

# 016 EHK Clubcast 83021

[00:00:00] My name is Anna. Vocino you're in the eat happy kitchen club. This is the happy kitchen, Monday club cast. This is being recorded. I hope that you guys come up and join us and ask questions in a moment. But first I'm really, really excited to introduce my guest Laura Powers. Now, Laura is an actor, a writer, a psychic and intuitive, uh, a podcast host, an incredibly talented and gifted human being who moves a very wide variety of projects forward.

And she has a podcast called healing powers, which is all about using your, uh, well, she interviews all kinds of different guests, but, uh, what I wanted to focus on today was using your, the power of your intuition and the power of our mind body spirit connection, which we don't [00:01:00] talk a lot about. We've hinted at it.

And I think that I've been at a very secret woo gal. That you guys might not know about, but I am very deep, deep, deep into believing that this mind body spirit connection is, is what kind of keep us going. They triumvirate of what has us here on this physical earth. And we're all here in the eat happy kitchen club, because we want to check in about this physical apparatus.

We call our bodies, these meat suits we're wearing. We're trying to get healthy. We're doing nsng no sugars, no grains. We are trying to get our fitness together. We challenge each other constantly, uh, in many number of ways and some things that some folks have hinted at where some meditation challenges, but I just wanted to have Laura on to talk, first of all, about her story, because it's interesting AF.

And second of all, to talk about how she applies this stuff in light of what we're using. So if you're here and you're like, oh Anna, I'm not into this woo stuff. Just to help you just reserve your judgment. I can don't don't do that. [00:02:00] Keep it, keep it away. Keep your mind open. Um, To quote the Beastie boys.

I've got to open mind. So once you all get inside and on that note, I'd like to welcome Laura Powers. Laura, how you doing my friend? I am so good. So glad to be here. Excited to talk about this. It's one of my favorite subjects. Yay. Thank you for being here. Well, first let's just launch it because again, I'm going to really, I want to impress upon you guys.

Laura moves an incredible amount of projects forward simultaneously, and that takes a lot of effort. I know this from personal experience and also what I love about Laura is the fact that she is open and outright in who she is. Lord you

remember back in the day, at least when I was a kid, a movie, a movie star could never even do television.

And now. Psychics doing podcasts and writing books and being an actor and being a business coach and moving all [00:03:00] sorts of things forward. So I like that. I like having more examples of women like myself. We're doing multiple things. So thank you for being here. Can you just give us the 1 0 1 0 1 on your story?

I'd love to hear your background. How all this, how your gifts came to light everything. Give me, give me talk as long as you want. We want to hear it. Sure. So ever since I was little I've seen and since ghosts, so that's what kind of got me into this whole world. I should say. That was my first sign that I was different from other people.

And I grew up thinking that I was probably crazy because I saw since things that other people obviously didn't, and I remember looking around and observing, you know, where other people reacting to this or this other thing. And I remember asking my mom when I think I was probably about seven years old, if she saw things.

And I knew based on the response that she just didn't know what I was talking about. So I pretty quickly learned it's just best to not talk about these things and ignore them. And I did my best to really suppress my abilities. [00:04:00] Um, and it was actually in college that a family friend described a ghost that I had seen, but never told anyone about.

So for me, that was a really life-changing moment because it was like, oh my gosh, I'm not actually crazy. This is was, you know, on the one hand, a comforting realization. And on the other hand, pretty scary because I didn't have teachers in my life at that time. I didn't really know what to do about all this stuff.

So I proceeded to live my life, very analytically, you know, still trying to block it. And then I got into a pretty bad place in my life and it kind of came to a peak for me during the recession where I realized that my marriage wasn't what I thought it was. So that fell apart. I was also physically ill at this time.

So health for me really comes into this in a pretty big way. I was, I just felt like my life was a mess and I was off track and I didn't know what to do. So I actually went to a psychic just to try to get my life together and much to my surprise. She was basically like, yeah, you need to tap into all this.

The reason that your life is a [00:05:00] mess is because you haven't been listening to your intuition. And so from that moment forward, I made the decision, okay. I better figure this stuff out. And rather than trying to hide it or run away from it, I started to take classes and it really came as such a big shock to me that this was really a big part of what I meant to do.

And I also believe that, you know, we are incredibly creative defined beings. A lot of how we create is through our intuition, through our, these downloads that we get. So when we're blocked off with our intuition, our health is negatively impacted as well as our creativity. So as we tap into these things and increase others, then it, it really helps the whole picture.

So as I got healthier, my business flourished, my intuition got stronger, you know, my creativity goes through the roof. So for me, it's all very, very connected. So I love talking with someone like you, where this is all, you know, a part of the conversation and we can include all of it. [00:06:00] I muted myself, um, on my own end.

