J: Okay, so we've had a bit of discussion beforehand, just in case you're watching the replay, about how should we structure this session, and…

J: For this session, we're going to structure it as I'll be the practitioner, Kristen's going to be the client, all the way through. So one…

J: client all the way through with continuity, and time to do your own practice. your own, like, to do it yourself as you go along. So we want to take the whole session to do that. Next time, we're going to try doing it with…

J: We'll do the whole session for you again, but I'll just get people to put up their hand.

J: Someone to be the client in the beginning, someone to be the client where there's the frequency, someone to be the client.

J: Whatever, wherever. Alright? So, and we'll just see how that goes, and whether that works for you or doesn't work for you. Because the idea is I want you to be able to get your own experience, as well as the professional.

J: So that you get to ask questions at that level because you're thinking about not only doing it yourself.

J: But how are you doing that with a client? Or what questions come up?

J: All right, and briefly, I just want to, before we start, say… In regard to…

J: At the end of this… Series of workshops.

J: I'm going to set up 3 practicum sessions.

J: Practicum meaning practice. And what are they for? Practice, connection, support.

J: I'm thinking they'll be an hour, maybe 90 minutes. They might not be on at the same time here because Megan can't come to these.

J: It hasn't really come to any because of it, so I may need to look at a different time.

J: And day, but I'll ask you about that. And the purpose of it is…

J: One, so that you can actually practice without being on screen. It's not a demonstration. It's actually you practice with each other. We'll have breakout rooms, so hopefully you'll be able to make it. It may or may not get recorded.

J: You may not, if you're not there, and I'll try to make sure that you can be, it's more about the actual practice. I used to do these and I would always do them in person.

J: So trying to do them on Zoom is a different kettle of fish, but I'll do the best I can to make sure that you can actually practice with each other.

J: Which is a different ball game than.

J: As we're doing it in the workshops. The other intention behind it is…

J: So that if you want, you can be certified.

J: So, I'm doing something special with this group, and it will only be with you, because actually.

J: I know most of you, or have known you, or Like.

J: you are people that I already have a sense of who you are, what you do, and your abilities, right? So, what I'm going to ask you to do, if you want to be certified… what does certified mean? It means that if someone says to me.

J: Who is trained in this? I'll give them your name.

J: And your name will be on my website, and your contact details.

J: And…

J: If you don't want that, you don't have to, and you can still do the practicum, and it doesn't cost you anything else.

J: This is going to be included.

J: You can just get a completion certificate if you want. If you don't think you're going to be working as a practitioner and going, hey, I do this thing, then you don't have to.

J: And the only thing that I'm going to ask you to do for certification is, and this will be different down the track.

J: But for you, all I'm going to ask you to do is…

J: Is to do two case studies. One, yourself.

J: So get Kristen's outline for doing a session if it's helpful, and fill it in. So do a session on yourself.

J: And take notes as you go along.

J: The second thing is, do two sessions with someone else.

J: One session and a follow-up.

J: So that you can actually do the part where you ask someone, has it… has this still changed? You can re-rate them and ask them about that, right? So that you actually do a follow-up with someone.

J: And then you basically just do the two sessions for the same person.

J: And the only… the reason why I want you to do it is not because, oh yeah, tick, I did it. Actually, what I want you to do is self-evaluation.

J: That's actually more important to me than I did this and I did the, like that you go, yeah, I could have asked this question and I didn't think of it or, like that you actually evaluate your own.

J: Handling of it, and any insights that you had.

J: You know what I'm getting at? That's actually more important to me than I just filled in this bit because I did these sessions. You get more learning from evaluating your own yourself than me evaluating you.

J: So I'm actually more interested, I'll write you some questions of what the kind of things that you can answer, I'm more interested in.

J: your own self…

J: Insights?

J: Because that's more useful to you than me going tick, yes, no, cross, whatever. Like, that's…

J: My view. When it comes to being… working with professionals.

J: Other people who are regarded as peers, you know, working in the same way with same abilities.

J: That's for me, it's more important that I go, oh yeah, I thought I did that part really well.

J: Right!

J: I thought I got the questions, I got there, that was really happy with that. This one, this person didn't really get it, I didn't quite know how to explain it, I'll probably do it this way next time.

J: That's all I need to know. Alright, so that's all that's involved. Alright?

J: So, and as I say, that will probably change down the track.

J: When I get people that I don't actually know that well.

J: Alright, I'll ask them to do more than that.

J: All right, so up to you, whatever you want to do, and it doesn't cost you anything extra, so I invite you to come and we'll work out some details after we finish. So if you've got any feedback on that or any other questions, let me know.

J: Yeah.

J: Okay.

J: Now, Krista says she's going to be the client, so…

J: I'm gonna ask some questions. Let's get started.

J: And…

Kristen: Women Unleashed: Am I allowed to come with something physical?

J: You gonna do something physical, are you?

Kristen: Women Unleashed: Is that alright?

J: Sure.

Kristen: Women Unleashed: Cool.

J: Alright.

J: All right.

Kristen: Women Unleashed: Well, it sort of accumulates.

J: What's going on?

Kristen: Women Unleashed: So I really want to sort of look at, like the menopausal.

Kristen: Women Unleashed: Weight gain, fatigue.

Kristen: Women Unleashed: Lack of energy, like that, just sort of hormonal… capsule.

Kristen: Women Unleashed: as a whole. So my… and I just wrote down, my thing was, like, the snapshot was, I want to be 30 again, because at 30, I was, like, that sort of… the weight and the energy and… no brain fog and stuff, so that, I guess, if we started with a statement that wasn't actually, like, the underlying…

Kristen: Women Unleashed: thing isn't about what's physically happening, it's the, I want to be 30 again.

Kristen: Women Unleashed: If you want to use that as the leverage.

J: And what is… what would giving… what would… Being 30 give you.

J: That you don't have.

Kristen: Women Unleashed: So the first thing that comes to mind is freedom.

J: You're in the right place there, aren't you?

Kristen: Women Unleashed: Right.

J: What else? And what does that mean? Like, what's that look like?

Kristen: Women Unleashed: There's just, like, a lightness, there's less, restriction.

Kristen: Women Unleashed: I'm pretty sure it was the year I left my ex. Like, so.

J: Oh.

Kristen: Women Unleashed: Yeah, there was, there was sort of, there was more,

Kristen: Women Unleashed: time in that… in that space, so we were… Yeah, I was… we had split… because I was… we were sharing 50-50, so I had a week without kids, and then a week with kids, so I had a lot more me time.

Kristen: Women Unleashed: And I could, yeah, I could do the, like, I could go for the walks and I could.

Kristen: Women Unleashed: Look after me more,

J: Right.

J: Okay, I'm just writing it down.

Kristen: Women Unleashed: No, you're right.

Kristen: Women Unleashed: Hmm.

J: What I'm interested in is, That's it.

J: So, I wasn't… it's interesting, because I wasn't expecting that answer, right? Because I thought you were going to say, oh, well, my hormones were this and that, like and that, whatever. But actually, what you told me was something completely different, right? You actually spoke more about

J: Who you were able to be then, then, then.

J: How things are now, is that right?

Kristen: Women Unleashed: Yeah, well, I guess…

Kristen: Women Unleashed: now, like, I feel like I'm carry… so I'm carrying probably 18 kilos more, since that, like, we're talking 20 years ago, just for context. So, yeah, I'm probably 18, kilos heavier, and with that comes…

Kristen: Women Unleashed: Sort of like I'm literally carrying.

Kristen: Women Unleashed: Like, I've got to exhale, but more energy, you know, to move around and stuff, because of that.

Kristen: Women Unleashed: So, yeah, and I, yeah, I didn't have the, the brain fog or.

J: Okay.

Kristen: Women Unleashed: Okay.

Kristen: Women Unleashed: That sort of… Scattered feeling.

J: anytime.

Kristen: Women Unleashed: labels, but I could be an A… I could technically label myself as ADHD at the moment, like, it's like… I'm like Dory in Nemo, like, oh, look, oh, I'll go and do that, and I've got 7 things half done.

Kristen: Women Unleashed: Nothing completed, so…

J: Alright. So here's what I'm gonna here's what I'm noticing is, like.

J: What you're talking about is we've got the physical thing, and then we've also got the mental emotional that's going on.

J: That's…

Kristen: Women Unleashed: this.

J: It's kind of in the same thing. They kind of await in different ways, right?

Kristen: Women Unleashed: Yep.

J: So and we can work directly on weight, and that probably would be a different kind of session, like looking at hormones and looking directly at that kind of thing and doing healing that way. We can also look at

J: you can end up eating more because the hormones are out of balance, because the happiness is not there, because there's too much to do, because there's more stress, because… like, so… and that's what we're going to look at more today. Is that okay with you? And realizing that, you know, all of them are connecting everything

J: Goes together, one has effect on the other. So if we start, we start with that and see where that goes. And so that means I'm going to ask you about.

J: I might actually do… I might actually use like I've done before.

J: This emotion chart, right?

Kristen: Women Unleashed: Yeah, that's fine.

J: With that in, and then, as a starting point?

Kristen: Women Unleashed: Yeah, the one thing that just came to mind when you were saying that was, it's not so much about…

Kristen: Women Unleashed: Like, I don't eat…

Kristen: Women Unleashed: a lot, per se, but what I was… what came to mind then was more, it's like the power center's not processing properly, so there's… it's actually not what's going in, it's the function of…

Kristen: Women Unleashed: Of that is…

J: What's the power centre? What do you mean by power centre?

Kristen: Women Unleashed: Like the, like, I guess it's like the digestion and all that sort of thing isn't.

J: Yep.

Kristen: Women Unleashed: Like, their inner workings isn't, functioning, so it's…

Kristen: Women Unleashed: it's not digesting it properly, or it's storing it in effect, like, unnecessarily and stuff. There's that sort of…

Kristen: Women Unleashed: Yep. I don't know if you've ever been to Mona in Tassie.

