Jenny McFadden: Okie doke, welcome! So, we're up to workshop 4!

Jenny McFadden: We've made it this far, it's good!

Kristen Howarth - Women Unleashed: Happy!

Jenny McFadden: Thanks for your feedback on, what's working, what you want to see extra. Just to give you some feedback on that before we start is…

Jenny McFadden: What most of you have said is, we… I want more practice.

Jenny McFadden: In one way or another.

Jenny McFadden: So, that's what I'm gonna do, is I'm gonna do… I'm not gonna bring anyone else in, I'm gonna do Workshop 5 and 6 as further practice.

Jenny McFadden: What I would like to know, because Renee suggested, what about if we did breakout rooms in Zoom?

Jenny McFadden: Where we go in pairs, or something like that, and then we practice actually with each other.

Jenny McFadden: And I was thinking, yeah, that's a good thing, but we… I don't think we could do a whole session, because that would take a whole session. Or we could do that, if that's what you want. I mean, maybe we could practice the first session… first section together, which is, like, the questioning part. So we each bring something that we think we're working with, and then…

Jenny McFadden: It's, it's like that, you know, we take turns to get the first part sorted out.

Jenny McFadden: give ourselves, you know, I don't know, 20 minutes or something to sort out each, because sometimes it can take longer.

Jenny McFadden: just getting the emotions and the specific thoughts. What do you think?

Jenny McFadden: Or do you prefer to do it as a group?

Jenny McFadden: Or, you know, what's your… What do you face?

Kristen Howarth - Women Unleashed: I don't mind watching you do stuff, like, if you're doing something with someone, though, I can't… do me.

Jenny McFadden: Duck!

Kristen Howarth - Women Unleashed: Like, it just… and I just… and I'm sort of like, what the hell? Like, you know, and I'm trying to… I get a drop-in, and then you say something, and then I go, and I'm like.

Jenny McFadden: Yeah, yeah.

Kristen Howarth - Women Unleashed: too convoluted, so…

Jenny McFadden: McDonald.

Kristen Howarth - Women Unleashed: I mean.

Jenny McFadden: That didn't work.

Kristen Howarth - Women Unleashed: what?

Sorcha Fraser-Swatton: None.

Kristen Howarth - Women Unleashed: That's alright, and it's… this is what we're here for. This is here… we're here to, you know, give you as much feedback and…

Jenny McFadden: Totally.

Kristen Howarth - Women Unleashed: what works, you know, going forward. So we get… I get that, that that's, you know, part of the… part of the lesson, you know, that's the… that's the… the joy of being the testers. But yeah, I mean, I… I do enjoy…

Kristen Howarth - Women Unleashed: watching you with someone. Obviously, you can't do all of us individually in a whole session, in a…

Kristen Howarth - Women Unleashed: spot, but I'm sort of happy to sit back and just witness someone else having a turn if they feel drawn to be the person. Like, I don't need to put my hand up and go, well, pick me. But that still, like, just to take notes of, you know, things that you say in the moment, or whatever, like, that, I find that is…

Jenny McFadden: They're so…

Kristen Howarth - Women Unleashed: more beneficial in a training capacity versus going into a breakout room where you don't have you giving that feedback, like…

Kristen Howarth - Women Unleashed: Yeah, we could, we could technically do that.

debby: I like that idea, too. I like that effect. I agree with Kristen that that's… that's much easier. I couldn't imagine, even when I did that, my session and you did it on me, I couldn't imagine being able to do it on the.

Jenny McFadden: So you don't feel confident enough yet going off and doing it in a pair?

Jenny McFadden: You still want to have more equals?

Kristen Howarth - Women Unleashed: We're here for your feedback, and if we're in a different room and stuff, you're not… it's sort of like, we could technically, you know, if people have time, we could technically say, okay, well, I'm going to meet up with you.

Kristen Howarth - Women Unleashed: or whatever, and then come back to class with something. But to be in another breakout room, we might as well just be doing it a different day with a different person.

Jenny McFadden: Well, apparently…

Kristen Howarth - Women Unleashed: You know what I mean?

Jenny McFadden: Apparently, apparently I can, because I looked it up after Renee says that, I can, I can, as the moderator, go into the other rooms.

Kristen Howarth - Women Unleashed: Hmm.

Jenny McFadden: So if you were in another room, I can go in there and go, what's happening?

Jenny McFadden: How's it going?

Jenny McFadden: The only… the only drawback with that is…

Jenny McFadden: If I'm not… if I don't stay in the main room and am working with someone, everyone who, is trying to watch the replay will not get anything.

Kristen Howarth - Women Unleashed: Yeah.

Jenny McFadden: Oh, Laura's here. They won't get… because if you're in breakout rooms, it doesn't record it.

Jenny McFadden: Yeah. It only records the main room. So that's the… that's the downside of… I realized, I thought, okay, this is a good idea, but then, if you miss that session, you won't get to see…

Jenny McFadden: You won't have any… Have any, like, anything to watch.

Kristen Howarth - Women Unleashed: Okay, I've got another suggestion. What if… if the one… again, it's still just one person getting the work, but as far as…

Kristen Howarth - Women Unleashed: like, we could take turns in the different sections, so I do realize that, yeah, there probably would be,

Kristen Howarth - Women Unleashed: You know, only one person getting the actual…

Kristen Howarth - Women Unleashed: healing, whatever. But, you know, we could step into that mode. So, like, you could start off the…

Kristen Howarth - Women Unleashed: With that one-on-one, and then one of us could do, like, the next section, one of us could guide.

Jenny McFadden: Oh, yeah.

Kristen Howarth - Women Unleashed: The next section, like, so that way…

Jenny McFadden: You too.

Kristen Howarth - Women Unleashed: a practice in certain parts, and then you wouldn't replay that with them. But what about…

Jenny McFadden: What about if we did that, and whoever wants to volunteer to do that, who feels like, not that you have to, right?

Jenny McFadden: Hi, Laura!

Kristen Howarth - Women Unleashed: Yep.

Jenny McFadden: We're discussing, what, what we think could work.

Jenny McFadden: As far as, like, practice goes, like, how could we run that? And…

Jenny McFadden: What do you think about that idea, then? Like… Is someone…

Jenny McFadden: I think you can potentially do that if you're watching the whole thing.

Kristen Howarth - Women Unleashed: Yeah, like, if we're all here together.

Jenny McFadden: And

Kristen Howarth - Women Unleashed: You start, and then someone else takes over, like, to talk through the, like, the linking the dots.

Jenny McFadden: Whoever…

Kristen Howarth - Women Unleashed: Yeah, whoever wants to actually practice and…

Jenny McFadden: And then I can support them if they…

Kristen Howarth - Women Unleashed: Because people… some people learn by watching, some people learn by doing, so they might need to actually participate and have a chat with whoever is the…

Jenny McFadden: Yeah. Okay.

Kristen Howarth - Women Unleashed: person.

Jenny McFadden: How does that sound to everyone else?

Kristen Howarth - Women Unleashed: tomorrow.

Jenny McFadden: sound like the possible.

Jenny McFadden: Does that sound like.

LAURA: I'm like.

Jenny McFadden: yeah, I'd be up for that, or I'd rather just watch, or what, you know.

Jenny McFadden: Where are you at?

Jenny McFadden: Put your, put your mic on, Renee. Put your mic on.

Renee: I didn't understand what the option was.

Jenny McFadden: Say that again?

Renee: Yeah, I don't know what you're asking.

Jenny McFadden: So, just before you got here, I was saying that

Jenny McFadden: you made the suggestion, which I thought was really good, about going into breakout rooms in Zoom to practice with each other, and I thought maybe we could practice a section, you know, so that, because, you know, doing the whole thing takes quite a long time, generally. Or it takes, you know, at least 45 minutes, really, I think. And

Jenny McFadden: And I was saying, that's a possibility, but then…

Jenny McFadden: Deb was saying, I don't think I'm ready for that yet.

Jenny McFadden: And then, I was saying, Dan, you've downside, like, I could go and help, because

Jenny McFadden: Kristen was saying that, well, yeah, but what if we need some help? And I said, well, I can go into the breakout rooms and support. The only problem is that if, in the recording, if anyone is not here, they won't get any of that, unless I stay in the main room, and I'm working with someone.

Jenny McFadden: Doing a demo, whoever's… whoever is, not here won't get anything.

LAURA: Jenny, what if… what if you just, like, started us?

LAURA: And we started, and we got our numbers, and then what if people volunteered? So let's say we work with, like, 3 numbers.

LAURA: per session.

LAURA: What if you worked with one of the numbers with me, one of the numbers with Renee, and one of the numbers with…

LAURA: Debbie, let's say. So you're only doing, like.

LAURA: A piece with each of us.

Jenny McFadden: Yeah.

LAURA: That way we're getting, like, one-on-one.

LAURA: But then everybody's getting to view it, too. Like, watch you ask the questions.

Jenny McFadden: Right.

LAURA: I know we're all in the group together.

Jenny McFadden: So there's two… thanks… thanks, Sora. That's good. There's two things here. One is…

Jenny McFadden: Watching me do it, and learning through watching.

Jenny McFadden: The second thing is learning through doing it yourself.

Jenny McFadden: So we're trying to look for both. How do we do both those things? Or…

Jenny McFadden: are you not ready for that? Like, because I know some of you are more… like, you have had a lot of experience, and you're still working in this, some less, right? So it's like, where everyone's going to need something slightly different, or feel… maybe have a different level of confidence, depending on what you've been doing already in the past, etc.

Jenny McFadden: So… How do we… Do both.

Jenny McFadden: So how… so let me ask you this.

Jenny McFadden: My first question is, is it more important to you to have your own experience.

Jenny McFadden: Is that the… is that the thing? Because that's the thing I said at the beginning that we would be doing in these workshops, is you would have your own experience, right? So that you are continuing… continuing to use it on yourself.

Jenny McFadden: It's because, to me, that's really important. Like, learning to use it with someone else is based on your own experience, usually.

Jenny McFadden: Learning to get… you're learning to actually do it, but you're also having your own stories and your own understandings of what happens internally for you.

Jenny McFadden: Is that more important? What comes first? Is your own experience, and so that you actually know this really works, and things change.

Jenny McFadden: I've cha- like that, it works for me every time, something happens, right? That's really important for you, taking it when you work with someone else. Is it… what comes next? Is it watching me do it?

Jenny McFadden: is it practicing with someone else? Because, you know, ideally.

Jenny McFadden: In between sessions, you'd practice on yourself or with someone. That's the way to practice, you know, that's what I would be hoping that you'd be doing, to sort of… if you use it yourself, then you take it to someone else and go, can I just try this with you?

Jenny McFadden: And see what happens.

Jenny McFadden: Or, practice on yourself again.

Jenny McFadden: So it's sort of like I'm trying to figure out how do we Get all of those things.

Jenny McFadden: So that you get every aspect. What's important to you, individually?

LAURA: Number 1 and number 2.

Jenny McFadden: You're on the outcome?

LAURA: my own experience and watching you do it.

Jenny McFadden: Teaching me. Okay.

Jenny McFadden: Tell me, tell me what you want.

debby: I… I personally like to… Watch whoever it is that's…

debby: like, in front of me, because I always seem like I get something new.

debby: When I see you doing the session with somebody else in the group, Yep.

debby: I think I probably would like that one more time, and then…

debby: My issue is finding the candidates to practice on. Yep.

debby: I would like to bump that up during the two-week break.

debby: But I think I would… yeah, that's personally where I'm at. I would like to watch… keep watching.

Jenny McFadden: Okay.

Jenny McFadden: Good Thanks, Tim.

Jenny McFadden: But I'm…

debby: I'm gonna go with the group, you know, whatever the majority is, it's no problem at all.

Jenny McFadden: Alright, Renee says both.

Jenny McFadden: So that means… you meaning, like, getting your own personal outcome and watching.

debby: Yep.

Jenny McFadden: Yeah, okay, because I know that you've had… you've had experience of actually doing it, too, in…

Jenny McFadden: You know, so I know that's useful. If we were together in person, that's probably… that's probably what I would do, because then I would be able to go around in person and listen to what everyone was doing.

Jenny McFadden: And that's what I find with… it's a bit limiting in that respect, you know, my,

Jenny McFadden: For training. But anyway, we work with what we got.

