got at the moment, but um it would we've got at the moment, but um it would be nice to give it a bit of publicity be nice to give it a bit of publicity immediately before it as well.

immediately before it as well. >> Yeah. And I've been guided to bring a >> Yeah. And I've been guided to bring a hundred women together. So I work hundred women together. So I work generally with women uh because that's generally with women uh because that's who I am connected to. That's who who who I am connected to. That's who who you know women are attracted into my you know women are attracted into my space. So I generally work with women.

space. So I generally work with women. Uh I work with feminine energy. I work Uh I work with feminine energy. I work with creative energy. So I was guided to with creative energy. So I was guided to bring a hundred women together in at the bring a hundred women together in at the Midland Hotel in Manchester uh for um Midland Hotel in Manchester uh for um big dreams, bold bold decisions for big dreams, bold bold decisions for women who are playing full out and it is women who are playing full out and it is about whatever I want to light that about whatever I want to light that spark within people that that wouldn't spark within people that that wouldn't it be nice if I want to set a fire to it be nice if I want to set a fire to that so that they can actually put the that so that they can actually put the plan in place and take the action now to plan in place and take the action now to make it happen now and not wait. Stop make it happen now and not wait. Stop waiting. Just do it.

waiting. Just do it. >> So, how do you guide people towards >> So, how do you guide people towards manifesting? How do you teach them how manifesting? How do you teach them how to do that?

to do that?

How to close the gap between asking and receiving

>> So, I run a a law of attraction cafe and >> So, I run a a law of attraction cafe and we always start with our wins. We always we always start with our wins. We always celebrate ourselves. We always say what celebrate ourselves. We always say what we've done and you know what we've we've done and you know what we've achieved. So, we start with our wins. We achieved. So, we start with our wins. We talk about why we're wonderful just as talk about why we're wonderful just as we are. And then we to look at we are. And then we to look at self-kindness, how we are kind to self-kindness, how we are kind to ourselves. Then we look at self-care, ourselves. Then we look at self-care, what do we do for ourselves? And those what do we do for ourselves? And those four exercises one after the other. And four exercises one after the other. And each one is a bit of a workshop. So each one is a bit of a workshop. So people are writing down you know what people are writing down you know what the all those things and then we talk the all those things and then we talk about them and we share them in the about them and we share them in the group and what we are doing there is group and what we are doing there is raising our vibration.

raising our vibration. >> We are uh raising our vibration. And >> We are uh raising our vibration. And then I will talk about mind uh then I will talk about mind uh manifesting. Manifesting is about manifesting. Manifesting is about getting onto the onto the um the same getting onto the onto the um the same vibration as as what you what you want vibration as as what you what you want to ask for. So ask for it. Just ask for to ask for. So ask for it. Just ask for it. Be bold and ask for it. Then uh it's it. Be bold and ask for it. Then uh it's about being open to the possibility, about being open to the possibility, knowing that it's possible, knowing it's knowing that it's possible, knowing it's possible for you, knowing it's possible possible for you, knowing it's possible for you now. And then we go straight for you now. And then we go straight into goals. So So that's a a process of into goals. So So that's a a process of about an hour and then we go into goal about an hour and then we go into goal setting. So you're going into goal setting. So you're going into goal setting knowing that that that that is setting knowing that that that that is thing is possible and I get you to write thing is possible and I get you to write down the wildest thing. So one lady down the wildest thing. So one lady wrote down that she wanted to call in a wrote down that she wanted to call in a TV another TV and production company cuz TV another TV and production company cuz she already does work with some within she already does work with some within 24 hours got in touch and offered her 24 hours got in touch and offered her >> uh a a work work on a new blockbuster.

>> uh a a work work on a new blockbuster. So So So >> that was incredible. That happened >> that was incredible. That happened within 24 hours. within 24 hours.