Kristen: Women Unleashed: No? They've got this, it's…

Kristen: Women Unleashed: crazy, you could look it up. They've got this, literally, they've got this digestive system that they feed and everything, it's just gross. But anyway, so, and it's, yeah, it's sort of that sort of thing. It's like that process is disabled.

J: Okay.

J: So what about, so what about.

Kristen: Women Unleashed: enabled.

J: my.

Kristen: Women Unleashed: And then that comes back to, I'm not getting the… nutrients.

J: Yes, okay. Not absorbing.

Kristen: Women Unleashed: Mmm.

J: Okay.

J: So then… so what we're going to do is look at that from a perspective

J: And see what comes up in terms of what might be in your field that is contributing.

Kristen: Women Unleashed: Do.

J: Why that might be so?

J: And I'm curious to see what shows up, actually.

J: And, and recognize the power of whatever might be emotional, That's still triggering.

J: What's sitting in the gut or how the gut is working.

J: Alright, because we can look at, and I can test out other things, and we can do, look at how the digestion is working in other ways.

J: Supplements and foods and nutrition, rest, sleep, all those things which are really important.

J: This one is going to look particularly at what else is contributing to holding it there that might be more along the lines of resistance.

J: Sabotage.

J: That kind of thing. All right. And we'll see what happens. I'm curious to see what will show up.

J: That might be… We think I'm related.

J: But actually related. And give you that lightness.

J: Yeah.

Kristen: Women Unleashed: I mean, I know…

J: otherwise.

Kristen: Women Unleashed: about weight being that, you know, protective bubble. So.

J: Oh.

Kristen: Women Unleashed: If I hadn't…

J: Maybe. I know all about these things.

J: All right. So.

J: I'm just gonna test something, we'll just see curiosity.

J: Central Governing Fire, Earth, aha, not surprised, Stomach Spleen. Okay, 1, 5, 5, 10, 10, 15, 10, 11, 12, 11, 15.

J: Brooding.

J: Or not.

J: So…

Kristen: Women Unleashed: reading.

J: Brooding.

Kristen: Women Unleashed: Right.

J: of like.

Kristen: Women Unleashed: The broody hen.

J: Yeah, what's that mean to you?

Kristen: Women Unleashed: that I'm, like…

Kristen: Women Unleashed: sulking, that I'm sort of hiding, I'm just sitting on a… sitting in my box and not taking action.

Kristen: Women Unleashed: Like, that sort of…

J: Okay, is that true?

J: You feel like that?

J: Okay.

Kristen: Women Unleashed: Comes to my weight, I guess I could say that, yeah. Like, as far as I'm not pushing myself to go for the walks, I'm finding other, you know, I'm getting busy doing other things, so I'm not making that a priority to…

J: Okay.

Kristen: Women Unleashed: know.

J: I'm going to say, so I'm just testing up. No, you're right. I'm just testing up. Hold on, I've got my list here. Hold on.

J: I've got a list of areas of life.

J: Just see. Because I'm getting, it's not self-to-self, it's not you, not you to you.

Kristen: Women Unleashed: Okay.

J: Scenario floor.

J: Just give me… just close your eyes for a second.

J: Give me a number between 1 and 11.

Kristen: Women Unleashed: Before you said that, I said to myself 12, so that's not going to work.

J: Well, it could be, it might be something that's not on here. Tell me what 12 is then. What's an area of life that jumps to mind?

Kristen: Women Unleashed: So I just got my husband's shed, so I'm guessing it's like.

J: Ohh.

Kristen: Women Unleashed: That's his work workplace basically when he's at home doing stuff.

J: Okay.

Kristen: Women Unleashed: So his business is, yeah, I don't…

J: So he's got his own space.

Kristen: Women Unleashed: Yeah, yeah, but it's more about his business, I think, because we don't…

Kristen: Women Unleashed: sort of, like, he does him, I do me, kind of thing, in relation to the business. I don't get involved, because his family's involved and stuff, and it's very much a bone of contention. Like, as in, I'm like, don't bring your shit into my house.

Kristen: Women Unleashed: Okay, you go and do deal with them over there, because yeah, that's okay. It's not. Yeah. So when you so.

J: So when, so when, if you look at that issue.

J: Right? Without me going into it, you know, I haven't done it. What is it that you feel about this thing? Like, if I said that there's some sense of brooding.

Kristen: Women Unleashed: There's no control.

J: To me, it's like you're just sitting on this…

Kristen: Women Unleashed: Yeah, I've just… I've sort of gone whatever, like, if it fails, if it doesn't fail, like, it's… it's got nothing to do with me, I don't really give a shit. That's my…

J: Yeah, except that you do.

Kristen: Women Unleashed: Yeah, yeah, it's just.

J: picture.

Kristen: Women Unleashed: Yeah, yeah, it's like.

J: Is brooding the same thing as sitting on an egg? Is that brooding?

Kristen: Women Unleashed: Yeah, that's, like, if you have a clucky hen, they're broody.

J: Yeah, so you're sitting on this, you're sitting on this thing, right?

Kristen: Women Unleashed: Yeah.

Kristen: Women Unleashed: Yeah.

J: And you're not free from it like that you want to feel free and you want to feel light and less restricted. But something about this is not that is that is that right?

Kristen: Women Unleashed: Yeah, basically, and I mean, for 10 years, I've been telling him to, you know, get out on his own, like, really get out on his own.

J: say.

Kristen: Women Unleashed: But, but he's still, they're still in.

Kristen: Women Unleashed: Fingers in pies and stuff, and it's just, like, really…

J: Okay.

Kristen: Women Unleashed: And we don't have to save the world, we just need to, you know, anyway. So, yes, but no, there's definitely.

Kristen: Women Unleashed: And then, yeah, he'll say, oh, can you give me a hand with XYZ? And I'll be like, no.

J: Okay.

Kristen: Women Unleashed: Put yourself in this, like, you… you deal, you know, yeah. So, it's a control thing too, but it's all… yeah, there's definitely a…

Kristen: Women Unleashed: In a child having a tantrum going.

J: Right.

Kristen: Women Unleashed: Yep.

J: Okay.

J: So that is what we know, that's who we need to talk to.

Kristen: Women Unleashed: Yeah.

J: We need to talk to that inner child because this is not really about you. Something else, there's something else about this that's not just, it's actually not yours or something else right here.

J: Okay, because the more that you're kind of, like, sitting on this thing.

J: And going, keep it out, not doing it, nope. The more energy that takes from you, and the more…

J: it causes conflict, and I don't know, like, there's a whole lot going on here that is… right?

Kristen: Women Unleashed: Yeah.

J: I can see it in your face, you're going, yeah, yeah, yeah, this bloody thing, whatever, right? Okay, so let's just work with that piece, because that's the piece that I feel like…

J: It's not really about the business, it's not really about him, it's about something else.

J: Right? Well, that's something else that's holding it up.

J: And it's it's stopping you as well. And it may be about you as well, because you know, often a thing is a reflection of ourselves at the same time.

Kristen: Women Unleashed: So the thing that just came up was it's like rescue, he's rescuing everyone else, but he's not rescuing you rescuing us. : It's to our detriment.

J: I see.

J: All right, so tell me this. What's the emotion that the young child is feeling?

J: When you said the 2 year old.

Kristen: Women Unleashed: Okay.

J: So the words are, it's not fair.

Kristen: Women Unleashed: Yep.

J: Yep. And how does she feel when… She's thinking it's not fair.

Kristen: Women Unleashed: Sad.

J: Yep.

J: And what else does she what else does she tell on herself?

J: She feels upset, and she says, it's not fair, and…

J: Why is he looking after everyone else? Or he should be looking after me? Or remember, this is a habit chart.

Kristen: Women Unleashed: Or likewise, you still choosing them.

J: Yeah.

Kristen: Women Unleashed: when it puts us at risk.

Kristen: Women Unleashed: Here I was thinking menopause was safe.

J: Sorry about that.

Kristen: Women Unleashed: I

J: That's what happens, isn't it, when you sort of go dig underneath.

J: And thank you for sharing that.

J: Hmm. We all recognize.

J: That's what happens, you think. And actually, this is great because this is where the energy is.

J: Alright, so you've actually hit on where it really is.

Kristen: Women Unleashed: Yeah.

J: Now we can really make a big change. I'm getting that feeling. Right.

Kristen: Women Unleashed: Right.

J: So, thank you, and…

Kristen: Women Unleashed: that.

J: It's stepping out of my practitioner into the observer role.

J: This is what I'm looking for is where's the energy, that's why I ask questions.

J: And I'm looking for where is the energy. And this in itself is a really big already shift.

J: for Kristen, which is about the insight and accessing that place, and being willing to go there, so thank you.

J: Okay.

J: So I'm just going to ask you now.

J: Is there anything else that… and I'll just step out this for a second. I'm also doing… I'm also… the language I'm using is really important here. I'm talking to the…

J: You said it's like a young child having a tantrum, or, you know… forget the words you said, did you say a 2-year-old?

Kristen: Women Unleashed: Yeah, I think so.

J: So I'm talking…

Kristen: Women Unleashed: I basically haven't…

J: I'm phrasing it about the two-year-old because that's where the energy is.

J: Even though it's about a current story.

J: Kristen already knows there's some, it feels like a 2-year-old.

J: You know, that, then that's significant. So that's what I'm asking, so the language I'm using is

J: About… about… I'm speaking to the 2-year-old. So… so when the 2-year-old is feeling sad, and thinking it's not fair, why is he choosing me, and it puts us at risk, is there anything else that she's feeling?

Kristen: Women Unleashed: So not being heard was what just,

J: Yes, sir. Would you say… would you say unheard?

J: What's the feeling?

J: Ignored.

Kristen: Women Unleashed: Invisible.

J: Invisible.

J: And what's… when… when someone feels invisible.

J: What does that feel like? What's the emotion? Can you dig in? What's underneath invisible?

Kristen: Women Unleashed: Like, I don't matter, so I'm not important.

J: Unimportant. Right. That's it. Yeah. You got it.

J: And when she's feeling unimportant, what's she thinking?