Jenny McFadden: Thanks.

Jenny McFadden: Sorca, what about you?

Sorcha Fraser-Swatton: Having watched Debbie yesterday from last…

Sorcha Fraser-Swatton: Because I only caught up on the replay yesterday.

Sorcha Fraser-Swatton: I'm very, very much, watching what others are going, because I find that, you know, there's always something.

Sorcha Fraser-Swatton: And I'm with you on the 210 tabs, Deb.

debby: Yeah.

Sorcha Fraser-Swatton: Absolutely! So yeah, so I find… I find it really interesting, because there's always something in what someone else says that, that speaks to you, and stuff, but…

Sorcha Fraser-Swatton: Yes, definitely watching… watching the process. I'm useless at doing it myself. My… the 200 tabs are open all the time, and my focus goes everywhere, and it's, you know… Alright.

Sorcha Fraser-Swatton: Okay. Just nuts, so…

Jenny McFadden: So, I'm having…

Sorcha Fraser-Swatton: That's done on me to, you know, happy to be a guinea pig or whatever all the time, so…

Jenny McFadden: Alright.

Sorcha Fraser-Swatton: We never know.

Jenny McFadden: And, Kristen?

Kristen Howarth - Women Unleashed: Yeah, so I would… I would say watching you do the process, just because I can sort of follow the pattern and take notes and… and that sort of thing. I don't…

Kristen Howarth - Women Unleashed: if it's, like…

Kristen Howarth - Women Unleashed: I think I'm actually probably better just to watch you with someone else, just as the observer, because I think, personally, I could sit here any day of the week and do myself.

Kristen Howarth - Women Unleashed: And I feel confident enough that I can, sort of.

Kristen Howarth - Women Unleashed: you know, pick up the pieces and get that sort of flow happening and inquire enough to get the answers, just, you know, I've got enough other tools and techniques. So I sort of feel like, yeah, this is the prime opportunity that you as the facilitator shows us.

Kristen Howarth - Women Unleashed: Okay. In a practical sense, is my…

Jenny McFadden: Okay, alright.

Kristen Howarth - Women Unleashed: But yeah.

Jenny McFadden: Alright, that's good. Can I just ask, who of you feels already confident enough

Jenny McFadden: you could… you'd be… you want to, like, jump in… if I was starting… if I started off, or you could start it off if I were doing… if I was doing a demo, right? Because maybe we're focusing on different areas, that you go, yeah, I want to… I want to jump in and have a go. Who… who feels like you're ready to do that? Like, you want to actually… okay, Renee, perfect.

Kristen Howarth - Women Unleashed: Yeah.

Jenny McFadden: Okay, so I'm going to talk with you about that.

Jenny McFadden: And have you, jump in.

Jenny McFadden: Do you want to do it today?

Renee: I can't stay the whole lesson today, sorry.

Jenny McFadden: No worries. Next time!

Renee: I would… yeah, next year.

Jenny McFadden: Alright, so let me know for the next one, and you can sort of tell me which part you want to do, because maybe.

Renee: Picture.

Jenny McFadden: Pick some… pick the area that you want to most… the section that you most wanna…

Jenny McFadden: jump in with, yeah?

Renee: Perfect.

Jenny McFadden: Excellent. I like this. Alright.

Jenny McFadden: Okay, so, deb, how did you go with the 210 tabs?

Renee: I'm so sorry.

debby: Sorry, my dogs are going apeshit, so…

Kristen Howarth - Women Unleashed: Correct.

debby: I had to mute myself.

debby: Yeah, I have felt a lot better, and there's a lot more, how do I explain it? There's a lot more, calmness around…

debby: having so many things going on, like, I used to just… yeah, it… it's not like I only have one tab, open mine on my computer.

Jenny McFadden: Of course not.

debby: It hasn't, like, dramatically changed that kind of way that I look at things, but, somehow the feeling around it has…

Jenny McFadden: Fantastic.

debby: has shifted.

Jenny McFadden: And that's the point.

Jenny McFadden: That's the point, is the tabs are the result of…

Jenny McFadden: Are the patterns driving it, right?

debby: It felt like, oh my god, I had an aha moment when I connected at why I operate like that. And then it doesn't seem to be so much of a, oh my god, I've got so much to do, I've got all this to do, and I need to get through it. Like, the chatter has kind of…

debby: Disappear.

Jenny McFadden: And…

debby: Yeah, quietened, exactly.

Jenny McFadden: That's great!

debby: I think so too.

Jenny McFadden: That's what you want. I mean, that's a… that's a core… that's a change at your core.

Jenny McFadden: Not something you've had to do, if you know what I mean.

debby: Yeah, it's like, it just… it gave me freedom.

debby: Funny that? That I didn't know that…

debby: Quantum freedom formula? Yeah, it did give me… it gave me freedom, because I didn't realize that I wasn't free.

Jenny McFadden: Yes.

debby: in that area.

Jenny McFadden: And don't you love how you, like… this is… this is the… this is one of the key things, like, that I… every… I… I… every time I go.

Jenny McFadden: I thought that was a normal reaction. Like, for myself, right? When I do it, and then it changes, and then I…

Jenny McFadden: I feel like…

Jenny McFadden: I thought the way I was responding was normal to respond like that, because, you know, you've got a lot of things going on, and you've got, you know… it's like, well, of course I would respond like that, and then when it's gone, you go, no, actually, it wasn't.

debby: Yeah.

Jenny McFadden: there was something else driving this, and that's what I really…

Jenny McFadden: am amazed by a lot, that I… and I think we all do that. We think that, well, of course, you know, I'm upset about this, because that's happened, or whatever, and so we're doing this external thing, like, well, it's that we look for the story about, well, it's because of that that I'm feeling this.

Jenny McFadden: And, and then we suddenly realize when it's not there, or when it's quietened, you go, oh…

Jenny McFadden: Actually, no.

Jenny McFadden: was within.

Jenny McFadden: Amazing. Good, thanks, Deb, thanks for the update.

Sorcha Fraser-Swatton: Fantastic.

debby: Thank you for everybody that gave me the chance to

debby: look at it, because it was not something that was on a conscious level until I thought about it.

Jenny McFadden: Yep.

Jenny McFadden: It's brilliant.

Jenny McFadden: Thank you for sharing, and it's confirmation again. Anyone else got a story they want to share, about what's going on? Laura.

LAURA: I was telling Jenny, I think earlier this week, I used…

LAURA: So I kind of marry Quantum Freedom Formula with my body coding.

LAURA: And, I used it with a client

LAURA: Last week, or maybe 2 weeks ago.

LAURA: But she is very,

LAURA: Victimy, and everything's somebody else's fault, and she doesn't take ownership for her stuff, ever.

LAURA: And I've been working with her for about a year and a half, and so…

LAURA: I usually bring in the quantum freedom formula.

LAURA: when we get stuck on the same thing over and over again, so I thought she was, like, ready for this, and she was not very receptive to it, and so I got… I feel like I got a little…

LAURA: Stuck, because she…

LAURA: Wasn't seeing how… even when we, like, okay, connect to your guides, whoever your higher power is, and just ask them to tell you what numbers we need to work with.

LAURA: And so, she did that part, but when we got to the numbers and I started explaining what they were, she just could not…

LAURA: Either wouldn't or couldn't see Her peace in this, and so…

LAURA: We got kind of stuck, and it didn't…

LAURA: I don't think it felt good for either one of us, and I didn't really know how to, like, redirect.

Jenny McFadden: Yeah, great… this is a great experience.

Jenny McFadden: And this is,

Jenny McFadden: exactly feeds into… you know I've talked about the principle on which quantum freedom formula is based.

Jenny McFadden: Which is internal control.

Jenny McFadden: And that we create a whole of our reality.

Jenny McFadden: And this is where the rub hits the road here.

Jenny McFadden: For us, personally, as practitioners, but when we're working with someone.

Jenny McFadden: That our… most people in our world still have what I would call an external… they believe in the… they're living in the external paradigm. And the external paradigm is, what is outside of myself is making me feel a certain way.

Jenny McFadden: Usually it's, I'm doing this, usually it's in action, right? Because it's very easy to say, well, you know, the chair doesn't make me sit on it.

Jenny McFadden: Right, so objects don't control me. We agree on that.

Jenny McFadden: And then we kind of agree on, well, you know, when this per… when they… when they said that to me, they made me really angry. And so I, blah, blah, blah, blah, whatever, right? And they… and they shouldn't be, and they… and therefore, it's their fault that I… and, you know, that is still the external thing.

Sorcha Fraser-Swatton: Boom.

Jenny McFadden: But the hardest thing for us to really accept, and this is… I'm gonna make some more videos about this, because it's really important, is…

Jenny McFadden: We Need to, realize that we are internally motivated.

Jenny McFadden: The reason why we do things is because

Jenny McFadden: Our perception of… it's the way we perceive the world throughout thoughts, feelings, beliefs, etc.

Jenny McFadden: That we have a choice about how we respond.

Jenny McFadden: It doesn't feel like a choice, sometimes.

Jenny McFadden: But the truth is, nobody can make you feel anything.

Jenny McFadden: If I… if I had that power, right now, I could make you feel happy. I would love that!

Jenny McFadden: I would love to make you feel joy and love, and… but I can't do that.

Jenny McFadden: But yet, we still have this… this paradigm that we live… most people are living in, and the biggest one I hear, I've said this before, is on the news. Every time I hear it, it says, how did that make you feel?

Jenny McFadden: That is the external paradigm in a classic statement over and over, and the person goes, oh, and you can see they're in victim mode straight away.

Jenny McFadden: Oh, you know, the, the… That our language is keeping us stuck in this, external paradigm.

Jenny McFadden: So, when you get someone that is really in that, still in that paradigm, that's what you've got to work with first.

Jenny McFadden: you can't bring the… if you try to bring the quantum freedom formula in, you're, like, gonna get Laura, like, Laura's client.

Jenny McFadden: You're gonna get resistance, because you're asking her to take responsibility.

Jenny McFadden: For where things… that's coming from within her, and that is she's not ready for that.

Jenny McFadden: That's what you're asking her to do.

Jenny McFadden: And she just can't do it, because to do that would mean giving up.

Jenny McFadden: And taking responsibility, it would be giving up the victim, it would be giving up the blame, it would be giving up the, you know, the reason why she thinks that she is the way she is, and why this is happening.

Jenny McFadden: Because it's really… it's that whole thing of, like, it appears that…

Jenny McFadden: what outside… what's outside of us is causing it. That's that stimulus response psychology. You know about that, right? It's like, there's a stimulus out there, and it causes a response. And we know that that is not accurate. It's not true.

Jenny McFadden: If we could.

Jenny McFadden: We control our children.

Jenny McFadden: They would do what we don't want, right?

Jenny McFadden: Right? It just doesn't even work out like that with animals, you know? It's like, they've got their own mind, they're operating from inside. The reason why we do what we do is because in some way.

Jenny McFadden: It allows us to be who we want to be. Whatever beliefs we're operating from, whatever thoughts and feelings we have as a result of that, whatever we're perceiving out in the world, because we all have this filter that we see the world through.

Jenny McFadden: Which is why we all respond differently.

Jenny McFadden: bring in… I create the whole of my reality. The next step to that is, not only are, is the outside not controlling us, I'm actually creating a lot of my… I'm creating all of my reality, not a lot, all of my reality, mostly unconsciously.

Jenny McFadden: From my frequency.

Jenny McFadden: So whatever my frequency is, that's why finding the way that we bring ourselves back to balance, finding the way that we find our alignment, finding the way that we, can find the way I can think about this person, or, see this situation.

Jenny McFadden: how I can change what I'm doing internally and unconsciously will change

Jenny McFadden: how I respond, and what shows up in my life.

Jenny McFadden: I mean, we are still… we are internally… we're working in this physical realm.

Jenny McFadden: In a physical body, we have a brain that can think.

Jenny McFadden: We have emotions that we're experiencing.

Jenny McFadden: And we have a lot of ways that we can shift that frequency. We can do it consciously through, we can use meditation, we can use, you know, psychology, we can use therapy, we can use… there's all kinds of ways to shift how… I can't tell you the number of times, you know, in my background in training is in psychology, that…

Jenny McFadden: the questioning process that you've got a little bit of at the beginning of the Quantum Freedom Formula is so powerful. When someone has a perception shift.