Ah, okay, wonderful. Wonderful. I have, I have so many questions. First of all, at the beginning, I just wrote down Laura Powers sees ghosts. Now, what do you mean by that? Do you like, you're saying, like you saw somebody's past relative, or you just saw like an apparition, like, what does that mean? When you say you were little and you saw ghosts.

Oh, you know, I am so grateful for actually for film and television for bringing some of these things into awareness for people, even if it's an official context. So I was like the kid in the sixth sense, Haley Joel, Osment character. I see dead people. I saw ghosts that are earth bound, meaning spirits that are not in the light.

And in many cases I saw them where they looked like solid people to me, meaning they looked like they were alive. And I would think there was a live person in the room until they do something like walk through a door fuzz out or something like that. So it was very confusing for me growing up and I didn't realize it was this part [00:07:00] of my psychic abilities.

And as it turns out, goes search just the first thing that kind of showed up for me psychically. But I also started to see other things, including angels, you know, spirits in the light, um, energy. Sometimes I see things that are coming. If people continue on their current path and their bodies, you know, in terms of how physical.

Different things will manifest. So it's quite complex. And that's just the first thing that showed up for me were ghosts. That's amazing. And I, I love this so much. I can't even tell you I having, okay. So I'll dive into just a second and then I'm gonna move on to how to listen to your intuition. I want to jump right into that.

Uh, but like pers this resonates on a personal level with me. Over the years, I've had a number of dreams or set a number of things to people I've even made people cry inadvertently. And so I learned to shut up because I've, you know, I saw my friend's dead father next to her, and it was a particular shade of blue.

And I [00:08:00] said that and she burst into tears. I didn't know. I didn't know this. I say my friend, I actually didn't know this woman that well at all. And you know, and so I find it very interesting. I have definitely on my own personal experiences had to squelch a lot of things and not say a lot of things. So that's why I'm really excited to have you on because I feel validated, honey.

Thank you. Um, but I, uh, gosh, how, okay. So I always say we never learn anything when things are going great. So you had this big transition in your life. When your marriage falling apart, you weren't listening to your intuition. You went to a psychic, the psychic said, listen to your intuition and how. How did you even begin to take the first step at that?

And the reason why I ask is, cause I know that there's tons of us out here who are like, especially with my people out here, who I love so much. And by the way, we are going to open this up to questions and Q and a and stuff. But I want to get through this, this intro to lay out this foundation and this groundwork for using your intuition for [00:09:00] using meditation, for using tuning in to whatever.

And it doesn't matter whatever higher power you may or may not worship. We have this inner knowing and intuition. How do you even begin to take that step? Because I've got lots of people here who are taking the physical actions of cutting out sugars and grains, starting to exercise for the, maybe the first time in their life.

Or at least since high school start, you know, starting all of these physical activity, really minding their sleep, doing all these things. And yet sometimes all hell breaks loose when that happens and you need this kind of like, oh my God, oh my God. Sorry. My, my friend is calling from Ireland. Who's getting married right now.

Uh, oh no, no decline. I keep declining it. I don't know if you guys can hear that. So how do you, how do you think when they're calling it just fuzzes out for a second. Okay. That's good. Good. Quite hear the full question you were saying my full question. Thank you. My full question is how do you even [00:10:00] begin to start to use your intuition, especially when things are going crazy on yourself?

How do you even, how do you even take that first step? What do you do? And kind of guide us through that, lay that out for us. Thank you. First of all, it's very normal to feel overwhelmed when you're making these steps. Um, and on the other hand, I think it's so, so important because our intuition is like our inner compass.

It's, it's there to guide us essentially to make sure. More pleasant, more fun, you know, easier, more passion, more abundance, you know, all, all of the good things that we want in life. That's what our intuition is there for, to help us with. And most people just don't really know how to access it. They don't know how it works.

So the first thing I would say is just, it's important to start paying attention to your body. And that's why I think our connection with our health as it relates to intuition is so important, you know, paying attention to your body. One of the first ways that we receive that intuitive response is through our body's messages to ourselves.

And we're [00:11:00] familiar with that idea of like, you know, what is your gut instinct or what does your gut say? And even more reason why our health is so important, you know, if our physical gut like the health of our gut is poor, it's harder for us to use our intuition. So we have a whole society of people with really poor.

Health that are also essentially flying blind in life. And by that, I mean, they're not tapping into their intuition. So really cleaning up your diet, paying attention to what your body wants, what your body, you know, like says is good for it. And then also just starting to tune out all the noise. There's so much psychic and intuitive noise right now where it's easy to get overwhelmed because of all the news, all of, you know, everything.