J: What's she telling herself?

J: Like, the same situation.

Kristen: Women Unleashed: Yeah.

Kristen: Women Unleashed: It's like, sort of like a what's the use?

J: Yep.

Kristen: Women Unleashed: I might as well just sit here and do nothing.

J: Okay, yep.

Kristen: Women Unleashed: Yeah.

Kristen: Women Unleashed: So, that's sort of, like, don't bother trying.

Kristen: Women Unleashed: It's not a joint effort.

J: Okay, great. You've done a great job, and that's all I need to ask you. One last thing I'm going to do is ask you, I'm going to read these back to you, and I want you to tell me how strong, you know, how much energy does each have?

J: So when you're thinking about this situation, and this is really important to remind you, stay in this situation, not about everything, it's just this thing.

Kristen: Women Unleashed: Yep.

J: And you're feeling sad and you're thinking it's not fair. How strong is it's not fair out of 10?

Kristen: Women Unleashed: It's probably only about a 6.

J: And how strong is the sadness?

J: Out of 10.

Kristen: Women Unleashed: If you'd asked me this three minutes ago.

J: right?

Kristen: Women Unleashed: So, I reckon it's… It's probably only a 6 as well.

J: Okay, good.

J: And the thought, why is he still choosing them? It puts us at risk.

J: How much charge does that have?

Kristen: Women Unleashed: Yeah, that's probably a 9.

J: And feeling unimportant, how how Strongest up.

Kristen: Women Unleashed: Pro 7.

J: And thinking… What's the charge? What's the use?

Kristen: Women Unleashed: Probably an 8.

J: And I might as well sit here and do nothing.

Kristen: Women Unleashed: Yeah, I'd say that's probably a 10.

J: Good job.

J: And don't bother trying.

Kristen: Women Unleashed: Yeah, I think those two sort of go together. So am I?

J: Might as well see who do nothing, don't bother trying.

Kristen: Women Unleashed: Yeah, do nothing, don't try, is sort of under the one umbrella, I think.

J: Okay, great. Good job!

J: Okay, I think we've got… that's all we need.

J: Any questions from anyone about that or any feedback?

J: As you watch.

J: Thanks, Christian.

Kristen: Women Unleashed: No worries.

J: Alright, so.

J: Go ahead and do your own.

J: And I'll give you five minutes, but take as long as you need.

J: And when you're finished, just sort of indicate to me, like, tell me I'm done.

J: Yeah.

J: Alright. So if you need help with yours, now's the time to ask.

J: If you're going, I've got this, but I'm not quite sure where to go.

J: Now's the time to ask me and see what I can come up with.

Kristen: Women Unleashed: I'm just going to pop outside and ground for a sec.

J: Go ahead.

Renee: Hey, Jenny, can I ask a question?

J: Absolutely.

Renee: So I've kind of been…

Renee: Back to the first video that we did where I was trying to.

Renee: Breakthrough.

Renee: Yep, money, money stuff.

Renee: And I'm at the point now where…

Renee: I've hired someone only the other day, they're gonna start next week to help me.

J: Brilliant!

Renee: Yes. And… I'd do it, though, again, without knowing.

Renee: exactly how I'm going to fund this. Like, I always just have the money. Like, when I got my office, I took on the commitment, not knowing exactly what would happen, but 3 years later, I haven't missed a payment.

Renee: I just have this… this weird thing. If I take off more than I'm ready for, I then do what's necessary to…

J: That could happen.

Renee: Change the thing.

Renee: So I'm like, okay, I don't know that I'll ever properly be ready, but…

Renee: I got an independent contractor so that I wasn't committed to number of hours.

J: Oh.

Renee: all.

J: Good idea.

Renee: Like, worked it around a bit.

J: Yeah, great, that's good.

Renee: Yeah.

J: What's the question? What's the, tell me, what's the, something you're still going, nininininininininininininininininininininininininininininininininin.

Renee: Yeah. What's that?

J: What is that thing?

Renee: I know. It's like so I've been doing things I need to level up. It's like I see my future self and how I'm supposed how I will be.

Renee: But I'm still hanging on to the old me who struggles and strives and does everything myself.

Renee: So you've got Mike.

J: So you've got…

Renee: I want to let her go, but I'm really sad. I've just went into that a bit then, and it makes me sad.

Renee: Because she's tried so hard and she's done so much.

Renee: But… I can't get that thing…

J: Yeah, yeah.

J: And yet you already are her.

J: Because you've already done it, you've already done it.

J: You already are.

J: I thought you had to become it.

Renee: I don't feel that together, I guess.

J: That's because you've got a picture that, like, when I get there, which is really here.

J: Somehow there, which will never come, I'll be different, and I'll feel different.

J: Yeah.

Renee: Well, I guess I'm…

Renee: Compared to where I was two years ago, I'd be stoked to be where I am now.

J: Yeah. I know. Right? And that's the problem with when I get there, I'll feel and I'll be and when I get there, like, that's that whole problem with the future thing.

Renee: Yeah.

J: Right? Instead of, like, in the now, who am I?

J: And what have I already done, right?

J: So there's a part of you that's already, like, you're absolutely in it. You're still going, the thing over there.

J: That's part of the problem, right? And that's probably related to something in your field still.

Renee: Yeah.

J: Alright? Because what I heard you say was, There's a part of me.

J: That's the part we're looking for. Tell me about the part that goes, you said, I feel sad.

Renee: Yeah. I feel sad that Letting go of…

Renee: I guess it's also control, like, if I get other help, I've got to trust other people, and…

Renee: And I've done it before. I've had a team of 12, like, in the past.

Renee: Whereas, and I really balked at having staff again.

Renee: And I'm an HR consultant. How ironic is that?

J: Did you enjoy having staff or was it, what was your experience?

Renee: I loved it. I love my team. I built a really good team.

J: This is not about that.

Renee: Right? You loved it.

J: It's not about that, it's something else.

J: Right, we need to find out where…

Renee: It's the money. It's the money.

J: It's the money.

Renee: It's having to pay workers comp. I hate that stuff.

Renee: I hate all the…

J: Right.

Renee: That comes with staff because that's what I do. That's my job.

J: Okay, so wait a minute.

Renee: Mmm.

J: The thing that's your job.

J: That you feel that you love, you hate.

Renee: Yeah.

J: Right?

Renee: It's the government compliance and all the rules they they enforce on people, and they're making it harder and harder.

J: Okay.

Renee: And it's expensive.

J: Okay.

J: The bit that I heard.

J: It's not just about the money.

J: It's about the compliance. You have to do something. You get told to do it, right? You have to do it. You don't have a choice. In there is something about something else.

J: Because nobody likes it.

J: Right!

Renee: you.

J: I don't think anyone likes it. Oh, yay, more compliance. Like, no, nobody's going like that, right? But on the other hand, you've got like an extra thing that's going, no deal. And it's affecting you so much that you're going, I'm not even taking people on because I have to do this.

Renee: Excuse me.

J: Right?

Renee: Yes.

J: So there's something about that that I sense is not actually… In, in, okay.

Renee: you.

J: It's more of a reaction than it needs to be.

J: To more of every system.

Renee: Going against the system by not hiring people.

J: Yeah, and it's to your detriment not to hire people.

J: Yet this thing about, I have to, I don't have a control of it,

J: There's sadness as well mixed in there, but I feel like what you just said has energy.

J: There's something you just said about…

J: Like, you have to do it, you don't have a choice.

J: It's forced upon me, it costs money.

Renee: Yeah.

J: Right. The money is linked in there too, but it it'll be interesting if you put those things and put them on paper.

J: And so what is it you… what's the feeling that you get when you think about having to do this compliance?

Renee: It's not fair.

J: Interesting, like, did you just see that reflection with Kristen?

J: That was her first words. It's not fair.

Renee: you.

J: What's the feeling you get when you're thinking it's not fair?

Renee: It's in just it.

Renee: Pisses me off.

J: Yeah, so for language.

Renee: Great.

J: Yeah. Write that down. Feel angry?

J: It's not fair.

J: What else when you're feeling angry, what are you telling yourself? When you just think, stay in this thing, stay in the thinking about the compliance and the things you have to do and all this stuff that you…

J: Yes.

Renee: It's for the employer, like, I've seen it time and time again, where employers have done the right thing, but the system's geared against them. Like, they have to pay no matter what. Like, they pay people out just to not have to go through the legal battle.

Renee: It's just wrong when people are being rewarded.

Renee: For doing the wrong thing. So now they go, oh, just put in a stress leave claim or just do this or, you know, and it's, you can do all the right things and meet with them and counsel them and try and be there for them. And they still, the employer gets.

Renee: Unleashed. Okay.

J: Alright, so what you're saying… It's something about even when you do the right thing, you get punished.

Renee: Yeah.

J: Alright, write that down in your words.

J: How would you say that?

Renee: Oh, yeah, that.

J: Okay. Is there anything else besides feeling angry? Is it mainly anger? Is that what comes up?

Renee: Yeah.

Renee: It feels just like a… at the moment, with the way the system is, it's just…

Renee: Like, you put so much effort in.

Renee: And there's not, it's, I always thought things justice, you know, you do the right thing, you get rewarded, but it doesn't work like that. So it's like futile. It feels like you work so hard and you might, it might help a little bit, but not as much as I think it should.

J: Yep.

J: Okay.

Renee: one, for independent contractors.

J: Yes.

J: Okay.

J: So…

J: There's something about that that I can't put into a sentence.

Renee: some.

J: Something about that that's important.

Renee: Feel it, like,

J: I can sense it's like it's really about it's angry and the injustice of it you know the

Renee: And the other part is I love small business. I love businesses and people in small business sacrifice so much of their time. They don't get paid.

Renee: And.

Renee: They take all the risk.

Renee: And then they've got to be as compliant as a multinational company. And small businesses are shutting down. We're going to lose choice.

Renee: I feel this is my actual purpose of what I do, HR, is because I love small business owners. I feel like if we don't have them, we're going to be stuck with big corporations for our future, and then we're going to be screwed over by them.