Jenny McFadden: In something that they suddenly are able to shift how they're seeing themselves or someone else.

Jenny McFadden: You just see this transformation happen, and you can… it happens in front of your eyes.

Jenny McFadden: So, there are different ways, and we've all learned and have experiences in what we've learned in life, modalities we've learned, things like that, you know, experiences we've had that we know

Jenny McFadden: We can change who we are, how we are, if we decide

Jenny McFadden: to work, you know, in many different ways. There's lots of different ways to get to the same outcome.

Jenny McFadden: And the quantum frame formula is…

Jenny McFadden: Takes a lot of those different, really, powerful pieces and puts them all together.

Jenny McFadden: In a way that acknowledges I'm internally controlled.

Jenny McFadden: Because most people don't even realize, like I've said, they're aware of their feelings. Most people are not even aware that there are thoughts connected to those feelings.

Jenny McFadden: So we're even starting with this really…

Jenny McFadden: a powerful piece that someone actually realizes that that is what I'm telling myself when I'm feeling this way. You can't separate them, they're just not aware of it.

Jenny McFadden: And…

Jenny McFadden: To be able to take someone through the quantum freedom formula, they need to… if they're in victim mode, you're going to have to do a bit of work with them around that first.

Jenny McFadden: And that's where it gets… some other expertise starts to come in.

LAURA: So when you see that surface, Like, where… Where do you lead them.

Jenny McFadden: When I see that… when I see someone's in victim mode.

LAURA: That, that, yeah, that blaming others, it's…

Jenny McFadden: Yeah.

LAURA: It's my husband's fault, it's my parents' fault, it's everybody's fault but mine.

Jenny McFadden: If they're… if they're really stuck.

Jenny McFadden: It's a good question. I can't tell you offhand what I would do straight away, I just know what to do.

Jenny McFadden: When I hear it.

Jenny McFadden: So, let me think for a second.

Kristen Howarth - Women Unleashed: Do a practice.

LAURA: Okay, I'm just gonna give you an example. I'm gonna give you an example.

Jenny McFadden: It's good to… it's good to roleplay. This would be a good roleplay.

LAURA: Well, I'm gonna give you an example. So she says.

LAURA: you know, me and my husband, we have this whole life planned, this is what we are gonna do, and he… he's not sticking to the agreement, it's all his fault. And I keep trying to, like, rescue him from alcoholism.

LAURA: And it keeps not working, and he doesn't care, and he's… I can't change him.

Jenny McFadden: Yep.

Jenny McFadden: She's right.

LAURA: all very true, you know what I mean?

Jenny McFadden: So I would be asking her questions about, like, So,

Jenny McFadden: Well, what is it that you want?

LAURA: What, what…

Jenny McFadden: What do you want? Like, I haven't got a solution here, but I ask you, what do you want? Like, what is it that you want? And usually what someone will tell you is what they want someone else to do.

Jenny McFadden: Well, I want him to do blah blah blah, or I want the world to give me blah blah blah, and I'll go…

Jenny McFadden: Is that working?

Jenny McFadden: So, have you tried that already, or…

Jenny McFadden: How long are you willing to keep doing that? Keep trying that, then?

Jenny McFadden: Like, there are evaluation questions, and there's all different types of questions, and this is the other training that I…

Jenny McFadden: taught at university and taught other practitioners and people, health professionals and things like that, right? This is what I taught them to do. It's like how to ask powerful questions, and it's based on internal control. It has to come from that paradigm.

Jenny McFadden: Otherwise, you ask, you know, like, what I'm saying is, they sound like they're questions, but they're based on a really important foundation.

Jenny McFadden: And so, it's something I can teach you, if it's something you want to learn more about. So I would… and maybe I can demonstrate for you, but I… that's where I would start.

Jenny McFadden: Because I just want to find… what I'm looking for when I'm working with someone is, and if I'm just doing it through questioning, is… where's… where's her strength? Like, what is it that she actually wants? What can she control?

Jenny McFadden: Which is only herself, really. That's what I'm looking for.

Jenny McFadden: Or what part of her life can she control? What options has she already come up with?

Jenny McFadden: And who does she want to be in this relationship?

Jenny McFadden: Like, I want to explore the depth of, like, well, who do you want to be?

Jenny McFadden: Are you okay? Like, when I ask that question, I'm looking for…

Jenny McFadden: In this situation, not generally speaking, but in this situation, this difficult situation.

Jenny McFadden: What kind of person do you want to be to handle this? And she might say, What?

Jenny McFadden: confident.

Jenny McFadden: Like, I'm looking for a description of… because the only thing we can really control is who we are and who we decide to be in any situation.

Jenny McFadden: Can't control how the… what the other person does.

Jenny McFadden: Like, that's just feedback.

Jenny McFadden: And I go and said, what do I want?

Jenny McFadden: And sometimes that's the most difficult thing, because that actually means what she wants doesn't match what's happening right now.

Jenny McFadden: And when that doesn't match, that's scary.

Jenny McFadden: But she can't control the other person.

Jenny McFadden: And so what she's really, she's really stuck in, I want him to change, because if he changed, then we could do the things we said we could do.

Jenny McFadden: Right?

Jenny McFadden: But what happens if he doesn't want to do the things, or can't do the things he said he wanted to do?

Jenny McFadden: Are you okay staying?

Jenny McFadden: And if you did, What are you gonna have to think about? You tell yourself about that.

Kristen Howarth - Women Unleashed: I think you also need to ask, how do you want to feel? Like, bring it back to the emotion as well. Like, not just what do you want to do about it.

Jenny McFadden: No, no, no, no, no, no, you're quite right.

Kristen Howarth - Women Unleashed: I feel about it.

Jenny McFadden: Yes. The feeling comes a bit later.

Jenny McFadden: or there's a specific process, that's getting down to the detail. Usually, I'm starting with bigger picture. What do you want here?

Jenny McFadden: Right? And then there's a specific process that it's called reinventing yourself, where it's like, okay, so tell me how you're feeling about this, what are the thoughts?

Jenny McFadden: how would you rather be feeling about this? What are the thoughts? And then, that's the creative part, because that's the part they're not being. She's not being, and doesn't know how to be, because she hasn't been… had to deal with this situation ever before.

Jenny McFadden: So, you know, it's, it's… that's, that's the process that I would…

Jenny McFadden: When they're really stuck like that,

Jenny McFadden: They're stuck because they can't see the way out of what they're looking

Jenny McFadden: What she wants to have happen, Can't happen.

LAURA: Right.

Jenny McFadden: Because he's not done his part.

Jenny McFadden: And she can't control that. Totally.

Jenny McFadden: So she's got to decide, well then, how, you know, who do I want to be here?

Jenny McFadden: that's the road I would take her down. So it's like, that's where it starts.

Jenny McFadden: Because the reason why she's feeling like she does, is she hasn't… she's got nowhere to go with this.

Jenny McFadden: And that's… it's a really tough one, because that's kind of the situation where you find yourself in, well, am I going to stay, or am I going to go? This is really the question here.

Jenny McFadden: And that's not an easy thing to have to face.

Jenny McFadden: So it's easy to blame them. It's easy to blame the other person and go, well, that they didn't let that… and angry, and whatever.

Jenny McFadden: So, yeah, it's not… not a… That's a tricky one.

LAURA: No, it is. But I do like this idea of, like, reinventing yourself, and looking at her strengths, and…

Jenny McFadden: Yep.

LAURA: Knowing… knowing you're not… That he's not capable of this any longer.

LAURA: Are you willing to just stay in this muck, or…

Jenny McFadden: Yeah.

Jenny McFadden: Where do you want to stay.

LAURA: And what does that look like? Yeah.

Jenny McFadden: She might… she might find a way that she can… if she… when she's reinvented

Jenny McFadden: herself out of the victim into the… whoever it is she wants to be, whether it's confident, strong.

Jenny McFadden: a proactive… I don't know what you would describe herself as, right? But you gotta… you gotta find them, and then you gotta find the specific thoughts that go with that, if you were being that person.

LAURA: Okay.

Jenny McFadden: And that's where… so you suddenly go, oh, like, this whole other thing starts, because they've initially never had those thoughts before, and it's a very creative situation to take someone through, and…

Jenny McFadden: it takes a lot of energy for them, because you've actually got to… like, for example, it's the reverse of what we do in quantum freedom formula, which is… so you're feeling like this, and you… you feel… what are the thoughts you're having?

Jenny McFadden: And then we do… so who is it, ideally, in the same situation? Like, not somewhere else, but this exact situation.

Jenny McFadden: How would you rather be feeling?

Jenny McFadden: Like, who is it that you want to be? What are the thoughts, what are the feelings you'd be having? Alright, so she'd be feeling… oh, I'd be confident, I'd be strong, I'd be,

Jenny McFadden: And it's gotta be only about her, not anything about him.

Jenny McFadden: And then you say, so, what does a confident person tell themselves in this situation?

Jenny McFadden: What's a comfort person say? Have you ever been in a situation like this? What did you tell yourself? Do you know someone who's been… what do you think they were telling themselves?

Jenny McFadden: Right? And so, this is a reinventing yourself.

Jenny McFadden: And usually what happens here, by the time you get to the end, they've got maybe 3 or 4,

Jenny McFadden: Or maybe even just one or two that are really powerful.

Jenny McFadden: That are deep… Deeply, and there's this energy shift that happens.

Jenny McFadden: as they're doing it, they suddenly have this, like… you see it happen. There's this thing that happens, they kind of go.

Jenny McFadden: Whoa.

Jenny McFadden: Because usually you start with the more surface ones, like, oh, you know, so you've really got to dig deep and…

Jenny McFadden: So anyway, that's the… that's what I would do.

LAURA: Okay.

LAURA: Cool, I like it, and I like the, like, reverse of it.

Jenny McFadden: Yeah.

LAURA: Because it would work both ways.

Jenny McFadden: And it's… and it's actually… the whole process is not just feelings and thoughts, it's actually the understanding that there are emotions and thoughts, and that when you're feeling like that and thinking like that, this is what you'd be doing.

Jenny McFadden: Right? So there's actually… it's actually a quadrant, a circle in four quadrants, because what we're feeling and thinking

Jenny McFadden: It is connected to… What we do.

Jenny McFadden: Right? Just as what we're doing has feelings and thoughts associated with it.

LAURA: shape.

Jenny McFadden: And… It also affects your physiology.

Jenny McFadden: So there are some that you have control over, or more control over, and there are some that happen as a result of what you're doing internally. So we have more control over what we're doing, and what we're thinking.

Jenny McFadden: And far less control is like a car, they're the back wheels, over what we're, feeling, and what our physiology is doing.

Jenny McFadden: It's like you're driving with your actions and your thoughts. They're the things we're most aware of. Oh, sorry, yeah, they're the things we're most in control of.

Jenny McFadden: is what we do. I can put my arm up, that's easy, right?

Jenny McFadden: And what I tell myself.

Jenny McFadden: Which is what we do in meditation, it's what we do with affirmations, like, we change

Jenny McFadden: the input on our brain, right? And when we do those things, what happens is it changes what we…

Jenny McFadden: Feel?

Jenny McFadden: And what happens in our physiology?

Jenny McFadden: Just unconscious.

Jenny McFadden: So, it's… all of it is connected. Anyway.

Jenny McFadden: That's something I can show you how to do.

Jenny McFadden: At another time.

LAURA: Perfect.

LAURA: Thank you.

Jenny McFadden: So, it's a good question, because it does really help us. It brings up what I want to talk to you about, which is about the external… the internal and external control paradigm, and I'm going to make some videos about this.

Jenny McFadden: And talk about it a bit more. I'll try and keep them short.

Jenny McFadden: And

Jenny McFadden: as the sort of basis on which this is… you know, there's a lot more you can learn here, and I think…

Jenny McFadden: I think I might have done a bit with you, Kristen and Sorca, have I?

Jenny McFadden: At some point?

Jenny McFadden: Can't remember. Anyway, there's a lot to learn, and it can change… it will change your life.

debby: I would love, Jenny, if you did a video, specifically on, somebody who is completely unaware, like, completely unaware about,

debby: how they are the writer, director, and producer, and actor of their own lives. Like, if you can just give me…

Kristen Howarth - Women Unleashed: pretend.

debby: Yay!