>> I wanted to work with a lady who >> I wanted to work with a lady who to work with her it was £1,000 for the to work with her it was £1,000 for the day. I didn't know that when I said, day. I didn't know that when I said, "Yeah, I'd love to work with you." So "Yeah, I'd love to work with you." So the day after uh she she sent me the the day after uh she she sent me the email saying it'll be £1,000 for the email saying it'll be £1,000 for the day. But as I'd left her, I I got all day. But as I'd left her, I I got all excited and I excited and I I phoned the lady I was working with and I phoned the lady I was working with and got super excited. We're going to be got super excited. We're going to be doing this, we're going to be doing doing this, we're going to be doing that, we're going to be doing the other.

that, we're going to be doing the other. The email came in, it'll be £1,000. And The email came in, it'll be £1,000. And I just thought, okay, might not be for I just thought, okay, might not be for today, but we're definitely going to do today, but we're definitely going to do it. It's going to happen within 24 hours it. It's going to happen within 24 hours from there. So, within 48 hours from the from there. So, within 48 hours from the first conversation, somebody came up to first conversation, somebody came up to me and said, you know what, Pam, I need me and said, you know what, Pam, I need to work with you. There's £1,200.

to work with you. There's £1,200. >> So, within 48 hours, what I wanted had >> So, within 48 hours, what I wanted had come in. So, this is what is happening come in. So, this is what is happening when you're asking for what you want when you're asking for what you want when you get But the key thing is to get when you get But the key thing is to get excited and live as if. So, you've got excited and live as if. So, you've got to act as though it's already happened.

to act as though it's already happened. You've got to be as excited as though You've got to be as excited as though it's already happened. If you can if you it's already happened. If you can if you can get excited about it, you're going can get excited about it, you're going to close the time frame between asking to close the time frame between asking and receiving. To close that time frame and receiving. To close that time frame and and some people call it a quantum and and some people call it a quantum leap. You need to get super super leap. You need to get super super excited and be acting as though it's excited and be acting as though it's already happened. So for me, there's already happened. So for me, there's lots of things that I would like and lots of things that I would like and there's things that at the moment are there's things that at the moment are not in, you know, they've not manifested not in, you know, they've not manifested themselves. Maybe I've not got enough themselves. Maybe I've not got enough money. Maybe the opportunity has not money. Maybe the opportunity has not presented itself, but I know that those presented itself, but I know that those things are on their way to me. So I can things are on their way to me. So I can get excited about them. I can get get excited about them. I can get excited about each one of them. I can go excited about each one of them. I can go and shop for them. I might not be able and shop for them. I might not be able to make the financial exchange, but I to make the financial exchange, but I can definitely go and shop for them. Uh can definitely go and shop for them. Uh I can I can be in the places. I can I I can I can be in the places. I can I can go in the spaces. It's living your can go in the spaces. It's living your best life, living your life as though best life, living your life as though you've already received it. And if you you've already received it. And if you can master that, and that can be quite a can master that, and that can be quite a a difficult thing for people. If you can a difficult thing for people. If you can master getting excited and living in master getting excited and living in that excitement, then you're going to that excitement, then you're going to close the gap.

close the gap. >> Okay. So for me then I would like to >> Okay. So for me then I would like to have have have a network of wellness centers a network of wellness centers where people will come for prevention where people will come for prevention rather than the cure once they have the rather than the cure once they have the chronic illness. So, so make sure that chronic illness. So, so make sure that people don't get unwell in the first people don't get unwell in the first place and use all the different place and use all the different modalities, modalities, modalities, >> you know, energy medicine, frequency >> you know, energy medicine, frequency medicine, supplementation, water, medicine, supplementation, water, environment, lack of 5G, you know, the environment, lack of 5G, you know, the I appreciate that. I'm not physically I appreciate that. I'm not physically ready yet for that to happen tomorrow.

ready yet for that to happen tomorrow. So I wouldn't manifest for me to own a So I wouldn't manifest for me to own a network of clinics tomorrow. I'd have to network of clinics tomorrow. I'd have to start a bit smaller. But keep that in start a bit smaller. But keep that in mind. So just know that that's there.

mind. So just know that that's there. It's already there waiting for you in It's already there waiting for you in possibility. Everybody you need to make possibility. Everybody you need to make that happen is there in possibility. You that happen is there in possibility. You might you just got to meet them. You've might you just got to meet them. You've just got to hold that vision.

just got to hold that vision. Keep that vision and take the steps Keep that vision and take the steps towards it. Talk about that vision and towards it. Talk about that vision and share it with everyone.

share it with everyone. Keep asking the universe. Keep asking Keep asking the universe. Keep asking the divine and the divine and connect to that vision every day. I no connect to that vision every day. I no longer need to sit down and connect with longer need to sit down and connect with my vision because my vision is with me.