Renee: Like, everyone's gonna get screwed. They're already doing it now with the bank fees and…

Renee: Like now the banks have said you're not allowed to identify that when you tap, there's a surcharge.

Renee: They've made it illegal.

Renee: Kids just Yeah.

J: So, so behind this is a lot of passion, right?

Renee: Yeah.

J: Behind this is a lot of energy and a lot of passion, but it's getting stalled by

J: You're getting stopped in your business in the same way.

Renee: Yeah.

J: Bye.

J: This kind of, like,

J: the anger around the injustice of it, that it's not fair, that, even small people have to do what big people have to do, and don't get treated right, don't get respected, don't get… you know, there's some things about that, yes, something along… and,

debby: Like powerless.

J: Yeah. What they're looking for is empowerment. Right? But what we're looking at is where's the where's the where's the current energy? Where's that sitting so that you'll know when it's different?

J: Alright, I think you've got enough now to go… that's actually where it is.

J: You thought it, you think it's about.

J: You thought it was about the money, but… and the money is the side effect.

Renee: the.

J: They lose money, it's not fair, right? But actually, there's something about the not fair, not right, not… you know, that it's been… you get badly treated, you don't get respected, you don't get seen, you don't get…

J: You don't get… Just.

Renee: Yes.

J: Sorry?

Renee: You don't get justice.

J: Yes. There's something about so write those down in your words.

J: And give them a rating.

Kristen: Women Unleashed: Renee, would you mind if I put something in that just came up?

Renee: Yeah. No, I don't watch.

Kristen: Women Unleashed: Yeah, I got what you mean. Like, the thing I also was getting, it's, like, you were saying, it's, you know, the…

Kristen: Women Unleashed: the compliance, but it's… it's something… what I was getting to is there's something about getting it wrong, or being naughty, or doing it, like, being caught, or, you know, that sort of…

Renee: Hmm.

Kristen: Women Unleashed: like, accountable to someone else's checklist, and you're all gonna look like, you've done the wrong thing, like, and have to justify your actions or something. That sort of, yeah, it was just, it was something about, yeah, the fear of…

Kristen: Women Unleashed: being in trouble is what I was getting, but… Whether that resonates or not.

Renee: That's it. People can make allegations.

Kristen: Women Unleashed: And it's about, like, truth as well, like, yeah, that you're, you know, you can say…

J: You can be really truthful and still be, and still be,

Kristen: Women Unleashed: And do it right, but there's so many boxes you've got to tick, and it can be just to…

Kristen: Women Unleashed: Not the word isn't ignorance, but like the the fact is you can only do what you know. So if you've missed something.

Kristen: Women Unleashed: Then you could be in trouble for doing that, but…

Kristen: Women Unleashed: You weren't, it wasn't a vindictive thing, it was just an honest mistake, which will be.

Kristen: Women Unleashed: You know, you'll still get pointed at.

J: Okay. Thank you. Thanks, Kristen. Thanks, Renee.

Kristen: Women Unleashed: worries.

Renee: Okay, yeah.

J: And by the way, it was bladder meridian frustration is what came up.

Renee: What was that?

J: was bladder meridian frustration.

J: The emotion of frustration.

J: So.

Renee: Yep.

J: That's it.

Renee: Oh, I've just had an outbreak of shingles.

J: Bye.

Renee: Bye bye.

J: Yeah, so let's us find whatever is, like.

J: Causing this extra and see if we can help calm everything down.

J: That's painful.

Renee: No problem.

J: No.

Renee: I think I got it pretty mild, though, luckily.

J: Okay, so it's early morning. Pay attention from the body.

Renee: I don't know. That's what made me hire the person. I was like.

J: Yeah, okay. What's one way to get you to do it?

Renee: I was like, right on it.

J: Sometimes that's what the body does. It goes, look, I'm telling you, okay, I'm giving you this. If you're not going to listen, I'll

J: Make you do it. Make you stop.

Renee: I've just been doing more and more hours and I can do it all. I can do it all. Yeah.

J: Yes, okay, well, there's something about that, too.

Renee: Hmm.

J: Put that in there too.

Renee: Yeah.

J: I should be able to do it all. I should or whatever something there's something about that too.

Renee: Definitely.

J: All right, so go ahead and make sure you've got everything down.

J: And then just let me know when you're ready, when you're done.

J: Give me, give me a sign. Okay, I'm ready to move on.

debby: So I've got to rate all of these, Jenny, right?

J: Yeah. Give them a rating so you can rate the emotions.

J: So, in this situation, I'm feeling…

J: How strong… how much charge does that have?

J: And when I'm feeling that, I'm thinking this.

J: And what charge? How much charge does that have?

J: Right here and now.

debby: My topic is very similar to Renee's.

J: Isn't that funny?

debby: It's exactly.

J: No.

debby: name.

debby: Because I…

Renee: Really?

debby: Business too, and it's It's just everywhere you go, it's the same conversations, we're all having the same conversations.

debby: And,

Renee: People are leaving Australia because it's so bullshit.

Renee: It is absolutely getting insane.

debby: Yeah. It's a the illusion is so thick right now that.

debby: I totally get it. And even when I try to understand my thinking behind it, it's good because it's still showing up things that have got charge with me too. You know, the compliance is one of those things, you know, like the cost.

debby: And the, like, feeling like you're you're drowning, you're not getting ahead.

debby: And you can't do anything about it.

Renee: And they're constantly changing it. They're shifting it all the time. Did you know they did ATO raids on cafes in Melbourne?

Renee: Like they had, they look like police officers with suits, like armoured vests on that said ATO and were doing spot checks on cafes in Melbourne.

Renee: Like, what is that?

Renee: Like Gestapo shit. Yeah. I can't believe this is Australia. Like, it's nuts.

J: Oh.

debby: Yeah. The integrity of having a small business is

debby: It's, it's, it's, a challenge to understand why it is that you run it in the first place.

Renee: Yeah. We buy ourselves a job.

Kristen: Women Unleashed: Yeah.

J: Well, remember, remember whatever frequency, if we step out of the… You know, the physical world.

J: And remember, we… Through our frequency.

J: Can change.

J: our reality.

J: Or.

J: Deal with it in a different way.

J: Right? Because we've got to figure… like, one affects the other, like, that's… that's the… that's the physic… quantum physics of it.

J: What's going on in here is going on out there.

J: Alright? So we've got to go, alright. And I completely go take responsibility for what's showing up on the outside. Like, if we were in a virtual reality here and we're able to go, okay, this is a game. Right? What's out there is showing me something about me.

J: something. Not, not directly. It doesn't mean I'm a Gestapo, or I'm a, I'm a, it doesn't mean that. It means

J: There's a lot of control going on here.

J: I wonder if I am doing that.

J: To myself.

J: I wonder if I'm trying to control me too much, or control everything. It's just a question. It's a curiosity. And it's not a criticism. It's so that we can… why would it be that way? It's so we can see ourselves.

J: And become more aware and conscious of, okay, all right, I see that.

J: And it's perfectly okay. I'm a perfectly okay person. However, if it's something I

J: It's out of balance with things, well, you know.

J: I can make that, I can make a shift in that.

J: Right, because nothing… there's nothing wrong with wanting to feel in control.

J: It's only when we're trying to control the external

J: Rather than realize it's the inner control that we're actually really looking for.

J: That's where… that's where the real control is. It's not in trying to change that, it's in trying to… it's in…

J: Bringing more balance, more energy, whatever to ourselves, for ourselves.

J: Right, so I'm just going to be… I've got a bigger picture here.

J: Just because it's important.

J: Especially with what we're seeing in the world.

J: As a whole, right now.

J: It's not bad, but it is… does reflect, and we go, okay.

J: So…

debby: Yeah. That's that's where I'm trying to flip it.

debby: to.

J: Yes. So we're looking for what are the things that are in my that are unconscious to me that are still driving that within me.

J: Or, so even, like, for example, I did this on myself one day because I was curious. So I've gotta do, like, I hate website stuff.

J: Hate it. Used to hate it. I can't do it. I can't do it. I'm just like, I had so many problems. I had so many things. Blah blah blah blah blah. I've got the story to go with it. Right? This happened. That happened. Ba ba ba.

J: One day I thought, when I was first doing Quantum Freedom, I thought.

J: Is it even possible that, like…

J: I've got a story that says why I feel like this.

J: I can explain why I feel like that's not that would be normal for me to feel. So I did the thing, sure enough.

J: After I did the formula, I was like, I actually don't feel like that now.

J: And I went, I did not realize how much other staff was actually contributing to me in a simple way, avoiding doing, because I just was so frustrated and angry and think about it.

J: I just went, this thing is fucking bullshit, and I can't stand it, and I hate doing it, it always goes wrong, and people are like…

J: So I'm just saying.

J: Get curious, like for yourself and if you're working with someone, you just get curious about, I wonder if there might be something else contributing to this.

J: That is actually, I don't realize. And sure enough, and so now I don't love it.

J: But I can do it, and if I make a mistake, I find someone to fix it.

J: I don't go, under my head, avoidance, like, dun, dun, dun, like… Like, you see, like, I've already had to create a page, it wouldn't go wrong, this didn't work, I went, okay, alright, I'll fix that.

J: That's what I'm saying is…

J: This… don't take for granted that the story explains why we feel… that the story our head is telling us

J: Is actually the real story.

J: And just be curious and go, I wonder if I did this, if… I would… feel differently.

J: Nice.

Renee: came to me just then about you got to play the game.

Renee: Like, not resist the game. You can't avoid the game. So just play the game.

J: That's a very good way of putting it.

debby: Yeah.

Renee: the.

debby: I've written down a whole bunch of complaints.

J: Yep.

debby: But then, how do I…

debby: When it's something personal to me, like, when it's something that has a lot of charge.

J: Mmm.

debby: I find it… Difficult to… Stay neutral, and get back to.

J: Yeah, yeah. Now, you don't have to stay neutral?