Kristen Howarth - Women Unleashed: I could have some fun, I could have some fun with Jen.

debby: Yeah, like, if you can just… I know you just touched on a lot of that, but if you have, like, a little spiel of how you would gently bring people to the react… because I don't want to offend people, but, you know, sometimes I'm…

debby: if it's in the right space, sometimes I'll just meet random people, and they'll just want to come and talk to me, and then whatever comes out of my mouth just lands. And then,

Jenny McFadden: What do you need? It's already working.

debby: Well, I don't… but now that I'm thinking about it, now it makes me nervous that, you know, if I had to go and sit down with somebody and create this scene where I'm the practitioner, I feel like it happens naturally. I'm not thinking too much about it, but it's more when…

debby: maybe I've just answered my own question. I think it's more just, I need to just trust the process,

debby: And the intention has to be there.

Jenny McFadden: Yes. So what… so the thing is, Deb, I would say you've already got the foundations right.

Jenny McFadden: Okay? You've already got the understanding of what I just talked about.

debby: Yes.

Jenny McFadden: And so that means that when you talk with someone, you're already using the language and coming from that perspective.

Jenny McFadden: Right?

Jenny McFadden: That's why it comes out the way it does, and that's why it lands.

Jenny McFadden: So you don't… and if you find someone that is really, like, doesn't know… you don't connect, and it doesn't land, you'll probably know why. It's because they're living in a different paradigm, they're operating from…

Jenny McFadden: A paradigm that doesn't fit. And they're not actually someone that you necessarily.

debby: Can this help?

Jenny McFadden: Are gonna work with…

debby: Yeah, okay, that makes sense.

LAURA: Thanks.

Jenny McFadden: If they come to you, like Laura's got someone, she's with… she's… that person is there for a reason for Laura.

debby: Yes, correct, I understand that.

Jenny McFadden: Yeah, and so it's only when… and what I would say to you is, there are always more skills you can learn.

Jenny McFadden: Right? And,

Jenny McFadden: So whatever you feel drawn to, like, you felt drawn to this, this is obviously showed up for a reason. Same thing, if something else, like, if you feel like you want to learn more about.

Sorcha Fraser-Swatton: what I've.

Jenny McFadden: just been talking about, then… then yes, but do you know what I'm saying? Like, just,

debby: Yes, yes, sir, just…

Jenny McFadden: There's always more skills we can all… Len.

debby: Okay.

Jenny McFadden: When you come from the paradigm, it's much easier That it just comes out.

Jenny McFadden: In a way that lands for someone.

Jenny McFadden: You don't have to think about.

debby: Okay.

Jenny McFadden: that process.

Jenny McFadden: Alright.

Jenny McFadden: Sorca?

LAURA: I have one quick question that's not even related to, like, how I've used this with people, but in one of the things you sent out, you said something about NLP.

Jenny McFadden: Oh, yes, sir.

LAURA: Is that neuro-language, da-da-da, or something else?

Jenny McFadden: It's called neuro-linguistic programming. So what I've decided is, I'm gonna leave that out of this… of the program, right, because you don't actually need it. I thought a number of you were changing it already. So I'm just gonna leave it out.

Jenny McFadden: Okay. Close.

Jenny McFadden: And I'm… I'm gonna think about what comes…

Jenny McFadden: after, like, I… what I'm actually thinking about is, after we've finished.

Jenny McFadden: I might run a couple of follow-up… you'd have to pay for them, they're all included. Follow-up, like, 4 practitioners.

Jenny McFadden: mini workshops, right? So, bring the thing you're working with.

Jenny McFadden: Ask questions, tells me about it.

Jenny McFadden: That kind of thing.

Jenny McFadden: So, and then, you know…

Jenny McFadden: That's what I'm… that's what I'm thinking at the moment.

Jenny McFadden: So, it doesn't actually stop… I'll run, you know, some… a couple of things afterwards and just see if that's helpful.

Jenny McFadden: So, NLP is useful.

Jenny McFadden: If you want to learn it as a modality, if you don't know how to use it,

Jenny McFadden: It works very much on… with the unconscious.

Jenny McFadden: And it works with your languaging around…

Jenny McFadden: There's a lot of ways they use it, so it's very helpful with languaging. There are a couple of ways that I use some of their main processes. I still use them, I use them in my own way, and I just fit them into what I do, but you don't need it.

Jenny McFadden: Unless you feel drawn to it. You know, it just means if Carly's running something, and you want to learn NLP, because she mainly does it in person in Sydney, so… or in, or wherever she… she goes, she goes a lot to Queensland now.

Jenny McFadden: So… but, anyway, I just thought we could do something online, but I'm just gonna put that to the side, and then I'll tell you about it later.

LAURA: Okay.

LAURA: Okay.

Jenny McFadden: Now, today, I've put in the,

Jenny McFadden: I said, a couple of just small details. In the, emails that I sent out, the link that links to the webpage.

Jenny McFadden: is, is, it works, but it's not working like Sorcha found out yesterday.

Jenny McFadden: So, don't use the link to the webpage that's been in the last couple of emails, like, this last week. It works, but it's, it's got some protective thing that probably came from my website. I don't actually know how… anyway.

Jenny McFadden: I'm gonna read the… put the link.

Jenny McFadden: Type the link in, don't click the one that's in the email.

Jenny McFadden: If, you know, anyway.

Jenny McFadden: The emails from now on should be fine.

Jenny McFadden: It's… it's not broken, but it just… it just sets up this,

Jenny McFadden: It's some sort of protection on the web page, and then it changes when you try to watch videos.

Jenny McFadden: as Sorcha found out, it kind of,

Jenny McFadden: asks you a question, then it stops you, and then it stops the thing from working, and it goes back… anyway.

Jenny McFadden: Don't know how that happened, but anyway, just so you know. If that happens to you, you go, oh yeah, that link doesn't work.

Jenny McFadden: The other thing I've put in that, you asked for in… on the page is…

Jenny McFadden: I have rewritten a resource for…

Jenny McFadden: Steps 1 to 10, like I said, for the whole lot of… The quantum freedom formula.

Jenny McFadden: Where it, it, it, gives you…

Jenny McFadden: The detail about what do you say?

Jenny McFadden: at each step.

Jenny McFadden: So if you… if you're not… how do I phrase that, right? Or how do I, you know… so you could use that if you want, you don't have to. You can use it if you want, if you want the words for how to say…

Jenny McFadden: in this step, where you're talking about the levels, what do I… how do I explain this to them? You say, blah blah blah. Anyway, it'll just give you some words.

Sorcha Fraser-Swatton: Until you have your own.

Jenny McFadden: Yeah?

Jenny McFadden: So I put that in.

Jenny McFadden: It doesn't… and then there are other resource sheets, so there's… I mean, there's a lot… the resources are kind of building up now. So you've kind of got…

Jenny McFadden: Details about the levels, you've got details about steps 1 to 10,

Jenny McFadden: You're gonna have to sort of sort through and help me figure out, am I doubling up, or is it working or is it not working?

Jenny McFadden: And also, Christian made up a client record sheet.

Jenny McFadden: which I've put on the website.

Jenny McFadden: Now, as well, and it was in the email yesterday. So, that's basically, say you're working with someone, you can print out the sheet.

Jenny McFadden: And then you can write their answers in it.

Jenny McFadden: So, what levels, you know, and what came up at each level, and whatever.

Jenny McFadden: So, CPU, thanks for doing that.

Jenny McFadden: Much appreciated. So, you can print that off, have a go, see if that's useful. That's often very useful, and it also keeps you, on track for what you're doing, what comes next.

Jenny McFadden: Okay, now, today, any other things before we move on?

Kristen Howarth - Women Unleashed: Can I just share one thing quickly of an experience I had with a client doing it? So, I've got a client who's very in tune and connected and talks to guides and all that sort of stuff.

Kristen Howarth - Women Unleashed: So I thought she'd be a good guinea pig.

Kristen Howarth - Women Unleashed: Going forward, so I've, I offered her the first one as a freebie. She comes weekly, so she's…

Kristen Howarth - Women Unleashed: worth that. Anyway, we've done two sessions now, and…

Kristen Howarth - Women Unleashed: originally she had this guide show up who was Bob, and Bob didn't speak to her. Bob's just there. Bob nodded occasionally.

Kristen Howarth - Women Unleashed: But she also got…

Kristen Howarth - Women Unleashed: definite feedback, even non-verbal, that when he wasn't happy, right? So, if something wasn't going his way, or she wasn't doing said actions the right way, like, he would sort of look at her as if, like, you know, facepalming emoji kind of thing. So, anyway, during a session.

Kristen Howarth - Women Unleashed: Bob started nodding, and she's like, oh, Bob's, you know, this is good, this… Bob's nodding and everything else, and

Kristen Howarth - Women Unleashed: And I said, so who is Bob? And she goes, I don't know. Anyway, second session.

Kristen Howarth - Women Unleashed: Bob arrived, and…

Kristen Howarth - Women Unleashed: halfway through the session, Bob revealed himself. She was doing something, and she was like, I'm so getting this, and like, she was just sitting there mind-blown how things were progressing, right? And she's like, this feels so amazing, and yeah, this is amazing technique, and blah blah blah. Anyway, she said something, or did something, and it was sort of an affirmative thing.

Kristen Howarth - Women Unleashed: action that she was gonna take. And with that, Bob, like, suddenly became Matt, and Matt was, her longtime good friend, died in a car accident, like…

Jenny McFadden: Oh.

Kristen Howarth - Women Unleashed: So he's been there, and then she did… worked out the date, so Bob showed up literally within a week or so of.

Jenny McFadden: Excellent.

Kristen Howarth - Women Unleashed: accident.

Kristen Howarth - Women Unleashed: and has been Bob for years.

Kristen Howarth - Women Unleashed: and whatever she did, and the actions that she was gonna take, and the awareness that she got, it was like she'd earned the right to know who Bob was, kind of thing. It was just, yeah, it was just mind-blowing.

Jenny McFadden: Wow.

Kristen Howarth - Women Unleashed: Yeah, so she was just…

Jenny McFadden: I've never heard of a… I've never heard of a guide in disguise before.

Kristen Howarth - Women Unleashed: Really?

Kristen Howarth - Women Unleashed: Yeah, so, yeah, so, and it was, yeah, it was just… yeah, she was just blown away, but…

Jenny McFadden: That's correct.

Kristen Howarth - Women Unleashed: And she was like, oh my god, if we weren't doing this, that wouldn't have happened. Like, it was just, you know, the synchronicities, and yeah.

Jenny McFadden: I guess he revealed himself because she was ready.

Kristen Howarth - Women Unleashed: Oh, look, 100%.

Jenny McFadden: She might have freaked out before, or she might have just not believed it, or…

Kristen Howarth - Women Unleashed: So, yeah, so it was, but it was just, yeah, she was… it just was a really nice moment, so…

Jenny McFadden: That's great.

Kristen Howarth - Women Unleashed: I just thought I'd…

Jenny McFadden: Correct, yeah.

Jenny McFadden: Good story. Good story.

Jenny McFadden: Alright.

Jenny McFadden: Now, today, what I'm gonna do… I'm gonna make it a bit shorter, because it's got,

Jenny McFadden: But, what we're going to do is I'm just going to show you an interesting and fun way to do the quantum freedom formula a little more creatively. Now, you could use this, let's say you were doing a workshop, and you want to do a quantum freedom formula and have people be doing something, not just kind of sitting and, you know, like.

Jenny McFadden: channeling, you know, bringing in whatever. Or you, you know, you might have a client and,

Jenny McFadden: it is designed for someone who is intuitive, still, right? It needs to be someone who is willing to work with this, so I'm going to give you an experience of it so you know what it's like. And what we're going to do is I'm going to take out

Jenny McFadden: The thoughts and feelings part as we normally know it, although it will still be in there in a different way.

Jenny McFadden: And I'm gonna get you to do a scribble drawing.

Jenny McFadden: Right, and then I'm going, like, I'll take you through it. So, essentially what we're gonna do is…

Jenny McFadden: you don't… you're not actually starting with a particular problem. What you're going to do is you're going to find out from your own awareness, from your own intuition, what the thing is that's in the back of your mind.

Jenny McFadden: That it wants you to see… Is it current, conflict?