my vision because my vision is with me. It's me. I am my vision. It's it's it's It's me. I am my vision. It's it's it's all of me. And so the people that you all of me. And so the people that you speak to, speak to, the people you the rooms that you're in, the people you the rooms that you're in, everything will be guiding you towards everything will be guiding you towards that big vision.

that big vision. >> Just get excited and that excitement >> Just get excited and that excitement will it will be shared. It will be shared. It it will be shared. It will be shared. It will you'll put it out there will you'll put it out there >> and the universe will bring you what you >> and the universe will bring you what you need.

need. need. just you just keep moving just you just keep moving >> and keep keep your vision and the >> and keep keep your vision and the universe will bring you what you need.

universe will bring you what you need. Which is wonderful because when I talk Which is wonderful because when I talk about it, about it, >> people can physically see it in me.

>> people can physically see it in me. >> They can see the passion. They can see >> They can see the passion. They can see it excites me. They can see that that's it excites me. They can see that that's really where I want to go and what I really where I want to go and what I want to do.

want to do. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> So ask for what you need. >> So ask for what you need. >> Yeah. >> Yeah. >> Yeah.

>> You might not You might only be able to >> You might not You might only be able to see the next step. see the next step. >> Yeah. But whatever's in that next step, >> Yeah. But whatever's in that next step, be very be very open about what you need and ask for open about what you need and ask for what you need. If it's a person, when what you need. If it's a person, when you meet that person, you ask for what you meet that person, you ask for what you need. Ask for help. Get people to you need. Ask for help. Get people to share your journey with you. And it will share your journey with you. And it will all just come together.

all just come together. be open to where it's going to come from be open to where it's going to come from >> because >> because >> because we ask the universe one thing and it can we ask the universe one thing and it can bring us something from a completely bring us something from a completely different direction. So it's keeping different direction. So it's keeping your your your >> v vision wide open so that you know when >> v vision wide open so that you know when an opportunity presents itself you know an opportunity presents itself you know that's the one that you need to take.

that's the one that you need to take. >> Yeah. >> Yeah. >> Yeah. >> Cuz we can be looking over here but it >> Cuz we can be looking over here but it can be coming from over here. So we just can be coming from over here. So we just need to keep our vision wide open.

need to keep our vision wide open. >> It's just reminded me of something. I >> It's just reminded me of something. I think I saw it on the telly the other think I saw it on the telly the other day.

day. day. of and it is a religious thing was by a of and it is a religious thing was by a person who was religious that was saying person who was religious that was saying it. They they were stranded in some it. They they were stranded in some awful situation awful situation um in a flooded area I think in the um in a flooded area I think in the middle of nowhere and they were very middle of nowhere and they were very religious and they were praying to God religious and they were praying to God saying you know help me help me and saying you know help me help me and somebody came up on a life raft. No, no, somebody came up on a life raft. No, no, no, you're fine. God's going to help me.

no, you're fine. God's going to help me. And then a couple of other modalities And then a couple of other modalities sent in. No, no, no, it's fine. God's sent in. No, no, no, it's fine. God's going to help me. and and he lost his going to help me. and and he lost his life waiting for God to help him up at life waiting for God to help him up at the pearly gates asked God and he said, the pearly gates asked God and he said, "Well, I sent you this and I sent you "Well, I sent you this and I sent you that and I sent you the other." that and I sent you the other." >> That's the sort of thing you're saying, >> That's the sort of thing you're saying, isn't it? Is that we need to be open.

isn't it? Is that we need to be open. >> Absolutely. And lean into it. You'll >> Absolutely. And lean into it. You'll know, you'll feel whether it's the right know, you'll feel whether it's the right thing to do or not.

thing to do or not. >> Yeah. Yeah. So, it can take a long time >> Yeah. Yeah. So, it can take a long time for things to happen, but it's just keep for things to happen, but it's just keep moving. Just keep moving. So, I told you moving. Just keep moving. So, I told you before that I was guided into property before that I was guided into property and

then I was guided to do this and then I was guided to do this property course with this lady and I property course with this lady and I went in and and the course was um it was went in and and the course was um it was at the of Doncaster here and it was a be at the of Doncaster here and it was a be beautiful art deco hotel, beautiful room beautiful art deco hotel, beautiful room and I was just blown away the minute I and I was just blown away the minute I walked in [gasps] and it was years later walked in [gasps] and it was years later years later I I I receive a lot of years later I I I receive a lot of guidance when I'm on long journeys and guidance when I'm on long journeys and I'm driving by myself and it just came I'm driving by myself and it just came to me I'm going to run an event and and to me I'm going to run an event and and I'm going to bring I'm going to run an I'm going to bring I'm going to run an event and it's just going to be like event and it's just going to be like that.

