

SMM Quarterly Mastermind Day 1, Part 2:

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Okay, So welcome back for second half or the first day. and we will do the second half on Friday.

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And We'll see, I said the General hours I think that will go, but we'll also see how long it takes depending on it.

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So Marty is going to go next. so marty you have

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We'll do, I think we should still be able to do 15 min for everybody.

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So you have 15 min to same minute to you to pose your question, and we'll say like and carpent questions, and then feedback for the rest of it.

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All right. So hit it. Okay.

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So I have I I have made a several different programs, and even when went through Beta testing, and that well, I got, you know, good to great feedback.

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But what I I guess what i'm struggling with is like some type of like self sabotage going on in the slide, being able to to follow through

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I I have trouble following through with even people in this group, but also I have the same difficulty following through with previous and and even current clients.

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I've i've been having good results you know even in sessions.

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But you know my clients will even saying they're having amazing results.

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But just like I I keep coming up against this walk to, I guess.

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Want to follow through this slide just like something in me is resisting wanting to be successful.

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It's like it's like I I know I want it and I know that I need need to.

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But it's like when I actually sit down to do the work paperwork, which just like I I just get I get stuck.

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I get distracted like 9 cats. I just got it. so.

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Is there a I i'm sure we could jump in and have some clarifying questions and support this right, but the the hot Seat, and then also the healing.

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But I just wanna is there a Is there a specific question you have about it?

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And it's fine if you don't but I wanna give you the opportunity to formulate a question.

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If you gosh, no I don't I don't know that I have a specific question.

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It's you know i'm here. today. I guess wanting meeting and asking for appealing, or you know something that will take me to a point of of being able to break through those just like I've been i've

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been up against it. multiple times, you know with with energy healing and and without other businesses.

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It's like I get right about to be successful, and then it's like I shut down so the question might be, How could I break through this alright?

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So clarifying questions Anybody and if there's no question questions we can jump right in and see how we can serve Marty.

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So Cheryl. I have some understanding of this.

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Have you considered what part of the follow through? you potentially could have somebody in place to do like an hour a week

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I'm not even sure if I understand what you're saying if it's.

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Follow through with clients like setting their next. They just had a great session.

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They love the results, and you just sort of don't reach back to book the next one that's kind that's the kind of thing, or you get an email from someone about i'd like to know more about your work is it

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feasible that a virtual assistant suppose of sort could get those follow ups moving

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Yeah. for now just take just take that suggestion and let it percolate, and then let's see what else people have to suggest.

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So. so I i'm kind of looking for a clarification on what follow up? You mean?

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What? Where do you get stuck and i've been dreaming about your horse business?

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Just so, you know I have this thing home all mapped out.

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This horse business had me so excited for you

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Sorry this this just so difficult for me it's like I forgot the question already.

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Okay, I was looking at what part of follow up, or what Ex. where?

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Exactly your stunk. You mentioned follow up what is it you're saying that you're not doing more than one thing, but give us some specifics.

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I'm i'm not

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I'm i'm not just like i'm not contacting it's like like the woman who I had great results with with the horses like

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Once. somebody tells me they have great results or an amazing session it's like that.

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Seems to be what shuts me down I just like she contacted me a few days ago, and it's like i'm like, you know, kind of like heming and hauling and just like I haven't contacted her back

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yet just like a a fear of being I don't know Oh, of being acknowledged!

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I'm, not even sure is

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It sounds like it's in some ways it's specifically when you would think it would be easier to follow up that it's.

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It would seem like people were they were very commonly they're very like.

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It was amazing, right, so that you would think that that would be the easier people to follow up with, and that those are the ones where you just don't.

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Is that accurate? Okay? So

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Well, what's the feeling? If I can just keep going in What's the feeling that you get when you get that amazing email about how amazing you are?

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Where, Where does that take you?

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You know at first i'm i'm i'm kind of like elated and excited, and just like I mean, cause I you know I I designed this 14 point program for connecting the horse on the writer, and then it's like I

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just

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It's like once someone like kind of like just me some praise or acknowledgement for that just like I.

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I get

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It's like i'm stuck it was in I mean sorrelles. yeah, and that's good.

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You know the the quantum playground, and the first the thing that kept going in my mind is like, Look at your quirks and your quarks.

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It was it's like I don't I'm not giving.

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Why, i'm getting stuck in like almost like falling down, and not wanting to get up just like I've been. I've been knocked down so many times and gotten back up but it's like once somebody says

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you're doing great. Then it's like .

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I'm gonna have people keep going. Marty to see what we can dry right?

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So yeah, so clear. Okay, So my I think so i'm getting some kind of limiting beliefs around, and not being safe or not deserving.

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So this is something to explore, you know, like were you successful at some point, I mean, in this life?

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And then it didn't quite go as planned and as that kind of create like, I know, for me.

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I have a block on being successful that's because I got ill but it could be a different kind of thing.

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My relationship right before something happened that it's great just walk around actually being successful.

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Isn't necessarily a good thing so you'll kind of shine away from a subconscious level.

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Does that make sense, Then it could be a past life if it doesn't make sense in this way.

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Something to explore, and I'm sure we can look at that in the healing as well.

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Alright let's let's kick on the Hedge. just look and see what's landing, and what might open up. Yeah.

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And sometimes, when you're stepping into you know the a higher vibrational frequency which you've established with your program, your subconscious isn't ready yet so you're in the perfect field you have

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all these people that want to trade. you should start trading so you can unlock.

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You just need a little bit more healing around that, so that you can.

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I I remember when I first started learning the acoustic record reading.

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It actually took me a year to actually do my first reading, because I would like fall asleep.

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I would have. It was just taking me so fast my frequency at that point that I wasn't ready.

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But then once, then I got pushed I got pushed by you know there's one client has to happen like the universe was like saying you've got to do this.

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So I did it, but and it was the most difficult thing that I ever did.

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But once I did that everything I mean it was the most difficult feeling I've done any, ever ever.

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So once I got through that. Oh, was fine so there you're not the only one that this is happening to you know This This is happening so you're not weird.

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You're not like you're just bumping up against yourself, and you're in the subconscious and everybody in motion code, body tone washing record readings and how quantum field you got you've got your pick

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Yeah, alright, Sarah, I believe this was mentioned this morning, and if I could find something where I could just email this to you, or put it in a text, I would.

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And I will from Miriam Williamson our deepest fear.

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Hmm. Not that we are inadequate. Our deepest fear is that we are powerful beyond measure, and it goes on from there, and I would suggest having it close at hand and reading it to yourself.

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And complain the quantum field

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From from everything I identify with everything that you say, Marty.

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But one of the things that I learned is that I have to be okay, being in the light, and it goes back with what sure I was saying.

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You know. it's okay and we have to forgive ourselves for being shot here for not wanting to be out there for forgetting or for like you have a gift with those forces or in with everything you have and you are with

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who that from people? because you're hurting in some shape perform, and so hoping you heal with that and moving forward.

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And then just take those uncomfortable actions, so small little things like I love.

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How both of you have and just putting her stuff out there it's like we have to be more world like something, you know.

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And yeah the South stuff love So so if it's Harding with happiness like, Oh, my gosh, this is so exciting!

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Instead of like keep going and like let's see where this goes it's like Oh, no, no, no let's stop, because this is too, fun, and i'm not allowed to have fun or a hold on hold on i'm not

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allowed to be happy, or whatever it scares us. So what about it?

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Scares you, thanks to think about Michelle

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I resonate everything. that marty's saying and we've had conversations, and I I come back I hear the the believing seeing an action.

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But it's actually like knowing all those things. and then and doing a lot of healing around it.

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But then actually getting past. So I I mean when you keep hearing, you know action, you know the action.

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But to it's like getting like sage that the pushing like pushing through it to get through that like any suggest.

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I don't know if is that kind of what you're asking Marty.

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Yeah, I I mean, I guess when when you spoke what I what I started sensing is like you know.

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If you ask somebody to put their hand up. and then you put your hand up and you push the they instinctively push back just like i'm trying to push through, but it's like every time I try to push through it

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pushes back and it could be that there's some on some level. If you're feeling pushed back, then then you feel like you're supposed to stop and it's like that's just meaning you're putting on

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it how about it doesn't mean anything that you're that you're feeling a resistance it's just there.

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So what right I mean that's that's one thing you could just keep going, anyway.

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And one thing i'll say then before before kick is is is

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If on any level the the the feelings that you're having the the action, you, the not taking of action right the experience, if on any level you're making any of that wrong, like it's not supposed to be this way that's just adding

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another layer level of resistance on it, right instead of actually.

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So if you can just now make it wrong it's just it just is, I feel i'm feeling the way i'm feeling experiencing what i'm experiencing i'm doing what i'm doing and i'm not doing what

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i'm not doing and you can actually just be with that and be experiencing what your experience is that that's a lot of times where the resistance just disappears like.

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Oh, it's just like this for me sometimes it's not supposed to be some other way.

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It's just it's like this very sometimes

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Yes, I was going to say something kind of similar along the lines that Anne was saying that.

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Yeah, sometimes. just kind of you know, looking you know at the fear at the resistance, and just acknowledging it instead of instead of trying to fight it or push through it, just saying, you know I see, you you know

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acknowledging that it's there and Then you know, and then taking the action anyway, like it's just one possibility and even giving it love sometimes giving it luck. It actually kind of helped to dissolve

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it. So yeah, I was just gonna add that exactly right you all know that's right.

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It's just very good. you get reminded your subconscious is telling you that there would be dangerous to do that .

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When it's not true, right so just trying to so there's that.