Jenny McFadden: Something going on within you, something that's not quite resolved, something you need to pay attention to that isn't… right? It's something you'll be aware of. And what we're going to do is, do it by doing a scribble drawing and using your intuition to see what's coming out from that.

Jenny McFadden: And then we're going to do a very short quantum freedom formula with it. I'll show you how, because we have limited time, and then we will do another drawing at the end to see if it's changed. So you're giving up this sort of, like.

Jenny McFadden: Really specific feelings and thoughts, but we will have it in there, so you will have both.

Jenny McFadden: So we're just gonna play it like a game, and see what happens. What do you think?

Jenny McFadden: Alright?

Jenny McFadden: Okay, so what you need is paper, some coloured pens, or texters. Texters like, like, you know, so you can see it on the page.

Jenny McFadden: Alright? So I'm gonna show you. Here's what I did.

Jenny McFadden: Alright? This was like a scribble.

Jenny McFadden: And then when I sat with it, and I'm looking at it, and I'm going… and so this is where you sort of, like, you wait for your intuitive sense of, what am I noticing?

Jenny McFadden: what's jumping out at me? Like, what's the images, what's the… like, and it goes bit by bit, comes bit by bit. And so, I'm looking at it, I'm going, so I sort of, like, noticed these two figures here, right? That's what was standing out to me. There was also a kind of a face here, but I said, no, these are the things that are standing out to me.

Jenny McFadden: Now, I know that this is always about me. So this is me and me here.

Jenny McFadden: Me and me, and I… and I get this feeling of, like.

Jenny McFadden: I'm talk… there's something I'm talking to myself about, that I'm not…

Jenny McFadden: something… and when I sit with that, what I know… what came up for me, and this is what I'm doing, is you… you sit with it, you can turn it this way, that way, whatever way you like.

Jenny McFadden: And you just allow your intuition.

Jenny McFadden: You just look at it, and you… and something will… your eyes will… something will start to occur to you, and then you'll start to get, like, a feeling of, like, hmm…

Jenny McFadden: How does this feel, how does this animal feel, or this whatever it is, or these people myself… because it's all about ourselves.

Jenny McFadden: And…

Jenny McFadden: I think… and I know… so it… I'm reminded, like, I can feel that this reminds me of a relationship in my family at the moment, where…

Jenny McFadden: I feel conflicted. Like, I feel… like, discomfort…

Jenny McFadden: You know, and this is where the thoughts and feelings come in in a different way.

Jenny McFadden: As soon as I start to feel that, I think, oh yes, I know that that relationship.

Jenny McFadden: What is it I'm thinking about that relationship?

Jenny McFadden: And while I'm thinking, oh, you know, is it my fault it's not close enough? Is it… it's hard… it's hard to talk about this? What… what…

Jenny McFadden: what if it opens a can of worms, it's uncomfortable, you know, I'm battling with myself here, right? So I'm acknowledging, what do I… what am I doing inside myself when I acknowledge what this is about? So, it's me bringing this issue

Jenny McFadden: For me to look at.

Jenny McFadden: And reminding me, I'm going, oh yeah, I have been doing that.

Jenny McFadden: And what do I feel? Unworthy, like a failure, embarrassed, discomfort, alright? So it's still coming out, but in a different way. What you're doing, instead of starting something specific, is you're allowing

Jenny McFadden: The thing to come to you.

Jenny McFadden: And then we're going to do the quantum freedom formula, and then we're going to redo this.

Jenny McFadden: And see what happens.

Jenny McFadden: Is that a wrap?

Jenny McFadden: willing to go there? I want to say something here.

Jenny McFadden: With this one,

Jenny McFadden: I want to say up front, you do not have to share what you've written down.

Jenny McFadden: Okay?

Jenny McFadden: Because this might be something more personal, normally you pick something that's, like, you can… this might… I want you to be able to go into it and acknowledge whatever it is, and afterwards you can tell us, if you like, if it's changed, but don't feel that you have to share it.

Jenny McFadden: Alright? Because I want you to be able to be free to… Okay.

Jenny McFadden: This is personal.

Jenny McFadden: It may not be, it might be something else that you're willing to put, just saying, alright? Okay, so we're gonna do… let's tune in. Let's go have a drink first.

Jenny McFadden: Remember?

Jenny McFadden: It's a game.

Jenny McFadden: Okay? Remember, we're just doing it for fun.

Jenny McFadden: Remember? Just be curious.

Jenny McFadden: And be like a kid and go, okay.

Jenny McFadden: This is fun.

Jenny McFadden: Alright.

Jenny McFadden: Take a breath in.

Jenny McFadden: Do a nice long out-breath.

Jenny McFadden: Out loud, or in your head?

Jenny McFadden: Say.

Jenny McFadden: I am now.

Jenny McFadden: Empowered and enlightened.

Jenny McFadden: Connected and grounded, and really notice the connection and the grounding. Connected and grounded.

Jenny McFadden: In full faith and trust.

Jenny McFadden: And attached to the result.

Jenny McFadden: Open and curious.

Jenny McFadden: And then put your hand on your heart.

Jenny McFadden: And so thank you, thank you, thank you.

Jenny McFadden: Let the energy run.

Jenny McFadden: Notice who your guide is.

Jenny McFadden: But today… Divine God.

Jenny McFadden: Just check that you're, fully tuned in, yes or no. If no, have a drink.

Jenny McFadden: Take another breath.

Jenny McFadden: And open your eyes.

Jenny McFadden: Now, I want you to take your texture or pen, or whatever, I want you to hold it in your non-dominant hand.

Jenny McFadden: At the end.

Jenny McFadden: Like this.

Jenny McFadden: So you're not controlling it.

Jenny McFadden: Right?

Jenny McFadden: Get your paper?

Jenny McFadden: Close your eyes.

Jenny McFadden: And just allow the energy to come through your hand, goes around, wherever it wants to go, keep it on the page.

Jenny McFadden: Close your eyes, and just let it go wherever it's going, until just energy coming out, until you feel like, okay, that's done.

Jenny McFadden: And then when you're done, Connor… Sit back.

Jenny McFadden: Relax your eyes.

Jenny McFadden: And let your eyes roam over.

Jenny McFadden: Something… it will begin to… you'll begin to notice something, a shape.

Jenny McFadden: might occur to you. You can turn the page.

Jenny McFadden: wherever it feels right for you, and I want you to sit with it until… Just keep going.

Jenny McFadden: Something might appear that might be this, it might be that. What's the dominant thing? Where's the strongest image?

Jenny McFadden: And take another texture and outline what you're noticing.

Jenny McFadden: Remember, it doesn't have to be perfect, it's just the idea of it.

Jenny McFadden: You get… you'll get the sense of, like, oh, that's a person, or that's an animal, or that's a…

Jenny McFadden: A thing that I'm not… like, what is that?

Jenny McFadden: You use your intuition.

Jenny McFadden: And whenever you notice that's in the image, like, let's say a duck showed up. Remember, that duck's you, too.

Jenny McFadden: Alright?

Jenny McFadden: So just notice… I was like, oh, that duck, you know, it's like, what do I think about ducks? Like, what do they… what feeling do I get, or what's my sense of what ducks are about? Or… just go with the whole thing, put the pieces of the puzzle together about…

Jenny McFadden: Yeah, this really reminds me of how I feel about X.

Jenny McFadden: Or… this situation, or… what I've been thinking about… It's unresolved.

Jenny McFadden: or I feel bad about, or whatever it is. And write down…

Jenny McFadden: A bit about the situation that it is that you… and…

Jenny McFadden: What are you thinking about when you're… What are your thoughts?

Jenny McFadden: What have you been telling yourself?

Jenny McFadden: And how have you been feeling?

Jenny McFadden: So it's a bit like what we do before. What have you been feeling?

Jenny McFadden: And what are you telling yourself? And write those down.

Jenny McFadden: They don't have to be connected, you don't have to rate them.

Jenny McFadden: just… See if you can find what it's… what it is.

Jenny McFadden: And make a few notes.

Jenny McFadden: How's that going? You good?

Jenny McFadden: Yeah?

Jenny McFadden: So what we're gonna do now is we're gonna…

Jenny McFadden: put the Quorum Freedom Formula from here on.

Jenny McFadden: And…

Jenny McFadden: So we're gonna go and find out what, patterns might be related to this that would help resolve whatever's going on.

Jenny McFadden: That might be connected.

Jenny McFadden: And what I might do today is…

Jenny McFadden: What's coming to me is we'll do two patterns.

Jenny McFadden: And what I might do is demonstrate, whoever's willing to put up their hand and go, so I can demonstrate.

Jenny McFadden: I don't know what, like, you know, it's what, you know… Well, we'll…

Jenny McFadden: discover, or whatever, and then I'll ask questions, or whatever, see if it's helpful. So we'll do it as a demo as well. Does that sound alright? And if we've got time to do three, then we will, but I'm thinking we might not, so we'll just see what happens.

Jenny McFadden: I think we might have time for two.

Jenny McFadden: To be able to finish it, but we'll see. Alright, so…

Jenny McFadden: Who's… you okay, Laura, to keep going?

Jenny McFadden: Just checking in? Okay, great. Alright, so, close your eyes and connect in with your guide, whoever it is for today.

Jenny McFadden: and ask them…

Jenny McFadden: Which numbers between 1 and 11, which are… where are the patterns located? And get two numbers.

Jenny McFadden: So these are, like, the top two.

Jenny McFadden: And I'm just demonstrating to you as well that if you had limited time.

Jenny McFadden: You would intuit how many, levels you're gonna do.

Jenny McFadden: During the session. So you would ask your guidance how many…

Jenny McFadden: How many, can we… can we do today that will get the result that we need, even if we have to come back and do more?

Jenny McFadden: Right, and you get the number. So rather than asking them, you say, look, we're gonna do… I'm getting that we're gonna do two.

Jenny McFadden: Or 3. Or whatever.

Jenny McFadden: Alright.

Jenny McFadden: So, now, who… alright, so let's go…

Jenny McFadden: How about we'll start it off?

Jenny McFadden: Go to your first number.

Jenny McFadden: Whichever it was, assuming that that's in the correct order, or whichever one you feel guided to start with.

Jenny McFadden: And ask your guide, If it's relevant, How old was I?

Jenny McFadden: Depending on which level you're working with.

Jenny McFadden: Or if it's one of the others…

Jenny McFadden: Then, and if you need a reminder, ask me.

Jenny McFadden: Or, or be, or be the, or be the demo for me.

Sorcha Fraser-Swatton: Sawka?

Sorcha Fraser-Swatton: I'm happy to be a demo.

Jenny McFadden: Okay, great. So, what level are we working with?

Sorcha Fraser-Swatton: What numbers?

Jenny McFadden: Yeah.

Sorcha Fraser-Swatton: 9 and 11.

Jenny McFadden: 9-11, okay, right.

Jenny McFadden: Interesting.

Jenny McFadden: Alright.

Sorcha Fraser-Swatton: It's wonderful.

Jenny McFadden: Could be a disaster. No, I'm just kidding.

Sorcha Fraser-Swatton: I probably will.

Jenny McFadden: Alright, let's… which one are you starting with?

Sorcha Fraser-Swatton: Mine.

Jenny McFadden: Okay, great.

Jenny McFadden: So, level 9… is… Parallel World.

Jenny McFadden: Close your eyes?

Sorcha Fraser-Swatton: Goodies.

Jenny McFadden: Now, remember, Parallel World is…

Jenny McFadden: like a sliding door moment, it is… you're gonna ask your God to take you to a world where you are exactly the same person.

Jenny McFadden: But something else, the situation, or you is diff… it's gonna be about you. You're different.

Jenny McFadden: So it might be, there's no good or bad.

Jenny McFadden: It might be a situation that is worse than the one you're in right now.

Jenny McFadden: Totally different world, but same you.

Jenny McFadden: It might be that you have responded differently to the same situation, and that that's some resource that you're looking for that would be really useful to you here.

Jenny McFadden: That you've forgotten you have.

Jenny McFadden: Or that you've not really had an experience of here.

Jenny McFadden: Alright? Who knows what it's gonna be? Alright? But, basically, science tells us that

Jenny McFadden: There's probably millions of parallel worlds in other dimensions.