that. that. >> Oh, >> Oh, >> Oh, >> and it's it's going to empower it's >> and it's it's going to empower it's going to inspire. And for years after I going to inspire. And for years after I kept sitting down thinking well I I'm kept sitting down thinking well I I'm going to run this event and nothing came going to run this event and nothing came to me. And then I created the universe to me. And then I created the universe cafe in 2022 which was the vehicle to cafe in 2022 which was the vehicle to then start running events. So I started then start running events. So I started running events, law of attraction cafe, running events, law of attraction cafe, manifesting money cafe, business manifesting money cafe, business networking, develop business development networking, develop business development days and then in January I was guided to days and then in January I was guided to create 100 women which is my Midland create 100 women which is my Midland Hotel event on the 18th of April and I Hotel event on the 18th of April and I have held on to that vision of that room have held on to that vision of that room that I walked in 10 years well 9 years that I walked in 10 years well 9 years ago now and what I am creating on the ago now and what I am creating on the 18th of April is that room but my room 18th of April is that room but my room that's going to be so special. I can that's going to be so special. I can feel the goosebumps actually.

feel the goosebumps actually. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> And I'm going to do for that 100 women >> And I'm going to do for that 100 women what that lady did for the women in that what that lady did for the women in that room room room >> differently cuz that was a property >> differently cuz that was a property room.

room. room. >> Yeah. >> Yeah. >> Yeah. >> This is going to be a general business >> This is going to be a general business room. But it's um that that that's what room. But it's um that that that's what I've just been guided to do. And I and I've just been guided to do. And I and it's so exciting. You it's so exciting. You >> can say you can see it.

>> can say you can see it. >> I am so excited. It's taken 9 years. And >> I am so excited. It's taken 9 years. And I didn't even know it was a vision that I didn't even know it was a vision that I was holding, but apparently it was.

I was holding, but apparently it was. >> Yeah. So yeah, dead excited. >> Yeah. So yeah, dead excited. >> So that had a serious impact on you, >> So that had a serious impact on you, didn't it?

didn't it? >> It did. It did. Yeah. >> It did. It did. Yeah. >> And it's manifested itself in such a way >> And it's manifested itself in such a way that's that's that's >> in a tune with you. It resonates with >> in a tune with you. It resonates with what you're doing. And what you're doing.

Money, integrity, and heart-centred business

And >> Yeah. And the best energy to be in when >> Yeah. And the best energy to be in when you want to ask for something you want to ask for something >> is and manifest something is to know >> is and manifest something is to know what it is that you want, but not cling what it is that you want, but not cling on to it as though you desperately need on to it as though you desperately need it. So people can say that they need it. So people can say that they need money. But if you're desperate for the money. But if you're desperate for the money, then you're just in lack and money, then you're just in lack and you're just pushing it away, you're just pushing it away, >> right?

>> right? >> right? >> Whatever it is you want, you've got to >> Whatever it is you want, you've got to want it. But it's more of a wouldn't it want it. But it's more of a wouldn't it be nice if be nice if >> it's not a need, it's a want. So, I

won >> it's not a need, it's a want. So, I won a property award in 2021 and I was part a property award in 2021 and I was part of a property group and a different of a property group and a different property group and I'd not seen the uh property group and I'd not seen the uh coach for for 18 months and he was coach for for 18 months and he was flying all around the world buying flying all around the world buying property. He was really successful and I property. He was really successful and I and I was I kept seeing him on social and I was I kept seeing him on social media and I was trying to be more active media and I was trying to be more active on social media and I saw that he'd on social media and I saw that he'd posted he posted on the Thursday and I posted he posted on the Thursday and I looked looked at it and I thought, "Oh, looked looked at it and I thought, "Oh, wouldn't it be nice if I could get in wouldn't it be nice if I could get in front of his students and tell them what front of his students and tell them what I do?" Friday he was doing something I do?" Friday he was doing something else. Oh, wouldn't it be nice if I could else. Oh, wouldn't it be nice if I could get on his on his stage? Saturday, oh, get on his on his stage? Saturday, oh, wouldn't it be nice if I could get on wouldn't it be nice if I could get on his stage? Sunday, he rang me up. How his stage? Sunday, he rang me up. How would you like to get on my It was would you like to get on my It was obviously not quite like that, but then obviously not quite like that, but then I flew to Lisbon in the Sep. So, this I flew to Lisbon in the Sep. So, this was July, September, I flew to Lisbon was July, September, I flew to Lisbon and spoke to a student.