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Thank you for you know. Thank you for thinking of me and i'm gonna choose, and I and i'm gonna choose to do this

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So that's our time. But if cloudy if you have some a quick thing that you're muted just really fast.

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If you think back through your life and through your that you've released, and through what you've been through, that's been difficult.

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And that stopped you in the past that you're still here it was terrible, whatever it was.

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But guess what you're still here and there's a whole life ahead and releasing those things not only releases them, but it frees you to focus, not on the past anymore.

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It frees you to focus on what you want and where you want to go.

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That's where all this is leading to anyway. the focus of where you really want to be

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Alright So who has something to share that you you got from this other than Marty Martha?
that how common?

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That is right that's that gas I get going and then I hit the brakes because there's a block there
that refuses to allow me to move forward, and that that that fear of follow up that fear of
moving forward in our business and

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being seen, for whatever reason is a common thread. in a lot of us. I think sometimes we are
waiting for it to be easier, and there's nothing wrong with it being easy.

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Sometimes Sometimes things are easy that that's great right but sometimes we're waiting for.
we're in person cells to feel like it are waiting for it to feel easier or we need to feel different
and it's like you know

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that's great when that happens. but you can also just act anyway, anyone else it has.

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I just wanna reiterate what you said. I mean, I remember doing Ricky in the hospital, which is a
really horrible, difficult place to do.

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Can you? and going into a cancer patient who was rocked up with anxiety. I mean he was a stiff
as a board, and he first thing he said to me, is you won't be able to get in because i'm too

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much anxiety, and I just thought Well, that's it It's a nice nice intro you know, and I thought i'm
just gonna include the anxiety i'm just gonna include everything that's in the

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room i'll include the wife i'm gonna include everything and I'm just I don't care what's here.

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I'm just taking it all on. Okay, he relaxed he fell asleep.

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He thanked me you know he couldn't believe it and that's just the power of the insane just
inclusion like I can.

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I think you think that maybe you're too tough or it's too big or different, or i'm a man, or whatever it is, you're not actually it's we can include it we can take care of.

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It we can you know hug that too, and it's only by agreement that but you can't do something like you agree with your subconscious like Oh, yeah, I can't it's like just what i'm saying you don't

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have to agree to that. it's just there kate and then, we're gonna wrap up and move on to the healing.

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Yeah, I was just gonna add, Yeah, I think this is just definitely very relatable. it's very relatable to need as well. And

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And yeah like, especially because I haven't been really filling it out well and yeah, part of it is just winning, so I can crawl into bed and just call the whole thing.

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Up. And so yes, I I think you're definitely not alone. party And yeah, it's like everybody's saying you know it's just a matter just kind of acknowledging Those feelings are there and yeah, even giving

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them love, and just, you know, and then just moving forward, anyway.

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Yeah, hey? Marty, how are you doing What Did you get from this What's your muted

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Yeah, Okay, sorry. I thought you were still needed any more.

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I apologize. Go ahead. I mean i've just I just what i'm what i'm getting feeling is that like it's like i've never really it's like I need to move I don't know somehow

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more into my heart. you know i've always been in in the world of of men's work, and just like all of the big.

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Yes, that goes on with that i'm you know I never really understood it.

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Got up business like

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Sorry i'm still half stuck here but it's like cause I've been working on my on my hard and meeting more open like Somehow i'm i'm afraid to let people see me with an open heart

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I got sad. Sure it is good in the sadness. could be part of that.

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Yeah, Right? like, What if people just got your heart

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Go ahead!

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What you said was really beautiful, Marty, and and and that's very true of men.

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They have very tender hearts and a lot of times when they're vulnerable.

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They get stomped on even by their closest wives because women aren't used to having men be vulnerable.

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But it you are here in this very safe space and it's really normal, and we're both male and we're female, and we just have to embrace all of the parts of us, and we've welcome you you know

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as so you know, beyond gender. Yeah.

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Alright, So let's do some healing too, right let's try to do them this real quick.

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I just want to acknowledge you marty for leading a shift that's coming between men and women where men live more in their hearts, and you have a lot of people to share who you are with and you.

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Had the guts to come into this circle so let's assume you're ready, and and it's it's seriously important at this time.

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Thank you, Alright, let us let's see healing so?

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Is there anything different, or or pretty much? This is where you want

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Sorry. Yes, just what we've been working. on yeah okay, Okay, So So, Kate, I know you just try to.

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So we basically, for the next 5 min we're all just doing doing some doing whatever kind of healing work we want to do for Marty, and he's just gonna receive.

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So that could be clearing stuff. It could just be sending stuff could be tuning in.

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And then, whatever it is that you find, or clear whatever you can.

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Any notes you have on that you could send to him later.

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Alright, so please be good

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Alright, one can come back. How are you doing, Marty?

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That was a long fight

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Yeah, i'm and I usually do feel energy healing but yeah, I was feeling like the best description I have is like would be like being inside of a glass of champagne, and feeling all of the bubbles

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I was just having a conversation with someone the other day, but what what?

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That would feel like what, if you like, took a bath

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Oh, wonderful alright, all right. So who is next move it along. he's gonna go next question ready.

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Oh, sorry! Did you have something else right? Thank you.

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Here so welcome Alright. So michelle or Kate, who's gonna go next?

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Alright. Yeah, Kelly, Alright, you have your question ready it's not a question.

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Well, maybe it is I don't know i'm kind of like with Marty like everybody

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So back in June after we did our whole thing of like the the twelfth month since the mapping.

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You know I have, like these brilliant ideas come up, and I was gonna do a 7 day free challenge with

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The Ao scan right the inner voice in particular and I was setting up the questions and intake forms like, How am I gonna keep sending them emails?

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And then it's like okay, I have set up the the Crm system.

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And then i'm like talking to other people that are like Oh, well, maybe you shouldn't give us for free because people are not gonna play full out because I needed them to play full out 7 days.

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I'm like. Okay, So i'll put that on the back burner, and continue with my mom.

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Group, right and And I kinda like just have them pending everywhere for not finishing them.

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Yeah, i'm struggling there, but I came I somehow piggy back to the the the cause. I had a psychologist help me come up with some questions, cause I wanna gauge their improvement in 7 days and you know

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commitment with questionnaires to gauge how much they've improved. i'm from looking to the sets, because i'm looking at my calendar that's on the wall and and I think I found

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a good medium for the Sunday group and i've given up for free, but not charging completely like everything that it's there.

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Okay, but I don't know if i'm making that, because my whole thing is also I want them to have like a good experience, and I don't want to get cut up in the perfection of it.

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But if I don't have the crm and having them for the often to the gold part of the email apart, and I don't guide them through a system, number one I don't have any feedback on how to fix

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it like, yeah, I could just push it out, But then I I still want per like.

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Improve on it like I will have nothing to improve, because I have nothing to start off with.

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So you guys think that. i'm like but we're thinking i'm still on the right track, cause i'm i'm moving slowly but surely, and then like I hear all of your guys like awesome names and like okay, i've left that to

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the last, and I don't wanna worry about it and that's. Okay, and

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Yeah, I don't know I have a couple of clarifying questions.

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So so what no matter what you're doing right challenge, whether it's free or free, or you're charging some small part for it or really good it's all about what's the purpose of it what

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is it What is, What is it the action that I want people to take?

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Okay, what's the action is it to get one on one clients?

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Is it to get people into a group program what's the that's what i'm working on the same thing, you know.

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I'm getting that from everybody else it's like Oh, what are they supposed to take out of this?

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You know, with the mom group it's like Oh, I really have to be clear about what I want them to take out of it.

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And then from there what i'm asking is what do you I get it like, What is it?

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What is the action you want them to take? Do you want them to sign up for one of my sessions with you? So you want them? Do you want?

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Are you gonna offer a group program. Well, that's where i'm going with it like I have to think about the next steps. and and hi!

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I do wanna make sure that i'm not or be held accountable I guess not.

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Being stuck in like always launch mode and not launching, but still moving forward.

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Because I need to have all of that back end.

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Not necessarily perfect, but somewhere to lead them to either one on one sessions, or like a bundle session, or like another program.

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And That's where i'm at and i'm like I don't wanna overthink it.

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But I need to do this i'm like come on let's so I loved hearing what Sophie didn't like here. think that it like, let's just go for it Maybe they're not like you know it's great she

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gets such a response. But now now but she's like well, now, what but yes, so so is your question whether you do it.

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This challenge or something else, is your question, What should you be leading them to?

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Yeah i'm open for anything because I have so much in this head, and i'm trying to work alright, so i'll start as any questions.

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Who else either has a question, or, I think, to offer for Kelly for a feedback

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And who do you guys use for crms? because I was I signed up for flow desk?

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And i'm just like, Okay, and does it work in with security.

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And it's not ipa and i'm just like, Okay, so do I search to better practice. and they might incorporate all of that. And you might be gonna say this But there's one that has just told us

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about call recently called Sutra, which is good for people videoing program, see?

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And that's quite, and it's quite reasonably price.

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So you might want to yeah so Let's not spend time on it.

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But that would be one for you to check out Sutch is is really easy to work with, and they're doing a they want to expand and grow, and they're doing a promo right now.

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Like. if you go you you like they're giving lifetime entrance to certain parts of their program.

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If you'll give you know some money for their expansion so it's a good time to jump in and it's super easy.

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I mean that's just amazing you can uplook it you'll see they have lots of tutorials.

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They have lots of help, and they also have you know support there's a lot of support there.

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But yeah, I would recommend that, thank you alright martha Sorry I got caught up in looking at for Sutra, and couldn't find it a flow.