Jenny McFadden: And it's that sliding doors thing. It's a bit like when someone says, I had this experience, and the world seemed like it was different. It's because it is. They actually shifted dimensions into a different reality.

Sorcha Fraser-Swatton: Yep.

Jenny McFadden: So that's what we're doing, is we're asking your guidance to take you

Jenny McFadden: Where's the parallel world? There's something going on that he wants… that they want to show you? Who are you working with today?

Sorcha Fraser-Swatton: Archangel Raphael.

Jenny McFadden: Oh, nice! I worked with him last night, that was good. Alright, so…

Sorcha Fraser-Swatton: Quite often.

Jenny McFadden: Yeah. So, just asking him to show you, take you to that world.

Jenny McFadden: If you're a visual, what do you see?

Jenny McFadden: But what do you notice?

Jenny McFadden: And then, when you start to get something, let me know.

Jenny McFadden: I'm not gonna ask you more.

Sorcha Fraser-Swatton: Okay.

Jenny McFadden: What are you noticing?

Sorcha Fraser-Swatton: I'm in a forest.

Sorcha Fraser-Swatton: Yep. Autumn?

Sorcha Fraser-Swatton: Where all the trees are changing color?

Jenny McFadden: Yep.

Sorcha Fraser-Swatton: And all the leaves dropping off the plant… the trees, and…

Sorcha Fraser-Swatton: Yeah.

Sorcha Fraser-Swatton: of that.

Jenny McFadden: Alright. And what is it that's different about this world?

Jenny McFadden: Are you different?

Sorcha Fraser-Swatton: Yes, it's very much a previous me.

Sorcha Fraser-Swatton: Clothes are different.

Jenny McFadden: When you say previous you, what do you mean?

Sorcha Fraser-Swatton: Past life.

Sorcha Fraser-Swatton: Okay, right. No, it's a past life.

Sorcha Fraser-Swatton: At least that's what I think.

Jenny McFadden: Okay, so, what you're being shown is it's not a past life, it's actually a parallel one.

Sorcha Fraser-Swatton: Or a parallel life.

Jenny McFadden: It's actually happening at the same time. So…

Jenny McFadden: What, what do you know about that past life, or that… that…

Sorcha Fraser-Swatton: Currently.

Jenny McFadden: you somewhere else.

Sorcha Fraser-Swatton: I am a shaman.

Sorcha Fraser-Swatton: I am… Heading for autumn solstice?

Jenny McFadden: Yep.

Sorcha Fraser-Swatton: Equinox, whichever one it is.

Sorcha Fraser-Swatton: So it's obviously in Northern Hemisphere.

Sorcha Fraser-Swatton: Given the… type of forest and stuff, it's the northern hemisphere.

Sorcha Fraser-Swatton: And I'm…

Sorcha Fraser-Swatton: On the cusp of… Major change.

Sorcha Fraser-Swatton: But I'm unusually disconnected from it.

Jenny McFadden: Hmm.

Jenny McFadden: Okay.

Jenny McFadden: Unusually.

Sorcha Fraser-Swatton: Yes. Being a shaman, I'm usually connected to nature and…

Sorcha Fraser-Swatton: What's going on around, and at the moment, I feel quite disconnected.

Sorcha Fraser-Swatton: Like, I'm trying to be two people at the same time.

Jenny McFadden: Two people.

Sorcha Fraser-Swatton: Hmm.

Jenny McFadden: One's the shaman, what's the other?

Sorcha Fraser-Swatton: A toddler who wants to rant and rave and carry on.

Jenny McFadden: Oh, okay, right. So this is sort of the external, and then there's the internal.

Sorcha Fraser-Swatton: Yep.

Jenny McFadden: Okay.

Jenny McFadden: Can you ask Archangel Raphael?

Jenny McFadden: What is the thing he wants you to notice most about this parallel world?

Jenny McFadden: the…

Jenny McFadden: Is it that you have a resource that you… is there some strength in the shaman that you need to bring? Is there… what is it that…

Jenny McFadden: Because I think this is very similar to, kind of like.

Jenny McFadden: You know, situation of where you are now.

Sorcha Fraser-Swatton: Oh, yes. Yes. Right?

Jenny McFadden: So the situation is kind of…

Jenny McFadden: similar. So I'm wondering, can you ask Archangel Raphael to pinpoint, where do you need to look?

Jenny McFadden: Where's the thing that… you've got the big picture, where's the… Focus.

Sorcha Fraser-Swatton: I need to focus on the…

Sorcha Fraser-Swatton: inner strength and loving that's in the shaman.

Jenny McFadden: Beautiful.

Jenny McFadden: Can you please… Put yourself inside.

Jenny McFadden: The body of being the shaman now.

Jenny McFadden: And I want you to really experience what that's like.

Jenny McFadden: What you feel, what you know about yourself, Really notice what… The experience of that is.

Sorcha Fraser-Swatton: It's… it's very calm.

Jenny McFadden: Hmm.

Sorcha Fraser-Swatton: Tiss… tiss… A noticing of the turmoil, but it's not sitting, it's just passing through.

Jenny McFadden: Is that a new… is that a new… is that an experience you've actually ever had?

Jenny McFadden: In this life.

Jenny McFadden: Exactly.

Sorcha Fraser-Swatton: There's.

Jenny McFadden: Yes.

Sorcha Fraser-Swatton: not,

Sorcha Fraser-Swatton: the… I've recently found that I'm clenching all the time, my jaw's clenching, and my muscles are clenching. For no apparent reason, they're just so tight and anxious.

Jenny McFadden: Yep.

Sorcha Fraser-Swatton: Sam's calmness is lovely.

Jenny McFadden: No apparent reason, hello.

Sorcha Fraser-Swatton: I mean, well…

Jenny McFadden: Yes, please.

Sorcha Fraser-Swatton: You know, nothing… nothing instant that's causing it.

Jenny McFadden: Only a lot of things that you're doing.

Sorcha Fraser-Swatton: A lot of things that are adding up, yes.

Jenny McFadden: So what I want you to notice is…

Jenny McFadden: You are being, what you're gonna come through from this is, this is from my…

Jenny McFadden: Giving you the experience of the thing that you've never actually had.

Jenny McFadden: something you've wanted, right? And whatever experience you've had in this life, this other world is the same you, and you can call that in, right? And that's what's going to happen when we do the transformation. But now you've had a visceral experience of it, you know that it is within you.

Sorcha Fraser-Swatton: Yeah.

Jenny McFadden: And it's the experience of… how would you describe it?

Jenny McFadden: Is it inner calm, or is it… what is it… how… what words would you use?

Sorcha Fraser-Swatton: Calm, peaceful… Transcendent?

Jenny McFadden: Yeah, nice.

Sorcha Fraser-Swatton: Nope, it's, it's kind of… Yep.

Sorcha Fraser-Swatton: Not that I've ever experienced, but it's a kind of feeling that.

Jenny McFadden: you have now.

Sorcha Fraser-Swatton: Buddhist… Buddhist monks.

Sorcha Fraser-Swatton: Sort of sit in, and appear to be totally oblivious to what's going on outside, and just in themselves.

Jenny McFadden: Exactly, so what I want you to do is realize you now have that.

Jenny McFadden: You're not separate from the other world.

Jenny McFadden: Right. And you can call that in, and you just have…

Jenny McFadden: Alright, what we're going to do is shift your energy so it makes it available to you, should you decide you want to use it.

Jenny McFadden: Alright? Because you can consciously go, okay, where's that again? I also got the feeling that it was kind of transparent.

Jenny McFadden: This just seems, it just goes through.

Sorcha Fraser-Swatton: Yes.

Jenny McFadden: You know, she seriously was like.

Jenny McFadden: not just runs off, but just goes through you. Like, you transcend it, but, you know, you're above it, but you also… it just passes through.

Sorcha Fraser-Swatton: Yeah.

Jenny McFadden: So I want you to really remember that.

Jenny McFadden: I had a similar thing.

Jenny McFadden: I'll tell you about later, but I… so I know…

Jenny McFadden: This is why our own experience is really important, because when this comes up again.

Jenny McFadden: And someone has… you'll know what it is that you need to help them feel, experience, right?

Jenny McFadden: That's why doing our own work is so important.

Jenny McFadden: Alright.

Jenny McFadden: Anything else?

Sorcha Fraser-Swatton: No, I don't think so, I don't think that…

Jenny McFadden: Yeah, good work. Okay, great. Thank you!

Sorcha Fraser-Swatton: Pleasure?

Jenny McFadden: Well done. Write that, yeah, write that down, that, that you. Put it in your memory, lock it in your,

Jenny McFadden: In your energy.

Jenny McFadden: Okay, so I'm gonna assume…

Jenny McFadden: Do you want some time to go ahead and do your own now, as I've done a demo?

Jenny McFadden: Just have some time now that you go and do your…

Jenny McFadden: And then we'll come back, and I'll do one more demo with someone else.

Jenny McFadden: So do your… First… Level?

Jenny McFadden: Get the story?

Jenny McFadden: How it's connected.

Jenny McFadden: I didn't ask that for Sorcha, actually.

Jenny McFadden: Could you make a connection between that

Jenny McFadden: You know, what you saw there, what you experienced there, and what you started with?

Sorcha Fraser-Swatton: Yes.

Jenny McFadden: Okay, great.

Jenny McFadden: Okay, anyone need more time?

Jenny McFadden: Okay.

Jenny McFadden: I'm gonna say… I'm gonna move on to the second level, whatever it is, the second,

Jenny McFadden: Number that came through for you.

Jenny McFadden: Who wants to demo that one? Anyone?

Jenny McFadden: What number you've got?

Jenny McFadden: And we'll do a quick demo.

Kristen Howarth - Women Unleashed: I can do level 2, or the number 2, if you want.

Jenny McFadden: Yeah, okay, good. Alright.

Jenny McFadden: So, it's level 2, so that's etheric.

Kristen Howarth - Women Unleashed: Sorry, no, the second level.

Jenny McFadden: Oh, okay, right, what number?

Kristen Howarth - Women Unleashed: My, my level 7.

Jenny McFadden: 7. Okay, so that is Soul Awareness.

Jenny McFadden: Alright, so we saw Luenas, it's just…

Jenny McFadden: It's probably going to be something that's related to your life purpose, but we don't have to understand that or work it out. We're just going to start in the usual way, which is, who are you working with?

Kristen Howarth - Women Unleashed: it's like a powerful woman, it's like, Wonder Woman, She-Ra kind of energy, but not them specifically, but that's sort of… yeah.

Jenny McFadden: Alright, so what will we call her?

Kristen Howarth - Women Unleashed: Just power.

Jenny McFadden: Power. Alright.

Jenny McFadden: So, asking power.

Jenny McFadden: How old was that?

Kristen Howarth - Women Unleashed: So I'm getting 7.

Jenny McFadden: And then, just asking, I'm gonna say her.

Jenny McFadden: What's the story, or the experience, the memory?

Jenny McFadden: So I can show it to you, or however it comes to you, first.

Kristen Howarth - Women Unleashed: Yeah, I just have a vision of rolling down a hill.

Jenny McFadden: Alright.

Jenny McFadden: Is that something you actually remember?

Kristen Howarth - Women Unleashed: Not specifically at that Time frame, but yeah, but it's just that sort of uncontrolled kind of…

Kristen Howarth - Women Unleashed: Yeah, not in the degree I'm being shown, it's sort of more like a…

Kristen Howarth - Women Unleashed: Not a playful, per se, like, more messy and unca- not calculated.

Jenny McFadden: Okay.

Kristen Howarth - Women Unleashed: I'm gay. Mmm.

Jenny McFadden: So,

Jenny McFadden: Is there a sense that this is sort of, like, uncomfortable, or is it still fun, or what's the…

Jenny McFadden: Yes.

Kristen Howarth - Women Unleashed: No, it's not… it's not fun. It's sort of out of control.

Jenny McFadden: Out of control, alright.

Jenny McFadden: And, is there anything else to the story? Like…

Jenny McFadden: You can see yourself rolling down the hill, and then…

Jenny McFadden: Something happened? Is this… is there any other story around this? Did you get pushed, or does it just fall over, or…

Kristen Howarth - Women Unleashed: Sorry if my dogs are… Hopefully you can hear me.

Jenny McFadden: I can eat, we can eat fine. Okay.