J: Gonna have to stay neutral, even when you do it on yourself.

J: Like, the important part is that you actually do feel how charged these things are.

J: Because as you go through, that charge will begin to disappear.

J: So you don't have to do anything about it. You do want to get you do want to find where the energy is. You do want to find where the charge is.

J: Because then you're in the right place.

debby: Yeah, here I was thinking I wouldn't be able to think of something, and then…

J: Ha ha ha!

J: Really?

J: That's that's that's definitely I know. And sometimes you start with one thing and it's actually something else.

debby: Yeah.

J: So.

J: Good discussion. Laura, how are you going? You done?

LAURA: Yes.

LAURA: And actually very similar, it's just… it's so funny how when we have these discussions, like.

LAURA: The theme is always.

J: Yep.

LAURA: So similar. But mine is also work related and just getting sucked into work drama.

LAURA: I feel like I'm a good boss, but my staff still presses their luck.

LAURA: annoyed, angry.

LAURA: But then when I started, like, really looking at it, and when you brought up the thing about control.

LAURA: And how to shift that,

LAURA: And then one of the things I wrote down is I just cringe at how controlling my parents were that I didn't have any freedom yet.

LAURA: I try to control everything, so I'm like.

LAURA: There's this thread that goes way back that…

LAURA: It's, like, goes throughout my life, you know?

J: Yep, yep, it's funny, isn't it?

J: And that's probably what is going to show up. One of them will probably be about that.

LAURA: Yeah.

J: So it's really it's just that's what I found. Just stay curious. Thanks for sharing that. Isn't it isn't it interesting?

J: The outside world's showing us… we're showing each other.

J: Same thing.

LAURA: you.

J: We're showing each other the same story.

J: In a different version.

J: So… You know, that's like every client comes to you is a piece of us too.

J: Or whatever they come with, usually it resonates with us in some way.

J: Because we're showing ourselves something about ourselves in some way.

J: Small or large, not that you have to, but sometimes I laugh to myself, because I go, oh, that's funny.

J: No, not, of course, there we go, there's the story, there's the same thing.

J: And that's why.

J: And I say this to you as practitioners. That's why when we get to the point, the part where the person is, so you'll be doing, asking your guidance, can you please shift these?

J: Can you transform these energies, right?

J: And going into the heart, that's why we do it ourselves at the same time.

J: So we guide the person through and say, and I'm going to do that with you.

J: Because you actually do it with them.

J: Without having, you don't have to do all the beginning part and all the rest of it, but you ask your guides at the same time, because you're actually working with the client in the same energy.

J: Right.

J: And whatever you do for you, you're actually contributing. You know, it's like you get two more people in the same, the energy's even bigger.

J: So if you do it with them, you close your eyes and you just ask your guidance. Okay. Can you please transform the energies of whatever? I don't even know what they are, but there's something similar to this. Thank you very much. Go into the heart. Do exactly the same thing as the client is doing.

J: You are clearing your own energies about it, but the point is that you're also working with the client and supporting what they're doing too.

J: Right, because you can't separate us, we're all one energy, and so…

LAURA: you.

J: I do it with them, literally.

J: And I know when I'm yawning and stuff, I'm doing it with them too.

J: It's supporting their process.

J: Alright, you all done with that part?

J: Yeah.

J: You done, Dip? Are you still going?

debby: Oh, I, yeah, I'm, I, you guys can keep going. I'll be fine.

J: And then we can wait.

debby: Go ahead.

debby: I didn't realize that so much was coming up. It's like, how long is the string?

J: Yeah.

J: Well, and that's also another point of when you're gathering together the piece at the beginning.

J: We're trying to get the nutshell.

J: Not everything.

J: Right.

J: The nutshell, trying to get the nutshell, that's why I'll say, okay, that's enough, that's all we need.

J: Alright, because usually you know when you've got some of the high… something… there's a couple of really high-rated emotions and thoughts, that's really all we need. We're not trying to solve it, we're not trying to give them advice, we're not trying to do any of that.

J: We're just trying to get everything in a nutshell.

J: The other day.

J: That took me 50 minutes.

J: And I regard myself as pretty good in this.

J: Took me 50 minutes.

J: Because I hadn't spoken to the person before, and there was so much story.

J: There was so much story, and I'm kind of, like, trying to find my way, and every… it's someone who talks a lot, and… and it's… actually, it had… it took me 50 minutes, so I'm just saying, this part is probably… is sometimes the hardest bit.

J: Depending on where they're at, what's going on.

J: And trying to get the nutshell.

J: But at the same time, it's really powerful for the person involved.

J: Just as it is for you.

J: That you actually become aware of what's actually going on underneath what you thought it was about.

J: Right? That's a really it's a really powerful insight because as I said before, most of most people and all of us are aware of our emotions.

J: But we're not aware that there are thoughts connected to them.

J: And the thoughts are the things that we can change the emotions.

J: Come second… well, I don't know which one comes first, but they go together.

J: The one we have more control over is what we tell ourselves, which then changes how we feel.

J: Right.

J: And…

J: The point of it is to bring awareness to that, so even if it takes longer, it takes longer.

J: Just be aware, When you're… if you were doing that in a group, for example.

J: You might need to go around and sort of help people because it's really a simple process, but as you've discovered.

J: The yes, and this, and that, and what, and that, like, there's a lot of things that go with it.

J: And sometimes you've got to sort through all those things to get that really,

J: Get the nutshell.

J: All right.

J: So now we're going to do the tuning in. We're going to find out who you're working with.

J: And how many of the levels are involved?

J: And, for time's sake, We're going to limit it to three, although there might be more.

J: So we're going to ask your guides how many levels, and if it's 11, great, and then we're going to ask for the top three.

J: Okay, so, and you can do the same thing if you're short on time, you might only do two.

J: And just trust, whatever comes to you, how many are perfect, or you can ask their guidance, how many…

J: You know, is one or could, you know.

J: Which of the, have the most charge and that we could work with today quickly?

J: Alright? And just trust that that'll be enough.

J: And then you can come back to it and check it next time. That's why I want you to do two sessions with someone.

J: You see what happens, the one after.

J: Okay.

J: Ready?

J: Okay, so I'm getting… and so I'm just speaking now as the,

J: observer, as the trainer, rather than as a practitioner.

J: I'm going to tune in and notice which one, which tuning in we're going to do. And the one I'm getting is the words.

J: We're going to just do, we're going to use the one that's words, which is I am now, all right? That's what we're going to do.

J: And… but there are color brothers, or whichever way you want to do it. Alright, so…

J: Bring your awareness to your breath. Take a nice deep breath in and do a nice long out breath.

J: And close your eyes.

J: And now bring your awareness to your heart. If you like, you can put your hand on your heart.

J: And say these words either in your head or out loud.

J: I am now… Empowered and enlightened.

J: connected and grounded.

J: Notice the energy.

J: In full faith and trust.

J: Unattached to the result.

J: Open and curious.

J: Thank you, thank you.

J: Thank you, and let that energy run.

J: Gratitude.

J: And then take another breath.

J: And now just check in with your knowing. Am I fully connected? Yes or no?

J: If no, have a drink.

J: If not, then check again.

J: If you were now, check again.

J: If you're still a no, take a couple of deep breaths.

J: And then check again.

J: Anyone not good with that? Hand up.

J: Okay, right.

J: So now, noticing, again, close your eyes, who… ask your, divine guide for today to step forward. You might just know, is it God, the universe, energy, source?

J: Or is it someone in particular?

J: And just note who that is.

J: And Kristen, can you tell me who your guidance is?

Kristen: Women Unleashed: So it's Mother Mary.

Kristen: Women Unleashed: And I'm not religious, so that's interesting. Yeah.

J: It's cool, isn't it? It's interesting, isn't.

Kristen: Women Unleashed: Hmm.

J: All right, so just asking, I want you each to do this now. Hand on heart, I want you to ask.

J: Or if you don't have to hand it up to you, asking your guidance and Kristen, you asking Mother Mary.

J: How many of the 11 levels.

Kristen: Women Unleashed: Right.

J: 3.

J: And what are they in order of the… we're going to do them?

Kristen: Women Unleashed: 5, 1, and 9.

J: Okay, great.

J: Everyone else, write down your numbers.

J: Okay.

J: Hopefully you've got the levels there. So we're just going to go through.

J: And see what we get. Okay, so, Christian.

J: Closing your eyes and just asking Mother Mary in relation to level 5.

J: And level five.

J: Is spiritual?

J: And that just means it's probably connected to your purpose here.

J: Oh, sorry, no, that's the wrong one, that's solo winners. Spiritual, see, even I get that wrong. Spiritual is just at the spiritual level, so it's something about your spiritual development. Not that we need to know that, we could ask it, we'll see what happens. So just asking, Mother Mary, how old was I?

Kristen: Women Unleashed: So I keep getting that it's past life, but isn't that another level?

J: No, it could be a past life.

Kristen: Women Unleashed: Okay.

J: If there's no… if there's… this is a good point. So I usually, to make it simple, I usually ask someone.

J: How old was I? If they get that, I know it's just life. If they don't get it, I know it's a different life.

J: So you're already on that track, right? You already knew it's a different life. Alright, so closing your eyes and asking Mother Mary to show you…

J: What's the experience you had in this other life?

Kristen: Women Unleashed: So I'm just seeing, like, a charcoal drawing kind of scenario, and it's basically… it's, like, literally…

Kristen: Women Unleashed: A box, like a timber crate.

J: Hmm?

Kristen: Women Unleashed: I don't see myself in it as such, but it's just sort of tucked into the corner under a bench, but the rest of it's sort of blurry, but it's just this… I mean…

J: Okay.

Kristen: Women Unleashed: For want of a better word, it could be a like a hen nesting box or something, but it's that sort of rustic timber crate, but it's.

J: It's quite large.

Kristen: Women Unleashed: Yeah.

J: Okay.

Kristen: Women Unleashed: It's… I don't know, it's not huge, but it fits under, like, a desk or a bench, workbench of some description, but it's, yeah, it's sort of a…

J: Okay. And so given that this is about your life, a life that you had, this object has obviously got some…

J: Meaning.