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Desk does do all those things, Kelly. it is what I use.

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So if you wanna have a conversation about some of to do that with you and and work through that I haven't i'll look into Sutra 2 because i'm you know i'm always looking for something that makes my life

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easier So that's really what I wanted to say But here's here's what do you really want?

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That's what I want What do you really because i've heard a lot of a lot of overwhelm about a lot of things.

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But what is it that you want clarity on if it's clarity

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It is mostly helping people heal through quantum and emotional energy and hydration because they all go together.

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Okay, who is people moms basically I think At this point I have to focus on moms, whether with older kids, little kids, whatever, because we're so busy.

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And we are always giving, and I know that when I learned that I needed to put my mask on first, I refused.

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I'm like no and I cried like literally I cried in later it like finally hit me. that's like Oh, no, you're right.

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I do have to put my mask on, first even though if it sounds selfish, because then, if I get knocked out, then what's the Those are not that? But if I put my mask on, first then I could put it on my child even if they are knocked

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out. So it's one of those things and humming that mom.

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So moms your target audience. So you got that fabulous now.

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So you're clear on that What Are you asking for clarity?

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On. What do you want? What do you want in a as a mastermind?

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It's it's it and that's where I just went, because there was no anything i'm learning like all these little different things like I just might mention the flow desk and combining that with

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acuity, and it does. does it really mash and having those systems in place.

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I'm kind of trying to work backwards because i'm like Okay.

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So I launched this even if I just got one person but eventually it's going to trickle in, and I don't wanna be like scrambling and being overwhelmed because i'm like I don't run a system, and I don't know where

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to put them next, so I don't even necessarily need a repertoire of things.

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But I do need enough to get them going and giving me enough time to buy to go.

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So I do have my individual sessions i'm doing this group non thing. And i'm going for that the group mom program that I'm gonna make, and that's still in the making includes some stuffy or I mean some yeah stuffies

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and inner voice scans and then the freeze the the 7 day challenge it's just a scanned device that did it's our frequency device i'm gonna stop

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because I wanna keep going with different stuff coming in But yeah martha's kind of get the same that I was like what is what I would say if you could get the non the group thing going or you could if you wanna

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do chat. you can always offer sessions like you that's.

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I have the option right? So if you want, if you want to do the challenge like, do you the challenge?

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And then you have an offer into doing sessions with you so simple, especially if you've led them up to it with the cause.

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You're gonna have a scan stuff in the thing It should be pretty easy, I would say, like just do that, anyway.

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Sure. Okay, so I may not be down the right avenue in terms of the various things you were talking about, because I in my head I was hearing platform and stuff put together for a program

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There's a new one that has come out called coach snap, and it was created by Travis, who created Kajabi, and he created it because his wife became a coach and couldn't figure out how to put

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a platform together, and he went well, that's useless time let's put it all in one, so you might I can introduce them to you if you would like, but it sounds like you're talking other sorts of tech and yeah, just

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you know. Step in for the first one. Are you coming to the workshop tomorrow, Kelly?

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I thought I was I I don't have the registration But if you could ask me, I was gonna tell you that i'm like Yeah, and you guys are on budget because you're in the thing. so that's why I put it.

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On the calendar i'm a calendar that you put on Google.

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It's not on there. It should be I thought Well, I i'll make you know what I will make.

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Sure I send out a link to everybody. Oh, thank you. Soby.

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I was just thinking, Kelly, if you if you don't know if you're going to choose to send them to one on one session of group, programs, or whatever you might just choose one and see how that works and if it doesn't really work

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the way that you want it you can choose. to to the other one I mean you don't have to be stuck on one thing I mean, you can see how it goes. and then and that's why i'm just like I just wanna

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make sure, in the accountability of like don't get stuck in this one, and try to make it perfect.

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I have that tendency and i'm working through that you know and then working through, allowing myself to be seen, because, even though I wanna sometimes shelter myself, It's like no It's okay, we have a gift we have something to

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offer, and so i'm doing it all at the same time so it does feel a little bit overwhelming and like chaotic.

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So and it's so easy for me tell you to do this or do that, though, or for us to do that.

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But when it comes to ourselves, we go yeah that's why it was it would identify with all of you guys.

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Because i'm basically there like a little bit of everybody's yeah that's true, does

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Alright Anyone else

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Or clarifier

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So Kelly. it was harder to answer because it wasn't as clear a question, Right?

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And that's also like it's not like wrong it's just like that's where you are right.

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So it's one of the things that can be eliminating like I'm.

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I don't know what questions. I should be asking right is an important thing to get right, and then it's getting clarity about what questions to be asking.

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So I do think that there's a so to you Don't need to have a you know all the bells and whistles, or even have to build a whistle crm to get this stuff started you really really don't so don't get

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like 2 cut up in that, and I would check out these ones that are suggested.

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Check out check out and just and just make a decision.

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You don't have to make the right perfect decision you just need to make a decision, and then you just make it right.

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Okay, and you don't even really have to have I mean, especially since you have you do have acuity already, which is has some some crm functionalities.

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You have a way to get people's email addresses and stuff.

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You know, in terms of a place to like upload videos and all that stuff like the 1 one way you could do that when you're just getting started.

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Is you just have a separate Facebook. group. that's only for the this people in this program, and you just do the videos there and Facebook is hosting them for you great. So do you know I mean there's There's some

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workaround i'm i'm adding i'm adding it to the to the system calendar.

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I guess I didn't I guess I didn't realize I hadn't added that to you guys I it's a I know it's on the pdf that was sent out it just wasn't I didn't put it

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in the the group calendar so i'm gonna add it now.

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But yeah, come tomorrow and next Wednesday because we're gonna get into all of this.

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You're gonna have a lot of clarity about this and then we can also talk about challenges, too, because that's something I'm pretty expert at isn't done a lot of them.

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Yeah, So that's that's my brain. okay alright so it's already on my brain, please.

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So I could order it and I can sit back because i've noticed that I know that what i'm doing, And then, next thing you know, I get something, and I get completely sidetracked.

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Yeah, and then i'm like not even a little I know. But i'm just like I need help.

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That's where I would help in the clarity and being seen on my group, you know.

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Alright, it makes it safe for me to be seen.

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Anyone have something, you know. What did you guys get from that?

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Who got something from that I'm just what we're looking at with Kevin's question

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I did. Yeah, see, it can be really, really, really overwhelming to know where to start and how to do something, and what platforms to use.

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And you get really so far into those weeds that you're almost we bound you're stuck right You just can't move out and I find that I have been there.

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And I am sure I will go back right there at some point right because we get so the list gets so long, and we get so bogged down.

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So, Kelly, you're not alone and one thing at a time.

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Just pick one thing. Let me try. Okay. yes, like Martha was saying.

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I definitely have gone in that position a lot right? find myself.

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Yeah, just getting in the weeds and have a 100 things on my to do list and Yeah.

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And then just kind of realizing, you know, just really, you know, simple as best and just kind of sticking to the contents and not really worrying as much about the platforms.

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And Yeah. and just kind of thinking back like I took a course a few months ago.

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You know that I paid several \$1,000 for and it Wasn't anything fancy.

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It was just us like meeting on zoom, and you know, then I think you would send us emails with the reportings, and that was about it.

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So remember, you know, that memory was kind of like kind of helped give me some reassurance.

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I really don't need all these pmf Platforms Yeah.

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Better good. How's that feeling okay so reminder quickly caught it.

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Because I wanna do want to keep going you're muted

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I just wanted to say very quickly that we have we have all these tools, and it's easy to go over home with the tools.

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But if we can just focus on that exchange whether it's one on one or a group that's what it's all about, and you're so good at that yeah focus on what you're really good at yeah, alright So kelly what would

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you like us to work on. I set it before you guys clarity.

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Clarity might simplicity organizing my thoughts clearly, because I feel that sometimes I do go into the leads, and they just start branching out, and I need to be able to open it one toggle and then just do

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what's there in my brain? versus all of the toggles being opened, and then getting overwhelmed by that Okay, great So we're gonna do the healing some healing out.

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And you might want we're gonna be doing this in September the next.

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For the new people, but everyone else is invited to the time management stuff that you might want to go back and review some of that.

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Oh, I got a whole notion thing with the second brain to use the dumping grounds and organize all that So i'm working on that.

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But it's so 5 min and please begin

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Okay, I can consider to wrap that up

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Alright, how are you doing kelly i'm doing Well, thank You For a moment it felt like my brain was on fire, and I started freaking out, and i'm like now it's burning everything that doesn't serve

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me. and then all the weeds of the brain that wasn't working.

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We're burning off and then I saw my newer transmitters working, and they way down my back. and then I went to my tunnel to slow me down.

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Yeah, that's pretty awesome. pretty cool love It alright let's move on.

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Who is next we've got still today. we've got michelle Claudia, and kate if you're if you're ready case So for so those are the 3 still to do cause we're going to clear on

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Friday, so he's gonna go next

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Oh, so he's got to go you gotta go to bed thanks Kathy.

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Alright.

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Well, I have to just pick on it. We wants to go next.

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Michelle, Claudia, or Kate. Alright, Alright, Gotia.

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So please.

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So please. Yeah, I have been working on a programs for a long time, and they've been work.

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They've been all around addictions and addiction things, one on one with out alcohol and had some success and thought about a group program and thought about doing a group program.

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Then starting with sugar. addiction. What I wanted to do is a sugar addiction with children and a parent, or both parents, if possible.

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So that I would have a one on one session with the parents, then a one on one session with the children, and then a one-on-one session with all of them together.