Jenny McFadden: It just knows whatever he knows.

Kristen Howarth - Women Unleashed: It's not safe to be big. Like, it's… it was… it's too much.

Jenny McFadden: Oh, I see.

Kristen Howarth - Women Unleashed: Hmm.

Jenny McFadden: And so, as you look at

Jenny McFadden: A 7-year-old, and she's having this experience.

Jenny McFadden: Are you saying… That's what came from it.

Jenny McFadden: anytime…

Kristen Howarth - Women Unleashed: Yeah, so get back in your box.

Jenny McFadden: I say… Because you're too big.

Jenny McFadden: It's… you're two out there, somehow.

Jenny McFadden: I see.

Kristen Howarth - Women Unleashed: wild, too.

Jenny McFadden: Too wild. Okay, right.

Jenny McFadden: Okay, and when you…

Jenny McFadden: look at this story, or consider this experience that you've had, and you connect it back to… you look back at what you started with. Can you see a…

Jenny McFadden: Relationship between them, and understanding.

Kristen Howarth - Women Unleashed: Yeah, because I got a cup, so I got this, sort of, this cup, and…

Kristen Howarth - Women Unleashed: then there was, like, lots of stuff in there, but then I've put the, like, lid on, because…

Jenny McFadden: It was… Oh.

Kristen Howarth - Women Unleashed: Filling out.

Jenny McFadden: Say.

Kristen Howarth - Women Unleashed: So there's a lid on now, so I can't… I can't…

Kristen Howarth - Women Unleashed: There's stuff in the cup, but I can't add to the cup now, because when I… and my words were, I'm shaking, spilling my cup.

Kristen Howarth - Women Unleashed: I've put a cap on it, so, it doesn't spill.

Jenny McFadden: And, and…

Kristen Howarth - Women Unleashed: mine.

Jenny McFadden: You know what that means in your life? Like, you've got an idea of how that…

Kristen Howarth - Women Unleashed: Yeah.

Jenny McFadden: F?

Jenny McFadden: You don't have to share it.

Kristen Howarth - Women Unleashed: It's the business and stuff, so it's that sort of…

Kristen Howarth - Women Unleashed: being seen, like, I'm playing it down.

Kristen Howarth - Women Unleashed: Which, you know, we've only just worked on about 75,000 million times in the last 20 years or something, so…

Jenny McFadden: Yeah… Well, now you're getting to see another aspect.

Kristen Howarth - Women Unleashed: You know? Exactly.

Jenny McFadden: Maybe a deeper or a different one?

Jenny McFadden: Yeah, so the.

Kristen Howarth - Women Unleashed: The thing I liked in this was that

Kristen Howarth - Women Unleashed: That infinity symbol, the foundation is strong, and the energy's… Continuous, so it's not as…

Kristen Howarth - Women Unleashed: left, right, kind of, you know, on-off, it's just… the foundation's there, so that was… the power is there. Okay. So…

Jenny McFadden: And so what you're seeing in this sort of, like, there's…

Jenny McFadden: The connection… what's the connection for you, if you put it in your words?

Jenny McFadden: The thing that's actually, like, you're having this struggle, and what's underneath it is… this…

Jenny McFadden: It's being driven by an experience where you learned, 2… Not be too out there.

Kristen Howarth - Women Unleashed: Yeah.

Kristen Howarth - Women Unleashed: Don't be too…

Jenny McFadden: Don't be too much.

Kristen Howarth - Women Unleashed: It's safe to be out there. Like, it's… it's safe to be big.

Kristen Howarth - Women Unleashed: Excite.

Jenny McFadden: And so this… it's saying it's not… it's, like, protecting you from, like, don't be too big.

Jenny McFadden: Like, stay contained. Stay in that, put the lid on, stay in that, stay in that…

Jenny McFadden: Stay in the cup, yeah?

Kristen Howarth - Women Unleashed: Yeah.

Jenny McFadden: Am I right, is that wrong, or…

Kristen Howarth - Women Unleashed: No, no, that's right, yeah. So, yeah, I mean, the…

Jenny McFadden: Because you want to be overflowing, you want to be overflowing, and you want to be out there, and you want to be, like, the energy wants to be out and moving, right? And what you've got is, like, no.

Jenny McFadden: Because… You've had it said to you.

Jenny McFadden: You're too much out there. You're too big.

Jenny McFadden: You're too loud, you're too whatever, whatever, whatever.

Kristen Howarth - Women Unleashed: Too wild, yep.

Jenny McFadden: Too wild, that's it.

Kristen Howarth - Women Unleashed: Yep.

Jenny McFadden: Okay, I like that. I'm looking forward to seeing Wild!

Kristen Howarth - Women Unleashed: Watch this space, or the Oracle.

Jenny McFadden: That's my fa.

Kristen Howarth - Women Unleashed: Oracle card's nearly done, so… yes. And just quickly, just reflecting, the first level, I was age 2, and I was carrying a cup of water, and it was naughty to spill it, because I made mess.

Jenny McFadden: Yeah, isn't that funny what the things that you have no idea are connected to

Jenny McFadden: How we've learned that it's not okay.

Jenny McFadden: We're not okay, in some way.

Jenny McFadden: That's related to… when you put… you wouldn't think that that is related to putting yourself out there in your business, right? But it is.

Kristen Howarth - Women Unleashed: Hmm.

Jenny McFadden: Yeah.

Jenny McFadden: Good work!

Kristen Howarth - Women Unleashed: Yes.

Kristen Howarth - Women Unleashed: Thank you.

Jenny McFadden: Yeah, alright. So, you want to go ahead and do your next level? Unless you're having trouble with it, then let me know. So go ahead and do your next…

Jenny McFadden: Give you some time.

Jenny McFadden: If you haven't already?

LAURA: Jenny, quick question. With Fractal, is that not an age? Because it's across dimensions? Okay.

Jenny McFadden: So I fractured.

LAURA: So it's just what the experience is?

Jenny McFadden: Yeah, what… no, so you're asking, this is a pattern that's recurring. It's one pattern that keeps recurring across…

Jenny McFadden: many different lives.

Jenny McFadden: Alright, so one that I just got.

Jenny McFadden: Or separation?

Jenny McFadden: What's the fractal? Separation. And I saw myself separated.

Jenny McFadden: And so that's about through death, through loss, through…

Jenny McFadden: Whatever, whatever, like, being separated from others.

Jenny McFadden: And so, I just saw that…

Jenny McFadden: I have a pattern that says.

Jenny McFadden: It's better if you keep yourself separate to start with, because then you don't get hurt.

Jenny McFadden: So keep yourself separate from… in some relationships, as then you don't have to experience separation again.

Jenny McFadden: Alright, so that's the fractal.

Jenny McFadden: And it's happened in many different ways, in many different lives.

Jenny McFadden: So it's a big picture thing of something. Something will show up.

Jenny McFadden: Who needs more time.

Jenny McFadden: Hand up? You good? Nope, fine.

Jenny McFadden: Okay.

Jenny McFadden: Moving on, next step.

Jenny McFadden: Let's do the, transformation.

Jenny McFadden: So… You know what to do? Asking your guide, In your own words.

Jenny McFadden: Can you please transform the energies of these patterns for me?

Jenny McFadden: Into something else that's beautiful, transform the energy.

Jenny McFadden: Something beautiful for me, if you want, you can say across all time, space, and dimensions, but I think they know.

Jenny McFadden: Thank you, thank you, thank you.

Jenny McFadden: And when you've made that request, let it go.

Jenny McFadden: And bring your awareness to your heart.

Jenny McFadden: Breathe into your heart.

Jenny McFadden: Think about someone you feel grateful for in your life. Someone you love.

Jenny McFadden: Could be an animal.

Jenny McFadden: Child.

Jenny McFadden: Partner. Someone here or someone crossed over.

Jenny McFadden: And really, imagine speaking to them in your mind, and really, and saying to them, Thank you.

Jenny McFadden: for being in my life, thank you for…

Jenny McFadden: Being there for me. I love you.

Jenny McFadden: I… I so appreciate… You being in my life.

Jenny McFadden: And as you say those words, you notice.

Jenny McFadden: The feelings. Love, gratitude.

Jenny McFadden: appreciation.

Jenny McFadden: And your heart energy begins to soften and expand.

Jenny McFadden: And as you continue to hold

Jenny McFadden: That energy, that intention, and that focus.

Jenny McFadden: And feel those feelings.

Jenny McFadden: Your heart energy expands further and further, bigger and bigger.

Jenny McFadden: It just flows, you don't have to do anything, it just flows outwards.

Jenny McFadden: And you find yourself… Sitting in the space of the energy of your heart.

Jenny McFadden: Maybe it's like a room that you can look out. Maybe you just get a sense of your heart energy surrounding you.

Jenny McFadden: And you're comfortable and grounded.

Jenny McFadden: And you can look out.

Jenny McFadden: You feel peaceful.

Jenny McFadden: And still, keep breathing.

Jenny McFadden: And you notice. You observe.

Jenny McFadden: What your guide is doing with those energies.

Jenny McFadden: What transformation is occurring?

Jenny McFadden: Maybe you see it in visuals, maybe you just know it, maybe you sense something, feel it.

Jenny McFadden: Whatever you notice is perfect.

Jenny McFadden: Well, maybe I don't notice anything.

Jenny McFadden: But you just stay in that space, in that peace.

Jenny McFadden: And I want you to stay there, notice whatever you notice.

Jenny McFadden: In that place of peace and love.

Jenny McFadden: Until you yawn.

Jenny McFadden: or sigh, or cry, and you feel that the energy is complete. And when it's complete, open your eyes. And I'm gonna do it with you.

Jenny McFadden: Okay, right.

Jenny McFadden: And now… I want you to take…

Jenny McFadden: A texta. A different coloured one.

Jenny McFadden: Whatever your field drawn journal, whatever you've got.

Jenny McFadden: I'll depend on your non-dominant hand.

Jenny McFadden: At the end.

Jenny McFadden: And we do the same thing.

Jenny McFadden: Just allow the energy to come out, the pen.

Jenny McFadden: With your eyes closed, Let the energy flow out, whatever way it's gonna come out.

Kristen Howarth - Women Unleashed: Over the top of the old one, or new.

Jenny McFadden: No, no, new page, new page.

Jenny McFadden: And then I want you to do exactly as you did before.

Jenny McFadden: See what you say.

Jenny McFadden: Feel what you feel.

Jenny McFadden: Notice what you notice.

Jenny McFadden: And I want you to also go back to where you started with the situation that you… you started, what you were thinking about.

Jenny McFadden: You know, like, your drawing related to something particular in your life at the moment, alright?

Jenny McFadden: And I want you to think about that situation. It's something specific.

Jenny McFadden: And just notice… How do you feel? Does a new thought come to you?

Jenny McFadden: Does a new way of being or acting occur to you?

Jenny McFadden: Where does your energy go? Where does your thought go now?

Jenny McFadden: And write that down.

Jenny McFadden: And when you've done that, I'm just gonna tell you ahead. I want you to run a little movie.

Jenny McFadden: of… you being… There's some change that's occurred within you. There's only the you here.

Jenny McFadden: Something that is different, something you can either

Jenny McFadden: feel more, or more safe to feel, more safe to be, or something like that. Just run a little movie.

Jenny McFadden: In your mind, of you being that.

Jenny McFadden: Right now, in this time, in this space.

Jenny McFadden: In, you know, in color.

Jenny McFadden: Moving… In your body, looking out of your eyes.

Jenny McFadden: And, and… You're just telling the field, who you are now.

Jenny McFadden: Program… reprogramming your… your field.

Jenny McFadden: Let's take a minute or two to do that.

Jenny McFadden: All right.

Jenny McFadden: And lastly…

Jenny McFadden: is there a follow-up practical… what is your next step? Just asking your guidance, what is your next step? So whatever this situation was.

Jenny McFadden: What is your next step? Is it something…

Jenny McFadden: Is it something that grounds this change? Is it something they're doing? Like, what is it specifically that comes to you that might be the next step in your life?

Jenny McFadden: Or something that you need to be doing. So what is it? What is that one practical thing?

Jenny McFadden: Alright.

Jenny McFadden: So, how was that?

Jenny McFadden: You wanna, we've still got a little bit of time left, we've got 5 minutes?

Jenny McFadden: Do you want to give us a quick… Did it change?