J: So can you just ask Mother Mary to widen the view here so that you can get some understanding of

J: What was the experience in that life?

J: Which may have related to that.

Kristen: Women Unleashed: So, it's sort of like an outdoor cookhouse.

J: Yep.

Kristen: Women Unleashed: And I'm sort of more of a…

Kristen: Women Unleashed: Like, kitchen hand, kind of, housemaid.

Kristen: Women Unleashed: sort of…

J: Yep.

Kristen: Women Unleashed: Yeah, like, sort of that colonial frontier kind of energy, like that's, you know.

J: Yep.

J: And what do you notice about… Her experience.

Kristen: Women Unleashed: It was actually easier. Like, it… it wasn't restrict… even though, yeah, there was no dishwasher or, you know, Maccas on Uber Eats or anything. Like, it was, yeah, it was, it was…

Kristen: Women Unleashed: Simpler, and yeah, less… Less stress.

J: is.

Kristen: Women Unleashed: Hmm.

J: Okay.

J: And.

Kristen: Women Unleashed: Everyone had their job to do, like there was a Just getting on with it.

J: Oh.

J: So, can I ask you to ask Mother Mary, what is the thing that you really need to notice about this?

J: What's the thing that is the core piece here, or the core thing that…

Kristen: Women Unleashed: Teamwork.

J: Right.

J: Teamwork.

Kristen: Women Unleashed: Yep.

J: Okay.

Kristen: Women Unleashed: So everyone's on the same page.

J: And is that something you are not experiencing at the moment?

Kristen: Women Unleashed: Not in relation to the… The earlier chat, no, it's definitely very much…

Kristen: Women Unleashed: Well, funny, because parallel life is, like, parallel worlds is next, but it's very much like we're living parallel worlds in that… just that point. Everything else, we're on the same page. Kids, finances.

Kristen: Women Unleashed: House, like, it's just that little one is totally, yeah, in there.

J: Hmm.

Kristen: Women Unleashed: In the corner, under the bench. All right.

J: So it's interesting, what I find interesting is that, you know, often what will come up is something difficult that the person has experienced, but actually what you've noticed or what's being brought to your attention is

J: Sort of like a resource from another life.

Kristen: Women Unleashed: Mmm.

J: Or what it's like to feel as if you're in teamwork.

Kristen: Women Unleashed: Yeah, but it's it's interesting now with that take, it's that box under the bench is the current.

Kristen: Women Unleashed: Like, it's almost…

J: Oh.

Kristen: Women Unleashed: Like you've, we've put it in a, I've put it in a box under the bench. I'm ignoring it.

J: I see, right. Okay.

J: So what's the… how do you make the connection, then? Like…

J: What's the… what's occurring to you as, like, the,

J: You've got the box, and you've got her story.

J: In the same…

Kristen: Women Unleashed: space.

J: thing that's happening.

J: And you say, one is… Sort of the reminder, you're doing this, you're putting it in a box.

J: Is that what you're saying? It's like you put this thing in a box and you… you… you…

J: On the other hand.

J: You're being shown… Teamwork.

Kristen: Women Unleashed: Mmm.

Kristen: Women Unleashed: So it's, I mean, what I'm getting at is like it's a repeating pattern. There's obviously something else in that box in that lifetime.

Kristen: Women Unleashed: it's irrelevant, I'm getting. I don't know, we could spend half an hour digging that out, but for what purpose, no relevance. But it's that, yeah, it's that repeating pattern.

J: Okay, great.

J: That's what I wanted to say.

Kristen: Women Unleashed: It's time to get rid of the box.

J: Perfect.

J: That's what we need to know.

J: Okay, great. We can move on from that.

J: Wasn't expecting that, that was a good one. Right.

Kristen: Women Unleashed: It was hard.

J: Okay,

J: I'm just wondering, do I go ahead with the other two, or do you want to have the time to go and do yours for next one first? What would you rather?

J: Laura.

LAURA: I'd say keep going.

Renee: Yeah.

J: You happy with that?

Renee: You can keep going.

J: Alright, then.

J: All right, so Kristen, now we're going to do level one. Level one is the physical.

J: That's pretty straightforward.

Kristen: Women Unleashed: five.

J: All right, H5, thank you.

Kristen: Women Unleashed: So I'm getting that it's not safe.

Kristen: Women Unleashed: Is the emotion.

Kristen: Women Unleashed: And I'm just.

Kristen: Women Unleashed: The energy is like I was put on a shelf.

Kristen: Women Unleashed: Yeah, I don't physically know. I do have a memory of that when I was younger than five, but it's definitely five. So it's that, yeah, like I was put up and my power was taken away because I couldn't get down.

Kristen: Women Unleashed: But…

J: Oh.

J: Okay, great.

Kristen: Women Unleashed: Yeah, like, I was put in the box.

Kristen: Women Unleashed: Can be seen, not heard, kind of thing.

Kristen: Women Unleashed: And so…

J: This is the sort of feeling of powerlessness.

Kristen: Women Unleashed: Yeah, there's.

J: I can't…

Kristen: Women Unleashed: There's not a lot of charge to it, but what's coming… yeah, I mean, I'm not feeling…

Kristen: Women Unleashed: emotional about it living.

J: No.

Kristen: Women Unleashed: That's okay, that's okay. There's this fear and, yeah, powerlessness, like…

Kristen: Women Unleashed: I've been told, like, I've been put in my place kind of thing, like, seen and not heard. Your… your voice, your.

Kristen: Women Unleashed: thoughts, your ideas don't have value, which sort of comes up with that.

J: Well, which is probably what would happen when you were 5, right?

Kristen: Women Unleashed: Yeah.

J: I guess.

J: Like, not surprising you feel that way, because that's… Parents don't.

Kristen: Women Unleashed: I mean, it is dad related too, so it's mum, mum was never like I was, I had options.

J: Okay.

Kristen: Women Unleashed: and.

J: And so this was a dynamic that happened with your dad.

Kristen: Women Unleashed: file.

J: That you felt like you're not the important person here?

Kristen: Women Unleashed: Yeah, and yeah, you don't… Yeah, what you've got to say doesn't matter.

J: Yeah, great. And so what's really interesting is, you said that there was a physical experience of that.

J: I'm actually being put there, right, and not feeling that you could get down, you didn't have control over.

J: Your own.

J: That was your environment, right?

Kristen: Women Unleashed: I was like three at the time. Yeah, I was dad too, but anyway.

J: Right. And because you remember we were talking about how Physically, your body is not

J: In your control, it feels like it's not in your control right now?

Kristen: Women Unleashed: Mmm.

J: Right? This is a similar

J: This is almost like I'm not in control of my body, like I've been put here and I can't do anything.

Kristen: Women Unleashed: Yep.

J: About it, right? So this is an old, very charged thing of like, which might come up. It's like I feel like I can't do anything, but it's actually not true.

J: Whereas we want to give you back that, have that charge be removed. But also there's the sense of not being what you said earlier, not safe.

Kristen: Women Unleashed: Yeah, and they're not being heard, like, the…

J: not.

Kristen: Women Unleashed: I don't matter. But it was also, yeah, there was, so basically, the not being heard is about, yeah.

Kristen: Women Unleashed: Like my thoughts, my opinions don't matter, is all part of that.

J: Yeah, so we've got on the one hand what's happening with Cameron and we've got the other hand, the menopause stuff.

J: Something going on around that too, right? Sort of a mix here.

Kristen: Women Unleashed: Yeah, with Gavin.

J: Sorry, Kevin.

Kristen: Women Unleashed: What did I say? Cameron, that's my son.

J: Sorry.

Kristen: Women Unleashed: Yeah, that's alright.

J: The nine that came to me. Wrong one.

Kristen: Women Unleashed: Well, yeah, he's, he's probably, anyway, yeah, that's another story.

J: anything.

Kristen: Women Unleashed: That's my mother.

J: Anyway.

J: All right, here we go. All right, that's good. I feel like that's, I've got the…

J: You feel like the.

Kristen: Women Unleashed: the.

J: Connected.

Kristen: Women Unleashed: Yeah.

J: Bye, bye.

J: So, Level 9?

J: Which, as you mentioned before, is Parallel World.

Kristen: Women Unleashed: Yep.

J: And.

Kristen: Women Unleashed: and.

J: something that's either a resource or something difficult you experience. And it's not good or bad, it just is whatever it is, yeah?

Kristen: Women Unleashed: And it's… I'm getting that it's literally now, so it's the same timeline, so it's my 50-year-old, like, it's literally me in…

Kristen: Women Unleashed: Now, just in a parallel, so…

J: Alright.

Kristen: Women Unleashed: a different age.

Kristen: Women Unleashed: Okay, great.

J: So I want you to notice what your 50-year-old is experiencing in a parallel world that's different.

Kristen: Women Unleashed: She's having the time of her life. So.

J: What's that feel like?

Kristen: Women Unleashed: What's that feel like? I want what, I want what she's having.

J: Can you describe it?

Kristen: Women Unleashed: Can you just.

J: describing?

Kristen: Women Unleashed: It's just like a fuck you, I'll just do what I want to do. Like there's just freedom, there's just movement.

Kristen: Women Unleashed: There's choice.

J: Okay, great.

Kristen: Women Unleashed: There's zero…

Kristen: Women Unleashed: like, restriction or whatever, like, what we're talking about with the whole, you know, government hoops and everything else, like, it's like, just, I'll do what I want to do, like, there's no… you know, obviously I'm doing things safely, I'm not being stupid, but there's no repercussions, like, it's… there's just freedom to… there's freedom, which I think was literally what…

J: what.

Kristen: Women Unleashed: Okay, yeah, to be 30 again to have freedom. So that was it.

J: That's where the resource is. That's where that you.

J: You can bring into this.

Kristen: Women Unleashed: reality.

J: Alright, that's what we're gonna do.

J: Okay. So, well done.