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And while we're working through the one-on-one sessions, we are releasing the underlying causes of the sugar addiction. I think that the sugar addiction we all laugh about it because we think everybody's

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addicted, because we all are but I don't think that we under underneath it.

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Everybody's worried, but not maybe worried enough about the damage that it's doing to the children now to their whole future lives, to their concentration, to their reproduction ability to their health and well-being for their entire

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life, because they have so much sugar now and I don't intend to be medical.

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I don't intend to go into lifetime program This is just a program to help them recognize and release where it all started, and why it's going on what's going to do to them.

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So that they can have more choice, and more strength to do something about it because they've they've got all this sugar in them, and it's stopping, and it's blocking so we get it out and then they

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can replace it with what they choose. But so, Claudia, and what?

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What is the question you have for the group? I think the question mostly is,

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Do you think it'll work the people that i've dealt with so far.

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I don't feel like either the parents or the children are really committed to getting rid of sugar in their lives.

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It's just too much, I don't know. Do you think that that? Do you think it'll work and or something else that may, or maybe

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You know anyone, and sometimes there aren't any but if you have a career question.

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It's not a cleric frame question, but I know that some people that you're in a motion quick practitioner right?

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I know that some people want they're dealing with addictions.

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They're very specific especially if it's food like sugary. If you wanna help them clear that you have to ask them what specific item they want to clear, and what emotions are attached to it.

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If there's an addiction, to soda pop it's not just sort of pop in general, it has to be each sort of popular addictive to individually, and what emotions are related, or what trauma is associated with

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it a lot of it that I've seen so far as like I'm gonna stop you because we don't wanna take the time for that like get the feedback.

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So I when I had diabetes, too, for a while, and through a suggestion, cause I sugar was like my friend, friend, and I cleared out every variation version of sugar in my pantry.

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There were 2 things left in my pantry that experience of seeing just how widespread it was.

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Got me off sugar, and I would not have ever thought that.

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Is there a way to potentially put some kind of I don't know major terrifying moment in their lives?

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Pay attention. or maybe it's a free workshop where that's the thing to do.

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I don't know but and if they can't get that past that they don't come out of that going.

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I have no idea. and then maybe they're not the people for your work, because there are people out there who just need a little bit of waking up.

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I think. Okay, Martha, So do you know that people wanna get off sugar?

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Yes, is that that's something that The problem is a lot of them want it for their children.

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They want their children off sugar, but they are still hooked themselves.

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It's not something that they can preaching not do. So it has to be both the child and the parent.

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And I think the now

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Okay, yeah, it's it's I was wondering about that, too.

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But first Kate

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So i'm not sure exactly how you would fit this into the marketing. but I think because giving up sugar is something that most people don't wanna do, even if they know that it's a problem.

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You know there has to be something, you know, something kind of like waiting on the other side.

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I guess, and so maybe like sugar alternatives or just something to.

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So people don't think oh, no you know I have to give up sugar.

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And now I won't have anything, delicious to eat So some yeah like I heard an analogy once that if you were going to, if somebody had like a really, you know, old refrigerator that wasn't working very

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Well, they still wouldn't want to give it up unless you know, unless there was a nice new refrigerator to replace it.

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Yeah. So just really, I think kind of highlighting I guess like what's waiting for them on the other side

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So, Claire, I think I think this is a tough one to pick.

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I think it's it's sure people need it but you know there's one of the things that I teach is alright.

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Your client is not someone who needs what We have to offer and someone who wants what we have been off what we have to offer enough to pay for it right, and that's one of the hard things for healers.

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Because we just see the need, and we want to fill the need but it doesn't matter how much they need it.

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If they aren't willing, to do it right so I I don't really wanna see you going down this road.

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If someone comes to you for this great right, you could be like great.

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I can help you with that. but going out there and trying to get It's It's a thing where you'd be in the position of trying to convince people that they need it and that's just you know to give me like banging your head against the

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wall. I would, I bet you know. so working with other types of addictions or addictions more generally, or helping people.

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You know there's definitely people that they would even say themselves that they have kind of an addictive personality right? They tend to get addicted to things.

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Addiction is is a can be a very elastic term, right?

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But I think I think where you would do better is helping people with the data, whether I mean, I would say startup with alcohol, with drugs, with food in general, like addictive eating behaf, emotional eating just fundamentally

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addictive addiction type stuff I think that you're gonna find people who are actually willing to do like they they know there's a problem, and they're willing to do something about it.

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You're going to find a lot more of that what you're proposing?

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Is that at least 3 or a lemonally minimally 2 people in the family, and ideally 3 or more.

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And then what if they're siblings and like that you have to have all these people on board?

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And it's just gonna be a really tough run of home So what are you?

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You said you had created some other programs around addictions.

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So. Why, this? instead of one of those mostly because when i've worked with the children in the schools, and I've seen my own grandchildren, I see the results.

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And it absolutely terrifies me yeah I get it thank you it's horrible, because I think that that it's terrible for our society.

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It's something that's gonna help here's actually just got this additional clarity.

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People don't I I I will basically radio that we're almost all.

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Or you know virtually everyone is addicted to sugar but we don't think of ourselves as addicts, and it's just it's not

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It you can't market you can't market to someone as an addict.

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If they don't see themselves right it's just not gonna work.

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So I I think. but I think that people emotional eating who here knows that you do emotional eating sometimes like no problem.

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Put your hand up like Yeah. So I I think it could be that it could be.

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You know it could could be Alcohol could be.

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Drugs could be a emotional eating, and then sugar could be a part of that.

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Here's in here here's one of the things you could tell them chances are, I guess, guess how many alcoholics are also addicted to sugar. i'm thinking it's close to a 100% if not a

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100% right? So you Can that can be part of it but you're getting into people who are actually motivated to do something.

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So how's that landing, my hesitancy with that is that there are so many drug and alcohol abuse programs out there, and so many and like you're coming in with the same things those people who

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are really motivated will seek them mountain doom Well, here's the thing. You're not a detox center, right you.

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What you who you would be serving is people who are They're They're not at rock bottom or any place close to it.

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They're actually they know they drink too. much or that they smell pot too much like someone who's abusing heroin is not gonna come to you right, But that's okay you don't need it doesn't have to

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be that right. Is that abusing heroin like there's a way to just use it right?

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But It's The you're gonna get the people who are like, Yeah, I feel like I.

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You know I smoke part of it, too, too, much and it's not serving me.

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I know I drink too much sometimes. I you know I emotionally overate.

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Those are the people. that where they are who that we're talking about is part of part of the part of getting it is like, Where are the people on their path?

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And that you come in. You don't come in with addictions again to the people who need to go to detox.

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That's not that you come into the people who maybe they were that bad.

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And now they're in a better space or maybe they haven't gotten that bad yet, and they don't want to.

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But they're they are but they are modulated they know that they don't have a healthy relationship to this.

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Whatever substances They're using whether it's food or something else, and they want help with that.

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And that's who you're going after and sugars only honestly, Caddy is sugars for any of them.

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She goes only a part of it. So Sharon, and then, having had diabetes and being overweight, there is online a number of groups having to deal dealing with bariatric surgery and weight in general and

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most of those don't that I met also know that their children are walking down that same road.

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To maybe go to one of those, and I can recommend you to my my surgeon to offer to do maybe a program for them, so they can kind of see what you're talking about and how it, works

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and but and I have to agree with anne it's of the assorted things.

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One can be addicted to this is probably the hardest to actually get people.

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I walked away from cocaine, not a big deal just done, and I wasn't a light user and it was also down to 1 45 with that.

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But anyway, getting into there is that community and it's a way that you could share that, and maybe create something.

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But I think it's you it's the hard choice but if you're gonna do it focus.

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Yeah, got it? Yeah. Yeah. The adults who are facing or have dabilities are facing serious overweight.

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The ones who will also be aware for their children.

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You know that is a thing if you want to do the sugar that's who the market is.

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It's. probably it's very it's adults who've been diagnosed that they're either have tattoo diabetes, or they're on their way to it and then you're helping them and

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then, if they have kids you can be doing that so if you that would that I could get behind, because you I think that's doable, martha so I I don't know if this will help you or not Claudia when I

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first started out I had. I had an idea that I was gonna help all.

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Now adult children of divorce, with the issues that I saw that they have, and I was told that it was like giving them a prescription before I even met them.

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And and I do understand that sugar causes all of those issues, and until someone is ready to look at that and be done with it and change the entire household, it's a really hard cell the a and particularly with kids changing anything in

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a kid's routine is is so my I what i'm trying to say is, I agree with Anne that's a That's a really in finding finding their Why do you want to know why you're kids are so Hyper?

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Or do you want to know Why, you know? Do you want to help your kids be able to sit still in school, or do you want to help your kids focus more?

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Something like that I would buy far quicker into. I want my kids to focus and be able to move forward in the life as opposed to doing what they do.

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You know what I mean? we're we're out of time, but just a couple of more quicks and Michelle and to hesh i'll i'll try to make this quick But what what sure what charl

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said, really like hit me. I mean, Cody, you have to come to what inspires you.

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But what sherl was saying like my I didn't meet my half sister until she was like 18, but she had severe trauma and she had gained so much weight.

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And there's a lot of addictions there through the trauma shit of having a belly band surgery, because it was that it was she was the surgeon since she was going to die, or that well, then that gave so

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many other traumas for her, just the surgery alone, and losing all that weight really fast.

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And she did so many addictions there, though that came with that.

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It was the sugar, the food. Then it was alcohol, I mean, it just kept, and she end up losing her life.

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At an early age, because of all of that. but just really like, Charl said.

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If there was some way that you could get in to some, they would be receptive.