and spoke to a student. >> Oh, that's wonderful. >> Oh, that's wonderful. >> I thought about it for three days and um >> I thought about it for three days and um and he offered it me on the Sunday. Now, and he offered it me on the Sunday. Now, I had to make that happen.

I had to make that happen. >> Yeah. >> Yeah. >> Yeah. >> In that he offered it to me and I had to >> In that he offered it to me and I had to push it along to make sure that it did push it along to make sure that it did happen. But I had the I had the wish. I happen. But I had the I had the wish. I had the dream. I had the in I had the had the dream. I had the in I had the what wouldn't it be nice if and then the what wouldn't it be nice if and then the opportunity presented itself and I opportunity presented itself and I grabbed it and ran with it. So grabbed it and ran with it. So >> yeah, which fits in with the whole ethos >> yeah, which fits in with the whole ethos of something it being you something that of something it being you something that you really want, doesn't it?

you really want, doesn't it? >> Yeah. >> Yeah. >> Yeah. >> Because if all of a sudden he' have said >> Because if all of a sudden he' have said to you on that phone call, you know, and to you on that phone call, you know, and you would have been like, "Well, I'm not you would have been like, "Well, I'm not that bothered actually." that bothered actually." >> Yeah. Yeah. Yeah.

>> Yeah. Yeah. Yeah. >> You know, yeah, I can see that how it >> You know, yeah, I can see that how it all it is. It comes from within. Yeah, all it is. It comes from within. Yeah, >> I understand now why you're saying about >> I understand now why you're saying about the starting point being the starting point being >> you, >> you, >> you, >> what's in here >> what's in here >> and love yourself >> and love yourself >> and what's in here.

>> and what's in here. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. So, it's I would imagine it helps a lot So, it's I would imagine it helps a lot as well if you are surrounding yourself as well if you are surrounding yourself as much as possible with the right type as much as possible with the right type of people.

of people. >> Absolutely. that don't have to have your >> Absolutely. that don't have to have your vision but have their own visions and vision but have their own visions and their own energy.

their own energy. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> So, the Universe Cafe community is a >> So, the Universe Cafe community is a community of like-minded people that all community of like-minded people that all just want to follow their follow their just want to follow their follow their individual paths. All a lot of them are individual paths. All a lot of them are service based businesses wanting to make service based businesses wanting to make an impact.

an impact. >> Yes, I bet they are. >> Yes, I bet they are. >> But not all of them. Not all of them. >> But not all of them. Not all of them. We've got some goods businesses and We've got some goods businesses and

manufacturing businesses in there as manufacturing businesses in there as well, familyrun companies that, you well, familyrun companies that, you know, it's a real passion project for know, it's a real passion project for them. It it's not necessarily a service them. It it's not necessarily a service business, but there are a lot of people business, but there are a lot of people in there. But the key thing is it in there. But the key thing is it doesn't matter and I'll and I'll take my doesn't matter and I'll and I'll take my really good friend Amanda's um saying really good friend Amanda's um saying here. It doesn't matter whether you're here. It doesn't matter whether you're selling toilet rolls or diamonds, you selling toilet rolls or diamonds, you can do it from the same heart-c centered can do it from the same heart-c centered place. love what you do and you know place. love what you do and you know really have a passion project come at it really have a passion project come at it from joy and allow it to be that vehicle from joy and allow it to be that vehicle for you then to live your best life.

for you then to live your best life. >> Yeah, I would agree with that >> Yeah, I would agree with that completely. completely. completely. >> Yeah. You know, the example of a toilet >> Yeah. You know, the example of a toilet roll has just made me think, you know, roll has just made me think, you know, th those brands nowadays that are a lot th those brands nowadays that are a lot more eco-friendly. Who would have more eco-friendly. Who would have thought thought thought >> Yeah.

>> Yeah. >> Yeah. >> You know, that that would have even been >> You know, that that would have even been a thing. a thing. >> Yeah. >> Yeah. >> Yeah.