J: We're just going to stop there and let everyone else…

Kristen: Women Unleashed: Patch up.

J: Get your levels. If you need any help, let me know.

Kristen: Women Unleashed: Oh.

LAURA: Levels 3 and 7 came really easily, but Level 9, Parallel Worlds, I'm just… Nothing's coming up.

J: Okay. Alright. Have a drink. That's exactly what I would do first.

J: Have a drink, just… Be curious and go, okay.

J: And ask God once again.

J: Show me, like… This parallel world, what's going on?

J: Because it's you, same you, experiencing something different.

Renee: Julie.

J: Hmm?

Renee: Can I just… Oh, so when…

Renee: When you go through the levels, like Margot level two.

Renee: So I identify where it was in the body.

J: No.

J: No.

J: So, you know, like, the frequency levels are, like, Radio stations.

J: It's a frequency band, where in the quantum field, something's vibrating at a certain

J: level, and so it's sitting in that, you know, like, in our field, we could think of it like Aura, but it's not really, it's quantum field, so it could be anywhere and everywhere at the same time.

J: But.

J: In order for our brain to understand this, it's a frequency level, and

J: The story or the experience is like a song that's playing in there, and we just need to find which one it is, right? And then, what the… what each level is about.

J: doesn't really require explanation, like, otherwise we get too much in our heads, but usually I give a little bit of explanation so that person's brain's got something to do.

Renee: Oh.

J: Right? So that there's an intention that's set. So for example, level 1 is is physical.

J: It could be that the thing that we're looking for, that the story, that the past thing, whatever is still sitting there, is affecting us at the physical level. But we don't need to figure that out or even understand it.

J: But we might at the same time go, oh, that's interesting though, because it does relate to the physical thing that you just talked about, right? But it's not actually the point.

J: Does that help?

Renee: So what do we do with the levels?

Renee: And then I will, we just like I've identified them. But then what happened?

J: Okay, so then you're asking your guidance.

J: What is the actual story or experience that is still it's like there's a point in the field that's been is because every experience, every memory, every emotion, everything is still in our field.

J: From every life, from everything, from all the levels, where things are.

J: Think of it that way.

Renee: So I've got that. I've got the experience.

J: Okay.

J: So what's the question?

Renee: So, I didn't know how I related it to the levels.

J: So you got the numbers of the levels first?

Renee: Yep.

J: So give me an example that'll help.

J: However…

Renee: Well, I got energetic level two and five, and then I was like, what was the age? And I was 20, 23.

Renee: And then I knew exactly what happened then. So the experience was I was sexually harassed by my boss.

Renee: Back then in Queensland police, which was like justice.

J: Oh my gosh! Yes! Yes, yes, yes.

Renee: All the ideals that I had from uni.

J: And you certainly know how to connect those dots, right, from what…

Renee: That was so obvious.

J: Perfect.

Renee: But then I'm like, and then… then what do I do?

J: That's all, nothing, right? Now you get the next one.

Renee: I'm there.

J: Right, you got it.

Renee: So the spiritual, Like, do I have to identify spiritual stuff, or…

J: So you just do exactly the same thing. So spiritual, you just ask how old was I?

Renee: Oh, so you do it again.

J: Yeah.

Renee: Oh, crap.

J: Some of them you don't do that. A lot of them are you just ask what age was I?

J: But some of them are different, so, for example.

Renee: Yeah.

J: Number six, epigenetic is not It's got it's not your experience, it's someone else's in your family line.

J: So the question is different. The question is, okay, this is an epigenetic. That means it's someone's experience in one side of your family or the other.

J: That's come down and it's, it's actually sitting, it's, it's actually influencing you now.

J: So, notice which side it goes, mother or father, and then just follow where it goes. And you will not know what the story is unless you've heard… unless it's someone like your grandfather, maybe. You might know an experience they've had, but most likely it's going to be someone you don't know, and you don't know what their experience has been, and that's where you've got to really go into the…

J: Trust what you get. It's gonna feel like you're making it up.

J: But you know what?

J: All right, so the epigenetic, the fractal, the parallel world.

J: All of those require a different explanation.

J: And so does, A 10 and a 10 and 11.

J: So they require a different intro. So you'll find that, I haven't actually done 10 and 11 yet, because we were still playing around with those, but you'll find in the resources that I've provided, an intro spiel that gives you what to say.

J: Until you've got your own words, right? What to say that explains it to the person that you're working with.

J: So that gives you a bit of an intro, like, this is what we're going to do, this is what it's about.

J: And then, once you know it inside out, you just, your, your own words will come.

J: Does that help?

Renee: Yes, thank you.

J: Yeah, good. Okay.

J: Anyone else got any other?

J: You good?

J: Yep, yep.

J: Deb, you done, or are you still going?

J: Can't hear you.

J: Now, I need you to put the… your mics on… off.

debby: Sorry. I I was trying to find you again. I lost you.

J: Alright, okay, no worries.

debby: I was there, but I was listening, but I was trying to find the PDF that has all your in-depth stuff.

J: Yeah, it's on the website.

debby: Yeah.

J: page.

debby: Yeah, I've got it.

J: If I can help on the spot, let me know.

debby: I'm still at the first one, just.

J: Okay, go ahead.

J: No problem.

J: I'm just looking it up myself.

J: In the end, I'll probably put everything in a book in one booklet.

J: So you can find it all in one place.

J: But as we've gone along, I've had to figure out what do you need, and… All that.

J: Okay, I think we might, time-wise, need to keep… carry on, if that's alright, even if you haven't completely finished.

J: It'll still transform, just the same.

J: So I'm going to do this with everybody.

J: Alright, so… We're going to do the part where we ask your guidance to transform the energies.

J: So, closing your eyes, and in your own words, Say something like, hey, Mother Mary.

J: Can you please transform the energies of these… Patents…

J: Into something else that's beautiful for me.

J: If you like, you can say all across all time, space and dimensions.

J: Thank you, thank you, thank you.

J: And give it to them.

J: And let go.

J: When you've done that.

J: Bring your awareness to your heart.

J: Breathe into your heart.

J: Focus on your heart energy.

J: Think about someone you feel grateful for in your life.

J: Could be person, child, someone here I crossed over, an animal.

J: someone… You love, and in your mind… Say to them, "Thank you." For being in my life.

J: I love you.

J: I appreciate you.

J: And as you notice the energy of your heart begin to soften and expand, You just allow it.

J: Even more.

J: And as you continue to.

J: Feel that gratitude and love.

J: Appreciation.

J: And the peace that is within you.

J: Your heart energy expands further and further.

J: Water and water.

J: Just flowing naturally until it's all around you.

J: And it's like you're sitting in this heart energy.

J: Looking out.

J: Observing.

J: Maybe you're in a comfy chair.

J: Maybe you just notice.

J: How surrounded you are, and you can just look out, and you can see your guidance, whoever that is.

J: Doing whatever it is they're doing.

J: with those energies.

J: And you just observe, you don't do anything, you just look, you just notice.

J: And I want you to stay in that space.

J: In that peace and love.

J: until…

J: You notice… maybe you notice something, maybe you don't notice anything, until you yawn, sigh, cry, and you feel like the energy is… has run, and it's complete.

J: And then open your eyes. And I'm going to do it with you.

J: All right. Good job.

J: Take a breath, take a moment, have a drink if you like.

J: And…

J: I want you to now run a little movie.

J: And this is like using all your senses. I don't know what the situation's going to be. You get to choose.

J: It's more about who you're being. You know how at the beginning you said you wanted to feel something different?

J: Right, what is it that you'd like to be in the same situation or whatever it is you've been experiencing?

J: What is it that you want to be able to feel? Like, Kristen, you said it was about freedom, and…

J: You know, choice.

J: And that is available to you. You are able to feel that right now.

J: A person who has choice, a person who has… feels free. So, what is it that you…

J: You know, this, ideally, how would you be feeling?

J: And I want you to close your eyes.

J: And be that person. What it feels like in your body.

J: To be feeling and thinking like someone who feels.

J: Whatever it is. Freedom!

J: Oh.

J: powerful, strong… Whatever it is. Loving.

J: Safe.

J: You're in a certain situation, and that's how you're feeling.

J: Notice how it feels in your body.

J: Be in your body looking out, not looking at yourself. Be in your body. And just, I want you to run that, just for a minute.

J: In color.

J: Moving.

J: Alright, and when you've done that now.

J: I want you to go back, take a breath, have a drink.

J: And I want you to go back, and I want you to rewrite what you had at the beginning.

J: And find out what's changed.

J: If there's something that hasn't, And Kristen?

J: I'm going to read these back to you.

J: Sing about situation with the business.

J: And we've got… It's not here.

Kristen: Women Unleashed: So that's zero.

J: Okay.

J: And feeling sad.

Kristen: Women Unleashed: Yeah, that's zero as well.

J: And you were feeling unimportant, sort of invisible, and thinking, what's the use?

Kristen: Women Unleashed: That's probably a 2 now.

J: And I might as well sit here and do nothing. Don't bother trying.

Kristen: Women Unleashed: Yeah, that's probably, like, a 0 to 1.

J: And feeling unimportant?

Kristen: Women Unleashed: 3?

J: All right.

J: So.

Kristen: Women Unleashed: And then I had the, like, choosing them, not me, putting us at risk was a nine, and it's probably about a four now.

J: Oh, yes, sorry.

J: It was a nine, and now it's a four. Missed that one.

Kristen: Women Unleashed: That's alright.

J: Okay, good.

J: So, big change there. I would like… that's, that's fantastic.

J: Alright, so there's a little bit left over.

Kristen: Women Unleashed: Good luck, man.

J: I would like to… which doesn't… I mean, that's massive shift.

Kristen: Women Unleashed: Yeah.

J: And I think A little bit left over.

J: Might be something else to work on, or it might be in process.

Kristen: Women Unleashed: Yeah.

J: Right? So I would like to, like, next time, or next week, or whatever, have a look at that and see if it's still the same.

Kristen: Women Unleashed: or.