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The people that are going through these surgeries like that I don't remember what's called, but the belly band surgery and the different surgeries, because they have to do this to try to save their life but they have so

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much trauma within. that's going on so in a nutshell, and i'm i'm gonna kind of follow up on all that, and just say that in the yoga world, and also I have a friend who's written a

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book who's in natural path and a thank you puncturist, and he's wrote in a book called 28 Day cleans, and he's did that because all his patients he would work on them, and then they would be like you

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know they come back with the same problems. so he developed a whole diet protocol 28 day cleanse.

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That's very gentle that he gets people through and then he has people in his course, and we did it this year, because I also recommended in my course, and what people are struck like.

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Those people who are already they're making the commitment but they're struggling with their emotions.

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You could dug down with someone like that. you could literally call it natural Pass, or people who his name is Jonathan Glass.

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You know who you could say? I could offer sessions to your clients to work with their emotional aspects to the clinician.

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You know that way. You have people who are you know the You're not leading them to the water, and trying to make them drink.

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They're already trying to do something for themselves and they know that they're bumping into their stuff.

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But they could probably use some extra support. Yeah, I was saying the same thing.

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You could, even if if you could. for example actually connect with a doctor who does that kind of the very act of surgery isn't that what they got who's by?

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Who's open to right this i'll turn this other way doing things like the people who are.

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Yeah, they're doing something already. investing money time you know paying into it.

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And this is going to help it. be more effective for them that Then it becomes a whole other thing, as opposed to you're trying to get.

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They're not even at the starting line and you're trying to drag them up to the starting line you don't want to do where I that's. The difference between that and someone who's already started their have their eyes

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on the end, and taking a continuum if they have their eyes on the finish line.

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The boy they're struggling and they're limping and they're falling, and they're in.

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But they're still going and and you're gonna be like Yeah, this is gonna actually get rid of a lot of that struggle.

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So to get I don't want to work with you, and some of them will have kids that you can help.

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So you're saying, Go to the adults first I think so I really do.

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And here's the you have to the thing is you can't do it without the adults.

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Anyway, you can't just you have to work with the adults, anyway, we'll start with them

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Alright alright. so who got something from that there's a lot to think about with that one

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Sharon having been on that path it's it's sad, I mean Cloudy is so committed.

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Yeah, and it's yeah, they need you too. but I think you have you'll have to find, and not just a doctor.

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I had an astounding doctor. He required 6 months of inner work before we went on the surgical table.

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He left Surgery because the hospital went you're wasting time talking to people.

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But it's powerful to see your commitment clad ear, and if we can help you find an easier path in I'm there, thank you alright clear, And then we're gonna move on to some healing But just in

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terms of you know what took away from it it's it's really that, recognizing that it's is that difference between what people want and what we know they need I think that's something that I took with a lot myself in the way

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that I kind of put things across. So it was just. It was given me a lot to think about

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It just doesn't work they have to for so many of the logistically like what they that they'd be willing to pay for it.

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It has to do that. They have to want it. And even kinda spiritually, you know, like they have to really want to make the shift.

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Yeah, and like I don't eat Chicago for years, because I had to kind of take my energy but I'd say to people, you know we'll go I'll be like like you

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know so you know it is really hard to kind of get people to You know the concept Of it's considered more, and that's the problem.

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It's like obviously cocaine for this code game.

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That's a problem, but they get to sugar but don't see it

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Until you really in the consequences. Yes, hi, Clonia, what would you like us to work on for?

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You

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I come up to this many times before, and I come to the same thing that you just told me.

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I've worked with children who are at risk and they're not getting the help that they need consistently over the years, and they grow up not getting, and they become parents of children who don't.

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Have it to give because they didn't have it and so I think that I'm just need some release around that because it's just so hard to live with, and to see every day and to see the children you know the sun bless the beasts

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and the children. Even the beasts, get help.

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Anyway, that's what i'd like some clearing around alright alright.

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Everybody sorry for it, Claudia, with that, just with being with that.

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Okay, Can you please begin

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Okay, everybody. I got up. How you doing, Claudia?

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Much better. Thank you. Good. The limp in this road is gone.

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I feel comfort good, and I get the message. If you keep this down, then teach them.

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Yeah, yeah. I you know, I kept thinking like this is the this is a

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This is a roommate. This is a this is a book, right?

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This is a documentary. This is a people need to be educated. That's how to impact this.

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And yes, you there could. You know we can do the work that we do.

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When I want it's just that only when people are ready for it

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Alright great sah, I I just wanted to offer that I have a friend who she started program for school kids of growing food, real basic.

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But it she's doing I mean she's She's had an impact.

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She's in Somerville she's making that happen so it's. It's real you can make it happen, but it takes she did it as a passion you know Alright Kate and then

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Shirley, and then we're going to move on to the next person, which would either be Cater Michelle.

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So Okay, Okay, that's so interesting I was going to say pretty much. What's the hedgehog that I have a friend in in La who had a program called Roottown?

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That was also very similar where it was teaching school kids in the inner city like how to, you know, grow food and how to cook healthy food.

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And And yeah, when you put the focus just on making healthy food, that he's delicious, then you know they start to not even really notice the absence of sugar, you know, as opposed to giving something up which people might be more resistant

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to surell right sure you're muted no wonders of technology.

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What one of the things I learned when I went my my surgeon, is that our hospitals and our insurance companies are slowly moving up where they will not treat people over a certain Wait, i'll be g lions will not take

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in a pregnant woman above a certain way it's going to get very serious, and there's got to be some element in there in the business side of it who can see that the better choice is clearing the children because their parents

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are in a tougher situation. So yeah, something special i'm sending you in that classia alright that sorry I just I wrote it in the chat.

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But, Claudia, I just I I want you to know.

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I feel your heart, and I know somebody Dr. I he's the parent whisper.

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He has a huge network, and he does educational series every like quarter, and it doesn't cost you anything and other than promoting it.

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Or it didn't the last time I did it and you could do a whole series on that he He might be a great connection.

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If that is a passion for you and I would be happy to make that connection, that an email introduction he also has a collaborative thing.

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He's looking to build his community to over a 1 million families and educating them and supporting them, and helping them, and he's looking for people in his network to help with.

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That. So Thank you. That was Dr. L. Dr. I It's Aly like Yeah. it's Dr.

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Ali Lincolnsh, some can that's why he goes by Doctor

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Thank you. Yeah, Thank you. Perfect. Yes, alright. so is it gonna be Michelle.

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Kate.

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I guess i'll go is that okay Michelle.

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Okay, I think so. Alright, Kate, you already with your question.

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Okay. Well, I don't know if I use a really coherent question.

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And yeah, my mind even hasn't really been on strategy lately.

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Yeah, just because I just really haven't been feeling good and

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And yeah, like I, I just feel exhausted. especially with the Food President, Exactly.

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And like this past week it's just been like non stop as far as just doing post and videos, and you know, spreading the word.

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And and yeah, it's just and I you know like I when I do it, It's always kind of like exciting in the beginning.

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But then I just kind of hit a wall where i'm just like sick of it. And then I think people are probably like sick of hearing from me, and I don't know I just get to a point where i'm just kind of ready

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to throw in the towel, I guess who can relate to that?

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Every business owner ever in the history really multiple times it is not the to think of heart.

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So that's part. It comes with the territory other better things to come with the turn to Okay, So what?

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Let's see if we can help you form the other question is it

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And the other thing actually let me throw this over I don't know if it makes a difference.

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But if You'd, rather wait, and do yours on Friday when hopefully you're feeling a little better you can totally do that same with you, Michelle, but I don't want you to like not do it at all like if that could

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be her, Freddie, i'd recommend but we we could, especially if we can.

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If you feel like you might feel a little better with a few more days rest, and they're covering.

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What do you think? Well, I do. There is kind of a question that I have forming, I guess, ?

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And I guess it's around you know like asking your friends to join your program. Okay?

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Because I get a lot and to me that's that just makes me really uncomfortable, like I would much rather just

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But yeah, the problem is, I just don't have a huge audience and

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But yeah, just the idea of just asking, yeah just uncomfortable, and especially because I feel like I've been asking them for a lot of things lately and I feel like they're it's all like it

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would hurt the friendship like they might be like. Oh, she just contacts us when she needs something.

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I was just wondering. Yeah, I guess, how to get around that or other thoughts on that.

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Alright, can I ask you a couple of clarifying questions and So there's certainly there's certainly no role that you have to ask your friends. and and I would say expect definitely don't if it's not appropriate for

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them i'm just gonna say that even But if it is something that you really feel like it would benefit them like you truly, genuinely feel they would then I think it's kind to me that it would be weird, not to invite

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them. they would truly benefit them to at least give them the option.

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Give them the choice. nice at a clarifying question I guess i'm just going right into advice.

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The but there's nothing wrong with actually just like there's It's the whole like be real with them right.

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So you can say I wanted to I wanted to talk you this on their own to ask me about something, and I I actually have this concern.

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I'm a little scared to ask you or i'm a little nervous about asking you and here's why right?

01:34:17.000 --> 01:34:28.000

And so you just say up front like what it is that's going on. and then your friend right right and so you can even say i'm actually in this is probably gonna sound stupid to you But i'm actually sort

01:34:28.000 --> 01:34:36.000

of terrified to tell you to ask you this unless that's don't exaggerate, you know, just for if you really are a little dare.

01:34:36.000 --> 01:34:39.000

But like you could just tell them that so that's gonna just shift their listening right away.

01:34:39.000 --> 01:34:46.000

They're gonna be like Oh, I don't want Kate to be terrified, you know. So it's gonna shift them into a more generous listening.