>> So, yeah, you're right. It really >> So, yeah, you're right. It really doesn't matter, does it? doesn't matter, does it? >> It doesn't. It doesn't.

>> It doesn't. It doesn't. >> As long as you have a good heart and are >> As long as you have a good heart and are >> Yeah. >> Yeah. >> That will be seen, won't it?

>> That will be seen, won't it? >> Yeah. Yeah. And you're going to you're >> Yeah. Yeah. And you're going to you're going to attract the right clients. So I going to attract the right clients. So I I'm very fortunate and blessed that in I'm very fortunate and blessed that in creating my own community creating my own community I have attracted people that are similar I have attracted people that are similar to me to me >> heart- centered >> heart- centered soulful soulful soulful want to make a big impact and I'm going want to make a big impact and I'm going to say this want to make a lot of money to say this want to make a lot of money because I having been through work because I having been through work worked in property I have a very open worked in property I have a very open conversation about money. Yeah. in, you conversation about money. Yeah. in, you know, in with in my coach and in in the know, in with in my coach and in in the world that I I exist in world that I I exist in >> because money makes you more of who you >> because money makes you more of who you are. Money is only currency. It passes are. Money is only currency. It passes it's meant to pass through us. We are it's meant to pass through us. We are it's meant to flow through us. But money it's meant to flow through us. But money allows you to be more impactful, make allows you to be more impactful, make memories.

memories. memories. >> Uh and it g you know, the more that you >> Uh and it g you know, the more that you have the more you can share and the more have the more you can share and the more the more of an impact you can make.

the more of an impact you can make. though I do not shy away from being very though I do not shy away from being very open about the fact that in business we open about the fact that in business we want to make want to make with integrity a lot of money and I with integrity a lot of money and I completely agree with that belief completely agree with that belief mindset totally because if you're a mindset totally because if you're a decent heart-c centered person and decent heart-c centered person and you're using your money for the business you're using your money for the business to do good things Yeah. Why would the to do good things Yeah. Why would the universe not want you to have more of it universe not want you to have more of it to do more good?

to do more good? >> Absolutely. >> Absolutely. >> Absolutely. >> And you need to have within your own >> And you need to have within your own life within that you can't be scratting life within that you can't be scratting around for every penny and struggling around for every penny and struggling because you're not going to be able to

because you're not going to be able to give as good as you need to. So I'm not give as good as you need to. So I'm not suggesting that people should be suggesting that people should be >> greedy.

>> greedy. >> greedy. That's the wrong energy completely. It's That's the wrong energy completely. It's enough. enough. enough. >> Yeah. >> Yeah. >> Yeah.

>> So that you can give the best of >> So that you can give the best of yourself. yourself. yourself. >> So yeah, I completely agree with that as >> So yeah, I completely agree with that as well.

well. well. >> Yeah. Wealth isn't only about money. >> Yeah. Wealth isn't only about money. >> In my opinion, money is a small part of >> In my opinion, money is a small part of it.

it. it. >> Yeah. >> Yeah. >> Yeah. >> The biggest part of wealth to me is your >> The biggest part of wealth to me is your health. health. health. >> Yeah.

>> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> And no amount of money can buy that. >> And no amount of money can buy that. >> Absolutely. Yeah. >> Absolutely. Yeah.

>> It might get the best surgeon in the >> It might get the best surgeon in the room, room, room, >> but if what you've got isn't treatable, >> but if what you've got isn't treatable, >> doesn't matter, does it? But going back >> doesn't matter, does it? But going back to energy and health, to energy and health, if we are coming at things from our if we are coming at things from our heart, integrity, our soul's purpose heart, integrity, our soul's purpose with that beautiful energy and flow, with that beautiful energy and flow, >> how gorgeous is that for ourselves and >> how gorgeous is that for ourselves and our bodies our bodies >> and and wellness and overall physical >> and and wellness and overall physical health?

health? health? >> Yeah. >> Yeah. >> Yeah. >> It's got to reduce your cortisol, hasn't >> It's got to reduce your cortisol, hasn't it? Which is a big culprit of for all it? Which is a big culprit of for all sorts of things that go wrong.

sorts of things that go wrong. >> Yeah. Yeah, >> Yeah. Yeah, >> you know, and reduce your internal >> you know, and reduce your internal inflammation, which we all know now is inflammation, which we all know now is massive.

massive. massive. >> In being derogatory to our health, >> In being derogatory to our health, >> so yeah. >> so yeah. >> Yeah. >> Yeah. >> Yeah. >> I congratulate you on what you're doing.