Jenny McFadden: How does it change? Picture different?

Jenny McFadden: What?

Jenny McFadden: Give us a look, or tell us something, whatever you want to… whatever you want to share.

Kristen Howarth - Women Unleashed: I've sort of drawn all over my new picture, but,

Kristen Howarth - Women Unleashed: when it was just… I did the green… the green first. So, at first I saw this picture, like, I looked at it as, like, me on this solid foundation, and then I was, like, all the heart energy, all the energy was contained, but still able to get out, so… but it was more…

Kristen Howarth - Women Unleashed: it was more focused, I guess? And whilst I was protecting it, there was an out, so it's not… it's not a closed book. And then I did see,

Kristen Howarth - Women Unleashed: Of course, the… when I was doing the…

Kristen Howarth - Women Unleashed: transformation, and whoever was holding that space with me, it shifted to my…

Kristen Howarth - Women Unleashed: dog. So, and I saw, like, this is sort of like the nose, this was the eye.

Jenny McFadden: He is!

Kristen Howarth - Women Unleashed: And then the ERPR, so…

Jenny McFadden: Yeah, yeah, yeah.

Kristen Howarth - Women Unleashed: So there was that dog.

Jenny McFadden: I think that?

Kristen Howarth - Women Unleashed: energy, sort of, coming into the space as well. So, yeah, so that was…

Jenny McFadden: That's cool.

Kristen Howarth - Women Unleashed: But definitely, less, sort of,

Jenny McFadden: If you look back at.

Kristen Howarth - Women Unleashed: much…

Jenny McFadden: That's right. If you look back at the first one, you'll notice it probably don't…

Jenny McFadden: You kind of go, doesn't have the same energy.

Kristen Howarth - Women Unleashed: usual I got during the transformation was still very much a cup, but it morphed from this little cup that was sort of…

Kristen Howarth - Women Unleashed: I guess, A, holding less liquid, but B, easier to spill, because the stuff was closer to the top. It morphed into almost like a big Tibetan bowl, and then it morphed into a,

Kristen Howarth - Women Unleashed: Chakra bowl, and it was the heart.

Jenny McFadden: Oh…

Kristen Howarth - Women Unleashed: So, and that.

Jenny McFadden: Have a good deal.

Kristen Howarth - Women Unleashed: That's on my list for… yeah, that's been on my list forever, to sort of just… that would be the only bowl I'd get. I wouldn't necessarily get the whole set. Yeah, and then my one action is buy the bowl.

Jenny McFadden: Haha Bye.

Kristen Howarth - Women Unleashed: Okay.

Jenny McFadden: Alright.

Kristen Howarth - Women Unleashed: Yes.

Jenny McFadden: That's beautiful, thank you.

Kristen Howarth - Women Unleashed: All right.

Jenny McFadden: That's great.

Jenny McFadden: Laura?

LAURA: I liked… yeah, I liked a lot,

LAURA: My first picture was very chaotic, and it was interesting because…

LAURA: Well, I'll just show you, show you it.

LAURA: Is that the spell?

Jenny McFadden: That's… is that the first one?

LAURA: It's like the before, yeah, the first one, and just chaos, but there's also, like, this container that it's in, and there's all this chaos going on.

LAURA: and then my second picture…

LAURA: was just a lot more grounded and, like, just felt like I was, like, in nature.

Jenny McFadden: That looks like a tree, almost.

LAURA: I know, it did, and it… the shift of energy… And…

LAURA: So I've been wondering whether or not I have ADD or not.

LAURA: And,

LAURA: the first drawing and then the things I went through was just talking about being really scattered and confused and…

LAURA: Messy, and…

LAURA: And then it was interesting, like, the second drawing, I felt really calm, grounded, still, and comfortable in my own body. And just, like, the peace that I could feel was, like.

Jenny McFadden: Fair enough.

LAURA: So…

Jenny McFadden: That's great.

LAURA: nice not to feel so scattered, you know? Yeah. And it was interesting, too, because I also had that, like.

LAURA: Got messy, but being contained.

LAURA: I do find it interesting how many themes flow through us that are so similar for all of us that it's like…

LAURA: Even when you're experimenting, or, you know, going through the process with somebody else, it's like…

LAURA: So relevant to me as well, so…

Jenny McFadden: Absolutely!

Jenny McFadden: Everything outside is a mirror.

LAURA: Yes, it is. We're mirroring each other. Yes, it is, yep.

Jenny McFadden: Any one of us either, Ricken?

LAURA: But it was just good. I feel…

LAURA: peaceful, so that's a nice place to be. I usually feel pretty, you know, I am.

Jenny McFadden: It's not a… it's not ADD.

LAURA: No.

Jenny McFadden: Yep. It's just a lot of.

LAURA: What?

Jenny McFadden: But…

LAURA: My message was literally 5 minutes on a meditation cushion daily, doing nothing.

LAURA: eyes closed, and I can focus on my breath, but I really just need that, like, downtime.

Jenny McFadden: Nice, yep.

LAURA: To get back to this space every day.

Jenny McFadden: Fantastic.

Jenny McFadden: Good job!

LAURA: Thanks.

Jenny McFadden: That was great.

LAURA: It was great.

Jenny McFadden: Yeah, that was good. It's fun with the drawing, isn't it?

LAURA: It is.

Jenny McFadden: Sorca, how'd you go?

Sorcha Fraser-Swatton: This was my first drawing.

Sorcha Fraser-Swatton: Actually, here's right up.

Sorcha Fraser-Swatton: Is that why I'll.

Jenny McFadden: Yep.

Sorcha Fraser-Swatton: Which… which I took as… A lot of leaves falling, drifting apart, being torn off.

Jenny McFadden: Mmm…

Sorcha Fraser-Swatton: And… I'd… I'd written Brief Moments of Beauty…

Sorcha Fraser-Swatton: Sorry. Brief moments of beauty that then… Leave and die and decay.

Sorcha Fraser-Swatton: But then… Go on to nourish new growth.

Jenny McFadden: Hmm, interesting. Yep.

Sorcha Fraser-Swatton: So, so my current state at that point was fractured and disconnected and all of that.

Sorcha Fraser-Swatton: Yep. To then… Come to this.

Sorcha Fraser-Swatton: Thank you.

Jenny McFadden: Oh.

Sorcha Fraser-Swatton: Jello, man.

Sorcha Fraser-Swatton: But sitting… oh, he's walking, actually. I was gonna say, he's sitting… just kind of had that surety of being,

Sorcha Fraser-Swatton: Calm and peaceful and comfortable and… And…

Sorcha Fraser-Swatton: And I got the message that I now need to… to…

Sorcha Fraser-Swatton: take the calm energy that I had, And… And you've transformed.

Jenny McFadden: have… Sorry.

Sorcha Fraser-Swatton: take the calm energy that I have, And use it to transform… The situation with love.

Sorcha Fraser-Swatton: And the message I got was to take time out for me and not feel guilty about it.

Jenny McFadden: and not…

Sorcha Fraser-Swatton: Feel guilty about it?

Jenny McFadden: Yes, right.

Sorcha Fraser-Swatton: So, so, anytime.

Jenny McFadden: Yeah.

Sorcha Fraser-Swatton: Doing something for me.

Jenny McFadden: And I go as well, like, remember that That…

Jenny McFadden: Putting… creating the situation with love.

Jenny McFadden: Like… But… It's a powerful… you are… you can do that.

Sorcha Fraser-Swatton: Yep.

Jenny McFadden: comes from within you. The more that you are that, the more you're telling the field, and it will respond.

Jenny McFadden: with… the same. Something that matches.

Sorcha Fraser-Swatton: Yeah.

Jenny McFadden: Not only do you feel better, but you start to get things showing up that match.

Sorcha Fraser-Swatton: Yep.

Jenny McFadden: I love that, resource. That was great.

Jenny McFadden: Isn't it?

Jenny McFadden: And knowing it's you.

Sorcha Fraser-Swatton: Yes.

Jenny McFadden: You just forgot for a second.

Jenny McFadden: Because you're on a different planet, different world.

Sorcha Fraser-Swatton: I'm on a different world.

Jenny McFadden: Oh, you got it now? You've got it now.

Sorcha Fraser-Swatton: Very interesting.

Sorcha Fraser-Swatton: Jumping in and out of parallel worlds, I think.

Jenny McFadden: Probably.

Sorcha Fraser-Swatton: No.

Jenny McFadden: Probably. I wouldn't be surprised.

Jenny McFadden: Okay, well, so how did you find that as an alternate way, or a different way of doing the process?

Jenny McFadden: Quite interesting.

Kristen Howarth - Women Unleashed: It's good. Yeah, just a different perspective. I think that'd work well with someone that was really…

Kristen Howarth - Women Unleashed: sort of outside themselves, like, as a grounding principle of, you know, bringing the focus to the artwork kind of scenario, and yeah, rather, if they're having

Kristen Howarth - Women Unleashed: trouble getting out of their head, like, it could even be a good one, you know, Laura was saying about, you know, that person that was having that external experience, like, to help ground them into the, sort of.

Kristen Howarth - Women Unleashed: You know, adjust their focus to that could be a powerful way to shift that as well.

Jenny McFadden: Yeah, it's possible. Certainly worth a try. Like, that's what I just find it's another way that, brings a bit of creativity into it. And also, the difference with this one is you're not starting with a particular problem.

Jenny McFadden: Right, that's the difference here, is you're really, you're not going, well, the problem is this, you know, and whatever, we usually… what are the thoughts and feelings? This one, you're actually allowing

Jenny McFadden: your… unconscious.

Jenny McFadden: To show you where you need to look.

Kristen Howarth - Women Unleashed: What's the priority? Yeah.

Jenny McFadden: What you've forgotten about, or something that's going on within you, that you… you might be going over and over and over with, and you're aware of it, but either haven't found out a way with it, haven't found a way out with it, or it needs… needs more attention again, or…

Jenny McFadden: Whatever.

Jenny McFadden: to shift the energy. So, that's what I like about it, because… it's because that's curious and, interesting, because you don't know what you're going to get.

Kristen Howarth - Women Unleashed: Hmm.

Jenny McFadden: So, that's what I find that's different about this one.

Jenny McFadden: And, and here's mine, by the way.

Jenny McFadden: That's my new one.

Jenny McFadden: Right, and so this is like me, small head, big energy flow, like, really centered now. Not two people?

Jenny McFadden: Before it was two people? Now it's only one. Very big one.

Jenny McFadden: But the energy flows down the center, and it's sort of, like, moving, you know, there's a bit of movement here, so it was like.

Sorcha Fraser-Swatton: Cheers.

Jenny McFadden: To me, that was, more of a core flow.

Jenny McFadden: And,

Jenny McFadden: you know, there's no… it brought itself together. The energy got brought together instead of… I'm debating about… Fractured. Yeah.

Kristen Howarth - Women Unleashed: Hmm.

Jenny McFadden: Anyway, there you go. Alright, well, thanks for being here, and

Jenny McFadden: I'll, get the replay up and, the other resources, whatever, let me know if there's any issues, and, next time, I'll figure out what we're gonna do.

Kristen Howarth - Women Unleashed: Sweet!

Kristen Howarth - Women Unleashed: Probably.

Sorcha Fraser-Swatton: Probably won't be here next time.

Jenny McFadden: Aw, bummer. Okay.

Sorcha Fraser-Swatton: If I am, I'll be late. I've got a performance at 9 o'clock or something.

Jenny McFadden: Oh, do you?

Sorcha Fraser-Swatton: Hmm.

Jenny McFadden: Wanna, band performance?

Sorcha Fraser-Swatton: Band, jazz band performance.

Jenny McFadden: Alright, cool!

Sorcha Fraser-Swatton: Oof.

Jenny McFadden: Alright. Well, if you see me, if not, thanks for being here, Laura, I don't think it wasn't expecting.

LAURA: Canada.

Jenny McFadden: here, you may.

LAURA: I wasn't… we… we got an early flight home, so I was happy I.

Jenny McFadden: Alright.

LAURA: Europe's now.

Jenny McFadden: That's great. Awesome.

LAURA: Alright, thank you.

Jenny McFadden: Good to see you all, I'll see you again soon.

Kristen Howarth - Women Unleashed: Bye!

Jenny McFadden: Bye!