01:34:46.000 --> 01:34:53.000

Right in real with them. and then you can say and like it's, Of course it's completely fine.

01:34:53.000 --> 01:35:02.000

If you want to do this or you don't I just didn't want Yeah, I actually think it's kind of basically because of you know us our conversations.

01:35:02.000 --> 01:35:07.000

The other I really you're the you're you're kind of person. I had a maybe not the kind of person that might land around.

01:35:07.000 --> 01:35:11.000

But you know, I just think it's something that you could really get a lot out of that.

01:35:11.000 --> 01:35:18.000

You could really enjoy so I didn't want to not invite you just because you're my friend right I want to, so I want to give you this choice.

01:35:18.000 --> 01:35:23.000

Give me this option? How does How does approaching the conversation all along those lines?

01:35:23.000 --> 01:35:28.000

How does that feel? Yeah, that's that sounds like I could go with it? definitely?

01:35:28.000 --> 01:35:32.000

Yeah, like just being there like we have this idea that we're supposed to have it all perfect.

01:35:32.000 --> 01:35:39.000

And there's have this like super exact thing to stay and it's like, Yeah, let me just be real.

01:35:39.000 --> 01:35:45.000

And then I also think I feel weird like charging them full price.

01:35:45.000 --> 01:35:50.000

I mean that's up to you you can or cannot

01:35:50.000 --> 01:36:01.000

One of the things that I would say about that is, if you, if you do want to offer them a discount like a friends and family discount right, you can let them know that you want to do that.

01:36:01.000 --> 01:36:04.000

And you can also say, and the only thing is I would just i'd really appreciate it.

01:36:04.000 --> 01:36:07.000

If I could get a testimonial for you at the end.

01:36:07.000 --> 01:36:15.000

Does does that work for you right? you know it's a little bit of a yeah Alright Martha.

01:36:15.000 --> 01:36:19.000

First, Kate, I Wanna just say publicly, your Youtube, was amazing.

01:36:19.000 --> 01:36:26.000

You show up you're full of energy you're full of love and light. right?

01:36:26.000 --> 01:36:33.000

So you did an amazing job launching your program right? That that step was amazing.

01:36:33.000 --> 01:36:38.000

And I want to congratulate you and acknowledge you for that second.

01:36:38.000 --> 01:36:43.000

I wanna say so can share that I know you don't have a big audience.

01:36:43.000 --> 01:36:49.000

I'm gonna share it on my Facebook and i'll share it with my email audience for you, right?

01:36:49.000 --> 01:36:55.000

Who else can share it for you thank you I Great with right ?

01:36:55.000 --> 01:37:01.000

Who because there's other people you don't have to do this alone.

01:37:01.000 --> 01:37:11.000

You don't have to do it alone, we're all here for you. Well, I can't speak reverend i'm here for you right you are not alone. you don't just because you're a solo printer

01:37:11.000 --> 01:37:18.000

doesn't mean you're completely Solo you have a community. Well, thank you.

01:37:18.000 --> 01:37:30.000

I have appreciate that. so. as far as the question about asking friends, is there anything more about that, or did what we kind of look at about that?

01:37:30.000 --> 01:37:35.000

Does that feel like you could do that now? and that makes sense.

01:37:35.000 --> 01:37:46.000

Yes, okay, good. So then, what else like is there? something else about it or other questions about what Martha was suggesting like ways to get the video.

01:37:46.000 --> 01:37:50.000

So I haven't watched it because I was away last week and so.

01:37:50.000 --> 01:38:09.000

But yeah, oh, sorry, gotcha I agree with Martha that your post was really really beautiful and very enthusiastic and inspiring, and i'd be happy to share, it as well, but I also wanted to say

01:38:09.000 --> 01:38:19.000

I always felt that you didn't give yourself very much time you know, because people need to, you know, like if you gave yourself a month or something like that to advertise it more.

01:38:19.000 --> 01:38:28.000

It just seems like really short, and and that, I think would be difficult for anybody to feel a fill it in that amount of time.

01:38:28.000 --> 01:38:36.000

Honestly, I was filling this same way. I was starting to think I might need to kind of stretch it out a little bit.

01:38:36.000 --> 01:38:48.000

When is it? When is the program supposed? And then I realized that was probably just way too early.

01:38:48.000 --> 01:39:00.000

And so I I basically I change the texture and I talked a little bit about it, and and I just told them, you know, they could get a special bonus if they enrolled by August Eighth, but I haven't given like a

01:39:00.000 --> 01:39:06.000

final deadline yet. yeah, that that is especially when it's a it's a new wish, right?

01:39:06.000 --> 01:39:10.000

So you don't have a track like that of what marketing is gonna work.

01:39:10.000 --> 01:39:24.000

Yeah, I would give yourself 3 weeks at least that makes sense, doing that and doing those that they call limiters right like if you sign up by a certain time. or if you do, you know the first this many people whatever people

01:39:24.000 --> 01:39:27.000

you respond to that and they'll sign up.

01:39:27.000 --> 01:39:34.000

And then they email because I want was I one of the people that I get it, you know, and

01:39:34.000 --> 01:39:38.000

So you know, they get an extra bonus. So I would.

01:39:38.000 --> 01:39:49.000

Yeah, do push it out. That makes sense definitely. sure I can understand the thing with friends.

01:39:49.000 --> 01:39:59.000

So i'm just gonna ask you flat out have you asked friends in the past and gotten a negative response.

01:39:59.000 --> 01:40:16.000

Well, not specifically, about this. I just and thinking that to my days when I did multi-level marketing, and I never, really, I didn't even really get a negative response.

01:40:16.000 --> 01:40:25.000

Then I just never did it, because I was just always terrified. I could show you unopened boxes in my garage.

01:40:25.000 --> 01:40:42.000

So this is a whole different world you're not asking somebody to come and pretend like they love what they've bought from you, so they can sell it to someone else.

01:40:42.000 --> 01:40:51.000

No, this is not that world. Yeah. Okay, this is the world of people like us.

01:40:51.000 --> 01:40:59.000

Who would like go yeah or I can't do that right now.

01:40:59.000 --> 01:41:14.000

But, like Martha, let me tell other people, let me tell other people your work, and I think the ladies who also saw the Premier with me would agree.

01:41:14.000 --> 01:41:26.000

And possibly, gentlemen, what you're offering is something that feels very different, very fun.

01:41:26.000 --> 01:41:39.000

Nobody's gonna yell at me for doing it wrong and if I was a close friend, and you didn't tell me I would be hurt

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That's all. Yeah, consider that and I don't think whether it's about asking our friend to do this asking her for a referral asking, following up with someone who gave you you know said they were really happy and

01:41:53.000 --> 01:41:57.000

then, you know, seeing if they want to do more or whatever it is.

01:41:57.000 --> 01:42:03.000

Just remember you can. I can do just about anything as long as you just ask permission first. Is it okay?

01:42:03.000 --> 01:42:07.000

If we have a conversation about this, is it okay to ask you about this?

01:42:07.000 --> 01:42:16.000

If you if they say yes, they have permission and then you might need to ask for fishing again, if if you're if, then the conversation goes deeper or something like that, right?

01:42:16.000 --> 01:42:23.000

But like just just ask and feel free. i'm not saying you always have to totally reveal your internal state.

01:42:23.000 --> 01:42:26.000

You don't have to every time say I am so nervous.

01:42:26.000 --> 01:42:31.000

I'm writing through things I can't even believe i'm gonna have this conversation with it.

01:42:31.000 --> 01:42:34.000

You don't have to do that. but then again there's some friends.

01:42:34.000 --> 01:42:46.000

No, maybe you should right like this be be real I just say like, yeah, it makes me there actually makes it kind of crazy. i'm hoping i'm hoping at some point i'll get past this but right now where I still

01:42:46.000 --> 01:42:53.000

am is, you know I get nervous about this, So can I ask you to just like, Listen generously.

01:42:53.000 --> 01:43:00.000

You can actually just say that, and that to me i'd just be like, well, yeah, cool.

01:43:00.000 --> 01:43:05.000

Let me put down whatever I was doing, cause I was only gonna I was only planning to have listen to you.

01:43:05.000 --> 01:43:11.000

If i'm being honest, but now i'm gonna pull it

01:43:11.000 --> 01:43:19.000

Right you don't have time yet? al alright cool so How's that feeling, Kate?

01:43:19.000 --> 01:43:26.000

Really good. yes, very encouraging, alright cool. So who are you gonna ask to join your program?

01:43:26.000 --> 01:43:35.000

So I have. Yeah, I have a friend, Son Tape that I think you know might be Yeah, might be a good friend.

01:43:35.000 --> 01:43:44.000

Got good pets and then I don't know I have to think about it, and then also referral like asin.

01:43:44.000 --> 01:43:50.000

Is there anybody else that you know? Yeah, or whether you see it's for you or not, or whether you see it's for you.

01:43:50.000 --> 01:43:54.000

But you can't right now, or whatever is there anyone else, and you just tell, especially their friends.

01:43:54.000 --> 01:44:02.000

You tell them what you're committed to like I created this program because of this I'm passionate about this I'm really excited about it.

01:44:02.000 --> 01:44:08.000

I want to have as many people in it as I can because it's gonna be amazing for them, and just you know asking their

01:44:08.000 --> 01:44:13.000

You have them to just be on board. you know even if all they're doing is sending you positive energy.

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It's still gonna make a difference michelle I was just say I didn't.

01:44:20.000 --> 01:44:28.000

I didn't, listen to it yet, but sharing it with your friends all your friends, if they haven't seen it.