J: Right, and that's what I would do next session. I would say, okay, I'm just going to come back and check this. I want to see…

J: Thinking of the same situation again, that's really important.

J: You have to always remind them, same situation. That's really vital.

J: Otherwise, they'd have to do something else, and that's a whole different scenario. So, we'd come back and just see, has it changed? Is it different? Do we need to do something else?

J: Alright.

Kristen: Women Unleashed: Yep.

J: Good job!

J: And last of all, what you do is…

J: you ask your guidance, what's the one follow-up step that I'm doing, next step? And something practical, it'll be either something to ground this, or it'll be something that relates to this particular

J: Issue?

J: That you do next, something that you do, what is it, what is it?

J: So what did you get, Christian?

Kristen: Women Unleashed: So the first thing I got was take action, and it's not a… it's… and then it was to get the office in order, so we actually need to do some, like, a good desk and things, so that's, like, a larger, longer-term one, but the other one, was light the fire, so, and I just saw, like, a red candle, so I've…

J: Okay.

Kristen: Women Unleashed: Obviously have red candles, so that's easy. I'll just, yeah, so that's sort of just to keep the fire burning kind of thing.

J: Brilliant, brilliant.

J: That's good, because I love that, I love that, that it's like burning things up at the same time as warming things up, if you know what I mean.

Kristen: Women Unleashed: Yes.

J: You know, it's nice. And so what I would like, Laura, Deb, Renee, how'd that go for you? Did it change? We've got a few minutes left. If you want to stay a bit longer, you can, but I know some of you, sometimes you have to go, like Deb, I know you often have to go, so…

debby: No, I… Right.

J: Say again?

debby: I'm good today, I don't have to race off.

J: Oh, okay, good.

debby: But mine, I had a lot of like, normally, I don't find I have so many. There was probably about 12.

debby: 12 things to go through.

J: Big one.

debby: Yeah, and they all dramatically dropped, you know, I'm powerless, I have to comply, where I'm… this is so much work, it's so hard to get ahead, it's impossible to win, all that kind of stuff.

debby: That I didn't realize was running in the background.

debby: Yeah, it all dropped significantly, but normally mine dropped to about zero, and there were still threes.

J: Yep.

debby: Let's choose.

J: Yep.

debby: And then I got guided, and one of my things was super cool that came through,

debby: When I got asked about number six, when I asked Oneness about number six.

J: Yep.

debby: I was told that it came from both sides.

J: Oh, right. There you go. Double whammy.

debby: Yeah, and that, on my mother's side.

debby: It was 15,000 generations ago.

J: Oh my gosh!

debby: Not 15,000, sorry, 1,500 generations ago.

J: Okay.

debby: So that's, like.

J: That's one epigenetic.

J: Blockbuster.

J: Yeah.

debby: It was.

debby: It's like and I saw I saw like my like a man, like a tribal man.

debby: Where his land was all taken, and his people were murdered, and…

debby: And I was like, this is my ancestor.

debby: So…

J: Wow.

debby: That power has been probably…

J: Yep.

debby: Yeah, there is.

J: Amazing.

debby: That was really cool. And then I got guided to drink three cups of water a day and say thank you into the water.

debby: And pay homage to my ancestors.

J: Oh, nice.

debby: Yeah, that was really…

J: Cool, Deb.

J: That's great, and I like that, this is a good example of when something… things don't always drop to zero, and I don't…

J: My perspective, I actually don't worry about that.

J: As long as it's dropped.

J: Because, you know, I'm not trying to…

J: Fix everything, or change everything all at once.

J: And sometimes there are nuances and other things that need to come next. Like, this is… it's a process as well, it's not just a one-off.

J: You know, so if there are other things there, I go, oh, good, because in a way, it's a clue. There might be some more to do there.

J: That would further, you know, sort of,

J: I don't know what to write, transform whatever is around this… Thing around this issue.

J: Go deeper.

J: So, you know, it's good. Thanks, Deb. Renee, have you got a rush? Or Laura?

Renee: No.

LAURA: My comments are, it was just funny, I also got Mother Mary as my guidance, so…

LAURA: When Kristen said that, I had already written it down, so that was ironic.

LAURA: But mine dropped to a 2, and then my, like, next step was, which was weird, was eat peanut butter. So I don't know what that's about. When I get weird things like that, it's like.

LAURA: It makes me realize that I have no control over what's happening. So it's almost like confirmation that.

J: Yep. That you're right. You got it.

LAURA: Yeah, but… I get it.

J: I completely agree.

J: And sometimes they have nutritional things that it's like a certain vibrational thing is going to be useful.

J: You know, who knows?

LAURA: Yeah.

J: Anyway, yeah, great. Thanks, Laura.

LAURA: Good stuff.

J: Yeah, excellent.

J: Renee!

J: We want to know what happened.

Renee: Cool.

Renee: So…

Renee: It ended up being that the whole thing was around the anger and the fear of all that stuff. And then it was kind of like, use that as fuel to transform that into that empowerment that you were talking about.

Renee: And then when we did the transformation and you said freedom and choice, I was like, I already have it. I have that.

J: Cool.

Renee: to choose.

Renee: And as we did the clearing, I was like, I don't have to do the compliance part, but I'm going to create a team around independent contractors.

Renee: Like, I'm not going to do the employee thing. I bet this has been in my mind, like, nagging at me, but I was like, I didn't know how. And the practical step was, like, just do it. Like, I'm already doing it. I'm writing the contract this weekend for my new person.

Renee: But there's no reason I can't build a team of independent contractors.

LAURA: Mmm.

J: love!

Renee: And then I'm just getting, I'm rejigging it. It's like create a new way, a new path outside of or within the system that I can work with.

Renee: That, and this girl that I'm hiring, she goes, I don't want to be an employee. She goes, I like the freedom to do what I want when I want. And I said, excellent. I love it.

J: Mira. Hello, Mira.

Renee: Right.

J: Hello, Mira.

Renee: Yeah.

Renee: Yeah.

Renee: So I was like, is that okay? And she was like, yeah, yeah. I said, so, yeah. Fantastic.

Renee: Just keep going with that. I don't need to feel like I'm doing the wrong thing, doing it that way.

LAURA: Fantastic.

J: Isn't it so weird when you just go…

Renee: Yes, sorry.

J: It's like me with the website. Why did I think that that was a problem?

J: Right?

Renee: Why am I thinking I'm doing the wrong thing?

J: Yeah, because it's some other thing that you think you're doing the wrong thing, not the you sitting here today.

LAURA: So.

Renee: The anger I felt in my chest. I was like what does that feel like now? And it took me a little. It's not anger anymore, but it feels inspired, like I'm inspired now.

J: Oh.

Renee: Because I have a clear vision of what I want to create.

LAURA: can.

Renee: Whereas before, I was…

LAURA: you.

Renee: fighting it and resisting it and.

J: Yeah. Oh my god!

Renee: Stop at it.

J: Isn't that awesome?

Renee: Yeah.

J: No, thank you.

Renee: Yes, thank you. Thank you, Jane.

J: Yeah, that was real, that's really good.

Renee: Yeah.

LAURA: Cool.

J: And that is so awesome, all of you. I just love, and that's the thing that I was trying to say before, is like…

J: I think I've got a story, that's why I feel this way.

LAURA: It's.

J: It's not a story, it's the story our brain is telling us.

J: So whenever there's something, ask yourself, could this be?

J: Somehow did something else.

J: Like, maybe it's something else that's contributing to… and now you can turn, resistance to inspiration?

J: You know, anger to power, to power powerful.

Renee: Yeah.

J: Because it's within both.

J: It's within it, right? And it's just, it's like, it's like on the opposite side of the coin.

Renee: Hmm.

J: It's not bad. Anger's not bad either. It just… Not useful that way.

J: When it becomes power, it's extremely useful.

Renee: Mmhm.

J: Like inner power, I mean, inner inspiration, inner energy.

Renee: Can I tell you?

Renee: Quick story before we go.

J: Yeah.

Renee: When I was in Italy, you know, you hear things and you know it's important, but you don't know why. Like, you just go, it's like your intuition goes, pay attention. Yes. Okay.

Renee: Cool story, bro, but whatever.

Renee: I was in Italy and we were going through this village where the trolley houses are. We heard them. They're like these circular houses with collapsible roofs.

Renee: And they used to deliberately pull the roofs down because you wouldn't get taxed.

Renee: If you didn't have your house wasn't complete and they deemed it complete by having a roof. So when the tax man was coming to town, they'd pull one thing and the whole roof would fall in. And then they're like, oh, well, you know, you can't tax this.

J: Wow.

Renee: It's like people have been avoiding taxes for forever to the point where they collapse the roof on their house. And I thought.

J: Bye.

Renee: There's just, we've got to pivot. There's different ways. Like, not that I think we shouldn't pay taxes. Of course we need a system and infrastructure, whatever. But yeah, I was like, you just got to pivot.

J: They needed a roof that was an umbrella that they could fold down instead of pulling the whole roof down, right? They needed another solution to the same thing.

Renee: So then they build it.

J: You're doing.

Renee: But they had this system where it was just like playing Lego and it all clicked together and they had it all backed up by the end of the day.

J: Oh, I see. Oh, that's very clever.

Renee: Yeah.

J: I've had it all back up again. Right.

J: Wow.

Renee: Yep.

J: Hey, guys.

Renee: You just gotta pivot and think. I think that came to me in this process. It's like you don't have to do what's always been done. You can think of new ways.

J: Ingenuity is kicking in.

Renee: Mmm.

J: Fantastic.

J: Brilliant.

J: That's so good.

Renee: you Thank you, so…

Kristen: Women Unleashed: All right, ladies, I need to head off, but thank you, jen, for that. That was.

J: Kristen.

Kristen: Women Unleashed: Thank you.

J: All right, look forward to any feedback. Thanks, Laura. Thanks, Deb.

Renee: Thank you, Tammy.

debby: Right. Thank you, Jay.

Renee: Bye, everyone.

J: Alright, see you next time.

J: For the last one.