>> I congratulate you on what you're doing. >> Oh, thank you. [laughter] >> Oh, thank you. [laughter] >> Yeah. I just feel really blessed that I >> Yeah. I just feel really blessed that I found some I've found found some I've found um I found this or I've been given this um I found this or I've been given this really. actually they've not found really. actually they've not found anything. and I've been given it and I anything. and I've been given it and I feel very blessed that I've been given feel very blessed that I've been given it and I feel very blessed for every it and I feel very blessed for every single person that's that's in our in my single person that's that's in our in my community and wanted to step forward for community and wanted to step forward for that that that >> and I feel very blessed to be in the >> and I feel very blessed to be in the networks that I'm in and the meet the networks that I'm in and the meet the beautiful people that I meet include you beautiful people that I meet include you know when you I met you through a know when you I met you through a networking networking networking >> beautiful networking group um >> beautiful networking group um >> I just feel very blessed that I can >> I just feel very blessed that I can exist in in all of this it's wonderful exist in in all of this it's wonderful >> and you've become open enough to >> and you've become open enough to receive. Yeah. All of that and receive. Yeah. All of that and unblinkered so that you can see it.

unblinkered so that you can see it. >> I'm all for everything. I'm for >> I'm all for everything. I'm for everything. I'm open to receiving big everything. I'm open to receiving big time.

time. time. >> Which I guess doesn't happen overnight >> Which I guess doesn't happen overnight either. either. either. >> No. >> No. >> No. >> No. >> No.

>> No. >> And starts here with >> And starts here with >> I am worthy of this. >> I am worthy of this.

Why not you?

>> Yeah. Because everybody stands on the >> Yeah. Because everybody stands on the shoulders of giants. It doesn't matter shoulders of giants. It doesn't matter who it is. Einstein, Tony Robbins, every who it is. Einstein, Tony Robbins, every single person was started from the same single person was started from the same thing and from the soul from from the thing and from the soul from from the shoulders of giants and from the divine shoulders of giants and from the divine and and and everything.

and and and everything. >> They've created what they've created and >> They've created what they've created and you know have impacted the world. I you know have impacted the world. I impact the world. You impact the world.

impact the world. You impact the world. One thing that I learned very early on One thing that I learned very early on as part of my spiritual journey was that as part of my spiritual journey was that I am no different to anybody else. I am I am no different to anybody else. I am I am an equal. And it doesn't matter who I am an equal. And it doesn't matter who literally they are, past, past or literally they are, past, past or present. I am an equal. And so one thing present. I am an equal. And so one thing that I used to say to myself at the very that I used to say to myself at the very very beginning was why not me? Why not very beginning was why not me? Why not me? But why not me?

me? But why not me? >> Yeah. >> Yeah. >> Yeah. I've got I' I've I've been given and I've got I' I've I've been given and blessed with everything that the same as blessed with everything that the same as everybody else. So why not me?

everybody else. So why not me? >> And so now I want to say why not you >> And so now I want to say why not you >> and why not you and why not you and why >> and why not you and why not you and why not you? So I I want people to to openly not you? So I I want people to to openly say why not me and just say why not me and just >> there's no there's no trick to it. We >> there's no there's no trick to it. We just have to be ourselves. And to be just have to be ourselves. And to be ourselves we have to love ourselves.

ourselves we have to love ourselves. All of ourselves, warmth and all. All of ourselves, warmth and all. That's what you are. That's what you That's what you are. That's what you were given. So that's it.

were given. So that's it. >> Yeah. [laughter] >> Yeah. [laughter] And that's the nub of it really, isn't And that's the nub of it really, isn't it? it?

it? >> It starts within. >> It starts within. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> Yeah. >> And manifests out. How lovely. Oh gosh, >> And manifests out. How lovely. Oh gosh, I've enjoyed that.

I've enjoyed that. >> What a lovely story you've got. And I >> What a lovely story you've got. And I love the literal color representations love the literal color representations that you used that you used >> and the way you've described things. I >> and the way you've described things. I think my audience is going to love this.

think my audience is going to love this. Thank you, Pam. Thank you, Pam. >> A thank you so much for inviting me. >> A thank you so much for inviting me.