01:44:28.000 --> 01:44:41.000

Just share and say, Hey, I just put this out. And if anyone is interest, you know, interested in it, or they know somebody that would be interested in it, you know, I mean, you can call on Youtube video.

01:44:41.000 --> 01:44:45.000

You could Also, you could post it on your own personal Facebook profile.

01:44:45.000 --> 01:44:52.000

Yeah, for sure if you haven't done that already, and you can just say, Hey, guys, did you know I do this?

01:44:52.000 --> 01:44:56.000

I just wanted to share this side of what I do like, you know, like all your favorite friends.

01:44:56.000 --> 01:45:10.000

But that, and like whether they are interested or not they'll they'll just it's like sharing you right very cool, alright, Anything else.

01:45:10.000 --> 01:45:27.000

How many ended up being a good question. Okay, Yeah. I have one more question. kind of question, like I've done like worked with people where I did like free energy scans for them.

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So that would be kind of like a natural, you know.

01:45:29.000 --> 01:45:34.000

It would be natural for me to reach out to then.

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But yeah, I guess they still have some blocks around that, because it just seems like a big leap, you know, from doing like a free service to doing the full program.

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Well, that is a big that is a big shift, so you might want to.

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Instead reach out and invite them to essentially sort of a a discovery call, and you didn't call that, but something like that to just see what they got from what you did already did, and what else they're you know what else do

01:46:04.000 --> 01:46:11.000

they want that's what they're looking for help with, and it might be for some of them your program might be a fit.

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Others might not be that it's a fit that maybe just working with you when I want my be a fit or right that so you can certainly reach out and ask if they want to explorer further, and seeing what what other way you know what else is it that they

01:46:26.000 --> 01:46:38.000

want. that makes sense stuff definitely. And then, if you, it might be that at the end of that conversation, or it might not.

01:46:38.000 --> 01:46:46.000

Okay, Cool. alright. so Who else? Besides, Kate? what did you get from this conversation?

01:46:46.000 --> 01:46:57.000

Bring yourself in your business

01:46:57.000 --> 01:47:12.000

Yes, Claire, I think it's really important not to Leave our friends out we do that, because we don't want to take advantage of but they still like she said, Feel hurt and Get left out and it's just important

01:47:12.000 --> 01:47:21.000

to. Yeah, You're my friend so i'm Sharon and then it's not gonna hurt the Friendship is just this, is it?

01:47:21.000 --> 01:47:26.000

Yeah, just be with them

01:47:26.000 --> 01:47:34.000

Alright, Okay, would you get from that? Me? Yes, full well they Yes, that was.

01:47:34.000 --> 01:47:40.000

It was really just encouraging. And yeah, just you know knowing yeah they don't have to do this alone.

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And yeah, i'm always happy to support anyone else too like i'm always like doing, you know, sharing things you know from other people, you know.

01:47:48.000 --> 01:47:52.000

If they ask me. So yeah, i'm all i'm happy to do that.

01:47:52.000 --> 01:48:00.000

And and yeah, just very and also knowing that I don't have to do it in this time.

01:48:00.000 --> 01:48:08.000

Crunch, I think also makes it makes it a lot more comforting, too, because I think that was putting a lot of pressure on it.

01:48:08.000 --> 01:48:18.000

Yeah, give yourself a few weeks to to promote it and and Then the only thing about that is, if you do have let's say your It's 3 weeks, and you have some people sign up right away.

01:48:18.000 --> 01:48:28.000

You just want to put a thing or 2 in place for them, like maybe a couple of pre programmed calls or so definitely.

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Yes, it just keeps the excitement going I kind of overdid that for sold right. We ended up having there was 4 energy healing calls, and then and then the 3 workshops.

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For the vips that people I don't really necessarily I don't mean I really overdid it like I don't think it was too much, but I didn't have to be as much as it was and it's

01:48:47.000 --> 01:48:57.000

so effective. but people love that they came into sold so excited because they were already feeling really connected with me and with each other.

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And you know they were just they got huge value out of that.

01:49:00.000 --> 01:49:09.000

So doing that some pre person start stuff can make a big difference in how the whole thing goes, and it can be very easy.

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It can be this because we're super you know it's just kind of just the discussion.

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And then I did a little clearing, I could have done a nice state.

01:49:16.000 --> 01:49:24.000

I did 0 part for them. right? So you can do stuff like that where it's not like you have to create another module kind of there.

01:49:24.000 --> 01:49:30.000

Alright. and what would you like us to work on for you, my dear?

01:49:30.000 --> 01:49:35.000

I guess

01:49:35.000 --> 01:49:40.000

I guess just I don't know like continued confidence moving forward.

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Sure I mean I just say cause you weren't here when I give this thing.

01:49:44.000 --> 01:49:54.000

It could be anything. could I see If you have something physically going on where you'd like some healings it can be you can even save up again to like my back If you wanna work on my back and then you know something

01:49:54.000 --> 01:50:01.000

that was more around like visibility and stuff so really it's anything's on the table. where would you like some healing?

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So yeah. So I guess just yeah, just feeling more.

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I think more energized and better about my business. Okay?

01:50:15.000 --> 01:50:22.000

If it comes up, you know. do you have any objection to seeing if we can do anything to help you recover from the food poisoning faster?

01:50:22.000 --> 01:50:33.000

Yes, and recovery from the food poisoning feel free You're taking on that, too.

01:50:33.000 --> 01:51:03.000

Because why not right? everyone. Please begin

01:55:44.000 --> 01:55:54.000

Alright.

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How are you doing? Kate: Yeah, i'm doing good Yeah, I I generally I tend to be more of a visual person than a feeler.

01:56:05.000 --> 01:56:10.000

But I do feel kind of like this warmth in my head that's really nice.

01:56:10.000 --> 01:56:19.000

And yeah, just is really calm and clear, feeling wonderful. very great.

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Michelle Time

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Oh, you must back. You come back to So we could do.

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We could still be done at time and do about the guys.

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You guys are and you just lost somebody.

01:56:42.000 --> 01:56:46.000

But oh, Martha had to go that's right so when did you go?

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How much, unless you're what you wanna do Friday I mean I would totally do Friday.

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But if we're not gonna have a Friday. we're all gonna be done, then I will make something I think there's some people that can only come on Friday. so

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So those as many of you as can come back on Friday to still, you know, work on each other and support and everything great like.

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We're still gonna do Friday I don't know if it'll bigger, bigger small smaller group.

01:57:12.000 --> 01:57:17.000

But at the same time we're here so I think I mean, I want.

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I want I i'm not i'm not prepared so not being prepared.

01:57:24.000 --> 01:57:34.000

But I do want to do some kind of a program I'm just not in the time to really get in there other than I know

01:57:34.000 --> 01:57:42.000

I've been

01:57:42.000 --> 01:57:55.000

As when I say program group sessions I wanna do some group sessions. and so that's why tomorrow I think I really need to sign up for your programs.

01:57:55.000 --> 01:58:05.000

Classm. I don't know what time it is but it's it's the same as this 1, 11 to 6 Eastern, and I I did just add it to the Smsm. Calendar.

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So if you already accepted that it's in there now, with the link tomorrow, and next Wednesday, so it'll be Okay, I don't know if I accepted it or not I don't know

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for that whole calendar like I invite I think I did.

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But yeah, i'll have to look at that just to be in the safe set. I'm gonna give you the calendar.

01:58:29.000 --> 01:58:43.000

I mean the zoom like right now. Okay, okay, i'll i'll, i'll i'll i'll send another email to Oh, silly, no i'll watch you my friend's dog and he's whining.

01:58:43.000 --> 01:58:49.000

At me right now. So you want to create your program, and a lot of stuff is gonna get answered.

01:58:49.000 --> 01:58:54.000

Well, I said, we'll get answered in the workshop tomorrow for sure.

01:58:54.000 --> 01:59:01.000

But tell me what you're thinking of right now, that we can help you with I mean.

01:59:01.000 --> 01:59:09.000

Oh, gosh! I mean I guess like I said i'm not prepared at all.

01:59:09.000 --> 01:59:18.000

Well, what I want to. What I want to do is I wanna do something fun, and I have been doing these

01:59:18.000 --> 01:59:22.000

So I I was in a course to learn. I have these cards.

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Wisdom. was insight for site wisdom cards, that I have been doing learning.

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And so they're really super cool they have frequency no they have frequency pictures.

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As far as art and they're they're super cool and it's super fun.

01:59:44.000 --> 02:00:00.000

But I and I need to do because I I see i've mentioned it to some friends and different people, and they're They're excited to do it, but I don't like I need to come up with I think different in

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order to do it in a group I just don't need. I don't know.

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I just I just need to I told you i'm not prepared you could put it together into a program like you need to figure out a structure for it.

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I know I I I can release some you know, trapped emotions, or or like as a group, and use it more of a group.

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But I can also specify. You know it could be from like when I pull the card.

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It might not be for everyone, but it'll probably but my intentions with that will be for most everyone, and then we can pull something else, and I can like, let them know who it's for or teach them also I

02:00:48.000 --> 02:01:02.000

haven't I I that interests me as in being something fun to do, and I think that, because i've been struggling with what program I would do, and feeling comfortable with it the fact that it's fun and everybody has fun when they

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do it I I think that's a good place for me to start. I just don't know like like what it's going to be like, if it's gonna be over fears or abundance or you know I I just

02:01:19.000 --> 02:01:29.000

I guess where people would thing, maybe 3 different things that you think would be great to have a alright.

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So I have a Do you have a sense of who you want to work with

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Moms, or entrepreneurial people, or healers, or so any kind of sounds like that

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And not, I mean, yeah, I mean I anyone I mean but and I know that's so random.

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But I mean, I guess to start with, that would be

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I would say, moms, but not necessarily mom's just I guess it would be what a woman it doesn't have to be women, though.

02:02:06.000 --> 02:02:22.000

But I mean this is where I have a hard time just specifying certain people, because I think anyone would be interested in how fun and anyone could be interested. But to be able to you need to define some. So the first thing we're going to

02:02:22.000 --> 02:02:26.000

do in the workshop tomorrow is to talk about the who.

02:02:26.000 --> 02:02:36.000

Yeah. So that might be a good thing like as your question now to for us to help you come up with the hoop because the program you could, you could design it for any better.

02:02:36.000 --> 02:02:43.000

Right. So let's take that as Maybe the question is who should this program before.

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How does that sound as your question? Yeah, yes, sure you don't see that excited?

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I was just not prepared that's that's The thing that that would probably be

02:03:08.000 --> 02:03:13.000

About it. Just go right and just just don't worry about it for once in your life, Michelle, and so I did it now.

02:03:13.000 --> 02:03:18.000

I'm with the spot. so so first of all I don't have any problem with this.

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You still just saying You're in a good co Friday I have no problem with that.

02:03:22.000 --> 02:03:28.000

It's, not because you're gonna come tomorrow. to the workshop, right? So that's going to give you a lot of clarity, and that would probably help you come on it.

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Come in Friday with a with a question. Yeah, okay so let's just do that.

02:03:35.000 --> 02:03:42.000

Okay, Yeah, you want to go on Friday. and you go are you?

02:03:42.000 --> 02:03:45.000

You're the last one who hasn't gone yet because that's clear.

02:03:45.000 --> 02:03:48.000

He's definitely going on Friday and michelle is going on Friday.

02:03:48.000 --> 02:03:53.000

Do you want to? Go now and pose your question?

02:03:53.000 --> 02:04:02.000

Now, are you right? No, I might be better for me to go on Friday, this this week.

02:04:02.000 --> 02:04:14.000

I like I need to put into action and then I wanna sort of because I haven't done anything actually.

02:04:14.000 --> 02:04:22.000

So I sort of wanna try to set up that's fine.

02:04:22.000 --> 02:04:30.000

So we're we can just end a little early today. right and figure Michelle, and clear and you go and I know window is coming.

02:04:30.000 --> 02:04:36.000

And then those of you, any of you that can come on Friday, and if you want today, please come just to support and everything.

02:04:36.000 --> 02:04:43.000

And you never know who here had some pretty Major insights from someone else's hot seat right? so it's like everyone, you know.

02:04:43.000 --> 02:04:49.000

It benefits so let's do that then We'll just we'll have you guys go on Friday.

02:04:49.000 --> 02:04:57.000

We'll end. a little bit early today. and Let's yes, and I do think it sounds like a fun. program.

02:04:57.000 --> 02:05:02.000

I'm looking at the thing I people love the card thing they absolutely love it.

02:05:02.000 --> 02:05:12.000

I think it's a favorite thing that I mailed out for this whole thing. I think that the oil, too, and I think that the cards right

02:05:12.000 --> 02:05:21.000

So I think that sounds great, and maybe some time down the road you might create your own card deck

02:05:21.000 --> 02:05:32.000

That's that's on the horizon for me it's something I wanna do this year, so Alright, so let's wrap up in Okay, and i'll see you guys on Friday.

02:05:32.000 --> 02:05:38.000

I'd love to hear from each of you what was what was your biggest takeaway from today, or a big takeaway.

02:05:38.000 --> 02:05:45.000

So from everybody. Okay, So what's a big takeaway they get from today.

02:05:45.000 --> 02:06:02.000

He's gonna go first, Sarral. Oh, Oh, excuse me I have a title Yes, in a series, and a series.

02:06:02.000 --> 02:06:09.000

I knew I was gonna go beyond the 6 months, but now I see it as a series awesome love.

02:06:09.000 --> 02:06:14.000

It. Thank you.

02:06:14.000 --> 02:06:19.000

Alright, so hes you next

02:06:19.000 --> 02:06:30.000

I Also it was really great to brainstorm it really unlocked me, and you know, and I got to see where you know like that.

02:06:30.000 --> 02:06:36.000

Martha's comment, about you know the sort of export language, and then her talk, and then I did come up with a title.

02:06:36.000 --> 02:06:40.000

So I was thinking, Where should I post that to get your feedback?

02:06:40.000 --> 02:06:44.000

Oh, in the group in the Mastermind group is a great way to place to do that.

02:06:44.000 --> 02:06:51.000

It's a great way to use that group, i'm.

02:06:51.000 --> 02:06:54.000

Thinking out here's the feedback, in and if You're coming to the workshop tomorrow, you know we'll we'll talk about names of it tomorrow, too.

02:06:54.000 --> 02:07:07.000

So alright, and then clear. Yes, it was. It was just interesting how a lot of this for kind of having kind of just similar things that we were kind of struggling with.

02:07:07.000 --> 02:07:22.000

And and you know some of us have trouble even thinking of the questions at first, and it was just me kind of seeing how everybody sort of came together to support and and kind of being on the other end and supporting other people also.

02:07:22.000 --> 02:07:30.000

Gave me more clearly. Okay, great, clear, and then who's next I wanna hear from everybody.

02:07:30.000 --> 02:07:42.000

I I think, for me it was and again just learning from other people's calls, but this idea of a series, cause I you know I know that you know. but people have had really long program.

02:07:42.000 --> 02:08:01.000

So it's breaking that down to the series and they also, and I think it was from martha's about defining people by you know, people principal way like a trait rather than a mom or freshman or whatever

02:08:01.000 --> 02:08:09.000

that kind of got me thinking quite a bit. yes, that can be very powerful, right great.

02:08:09.000 --> 02:08:16.000

And then Claudia introduced your hand I think it's just a wonderful experience.

02:08:16.000 --> 02:08:32.000

We've had today to be able to bond as a group and help each other, and be closer and more understanding, and realize what phenomenal wisdom is available in this group that we have to at our fingertips open

02:08:32.000 --> 02:08:59.000

our ears and listen. It's great alright is next we're all coloring in michelle the sitting with the resistance and letting it be that's all you just say that one again Yes, we all need that

02:08:59.000 --> 02:09:10.000

reminder for sure. alright, Marty, how about you let's just take away from today, or you can take away

02:09:10.000 --> 02:09:21.000

You know, I guess what I realized after after. The fact is that okay, just showed up today, being selfish, being something for myself which is support.

02:09:21.000 --> 02:09:29.000

Umhm. Okay, I keep you know it's like I'm, i'm coming away from that feeling that you know it was okay.

02:09:29.000 --> 02:09:41.000

It's okay to want me I mean to ask for help because I want it like I don't need.

02:09:41.000 --> 02:09:47.000

I don't have to have somebody's permission to pass for what I need.

02:09:47.000 --> 02:09:57.000

Yeah, say that one again. you deserve it. you don't need any permission to just ask for what you want to need.

02:09:57.000 --> 02:10:14.000

Hey? Alright, and you go Well, listen It this name other people's you know, struggles and then also see them through their product.

02:10:14.000 --> 02:10:26.000

And those things, and then areas might be different. but the place you have it's hard to ask the same as that I I can start seeing more clearly.

02:10:26.000 --> 02:10:49.000

And then what I need to do to be produce my own product and then it's before I couldn't sit there that now you know comments on here, and then what people are looking for it's a it's this line with the

02:10:49.000 --> 02:10:56.000

same. So just so hold on you. The formula. create that better.

02:10:56.000 --> 02:11:14.000

You know that that's alright and then how late you you didn't go to

02:11:14.000 --> 02:11:23.000

You're still muted so

02:11:23.000 --> 02:11:28.000

There. Yes, space for works sometimes and sometimes it doesn't so anyways.

02:11:28.000 --> 02:11:45.000

I gotta echo what everybody, said the whole so she Claudia, I think, she said, that you know working together collectively, seeing support that we all get and seeing how we're not so different.

02:11:45.000 --> 02:11:56.000

But yet we're not that we are and learning how to see things from a different angle.

02:11:56.000 --> 02:12:09.000

Aaron, and getting to the answer. and putting that vision together, and that there's not just one way to do it.

02:12:09.000 --> 02:12:21.000

That's awesome. thank you off all of you thank you alright, so we'll wrap up

02:12:21.000 --> 02:12:25.000

I will see those of you who are joining in for the transforming business.

02:12:25.000 --> 02:12:36.000

Workshop tomorrow. we'll start same time 11 Eastern and it'll go the same 11 to 6, although we'll probably actually definitely use the full time there.

02:12:36.000 --> 02:12:42.000

And it's all recorded and you also all have access already to the recording of the last time. I did it.

02:12:42.000 --> 02:12:48.000

So you're gonna be the same material so if this if you know creating a group program. Is it a priority for you and your business right now.

02:12:48.000 --> 02:12:51.000

Don't sweat it don't feel like Oh, my God I have to be there.

02:12:51.000 --> 02:12:57.000

You don't right it's there for you as a resource it's it's a great workshop.

02:12:57.000 --> 02:13:00.000

And if you're gonna be there great there'll be other people there as well.

02:13:00.000 --> 02:13:11.000

It's not only for the mastermind and I'll see some of you guys there, and i'll see some of you on Friday, and then i'll see all of you next Sunday.

02:13:11.000 --> 02:13:20.000

I guess. Okay. So I have a great evening. Wonderful, wonderful call today.