There's a lot of negativity on social media. There's a lot of fear-mongering that's happening right now. So the most important thing we can do is just, you know, even if there's something intense happening that doesn't mean we need to be in stress mode all the time. We need to calm ourselves, reduce our stress, pay

attention to our bodies, so improve our diet [00:12:00] meditate, or, you know, do some kind of.

Calming stress, reducing activities. So some people respond well to traditional meditation. Some people it's swimming or taking a walk or, you know, taking a bath there isn't one way to do, but just to have that peace and calm and quiet so that we can better hear our intuitive messages and then improving our health as well, including a specialty diet.

So I to eat grain-free sugar-free um, interestingly, I find I can eat a little dairy when I'm abroad in Europe, but I really struggle in the United States. So I'm mostly dairy free as well can relate like, right. Like majorly. Yes. And, um, yeah, no, this is, this is fascinating to me because getting in touch with all that stuff, I generally find, you know, I always say a lot of folks come to quitting.

Sugars and grains going nsng they come to it from a place of vanity and I'm like, great. I don't care. That's awesome. [00:13:00] If vantage is the motivator to get you in the door, I don't care. That's amazing. If you feel like crap and you want to look better in the dress or the suit. Amazing. Because I know what'll happen is that eventually the emotional work and the intuitive work takes over and you start to have to like address certain things in your life.

And a lot of people too, have to start to address, um, trauma and bad things and, you know, repressed bad things. That's all I'm gonna say, but, okay. So what do, oh, I know what I wanted to ask you. You've mentioned earlier. You said you can take classes, you took a class, so you can take classes to learn this stuff.

It's not just like, oh, you're born with like a lightning rod of psychic ability. You can take a class, explain what you mean. Oh, absolutely. You can definitely take tech classes and I teach several classes right now. I do one-on-one training. I have a six months like training program. I'm about to start an Oracle card class, which is using cards to receive [00:14:00] intuitive messages.

So there's so many different ways that we can tap in. And it's really important. And also so many ways to learn. I mean, classes learning, you know, reading through books, videos, my podcast is called healing powers podcasts. So I talk about this stuff all the time on my podcast. So just learning and you know, how good of a reader would we expect someone to be if they didn't learn that often pretty horrible.

Right? Probably wouldn't be able to figure anything out on their own. Right. You know, that's what our society is like right now, we don't get basic psychic,

intuitive training when we're growing up and some adults seek it out. And some adults with very strong, natural, intuitive abilities are able to tap into some of it.

But so much more is available to us in terms of information. If we can get training and understand how things work, how they work for us, and then just practice just like anything else, practice makes perfect, like you really get better using your intuition. And I say, [00:15:00] psychic, as you know, like to me, there's a, there's a re there's a range.

And so intuition is, you know, everyone has access to intuition and then when you practice it, you can develop that into more full-on psychic abilities and things are possible that a lot of things don't really, a lot of people don't really believe are possible, but you know, it has been studied by science and there are many psychic abilities that have been tracked and are scientifically proven.

I agree. I agree. All of it, everything you're saying is, is absolutely amazing. And I, I, it, it makes me so happy. I, I, one time a girlfriend back in like 2015, a girlfriend of mine dragged me to a, uh, a mutual friend of ours was hosting a, uh, basically a psychic workshop that's and she dragged me to it. And I was like, oh God, here I go to Andrea's dumb thing.

That's going to be so stupid and everyone's going to be really good at it. And I'm going to be terrible at it. [00:16:00] And I'm going to just sit there and feel dumb. And it was interesting to me. I had a big one of those moments of realization and going through the exercises in the class, in the seminar, which again, I was like, this is going to be a bunch of weirdos and I'm not going to fit in and I'm not going to like this.

This is stupid, but I'm here with my friends. So I'll give it a go. I'm doing this. And, uh, as I was sitting there going through the exercises, I realized now I've been an improv actor. Twenty-five years done, thousands of shows. And what I didn't realize is going through these exercises, I always just thought I had a very vivid imagination.

So if I'm doing an improv show, you take a suggestion, you get up and you do a scene. Right? And I think that, uh, I didn't realize that that vivid imagination was a form of intuitive communication. And so now that I have, I know this I've been able to practice that more, but I'm still like, not even, not even close, I'm always, I always have the best of intentions.

And so I wanted to ask you [00:17:00] too. How, how would you recommend somebody let's say a meditation? How would you recommend somebody

starting a meditation practice? Like. We should just do it, but I don't. So w how, how would you, and maybe it's not meditation, maybe that's why maybe that's not my modality of choice.

Maybe that's why I'm not doing it, but not just me. I'm just saying, like, in general, how would you recommend somebody starting? So, first of all, you are not alone with that connection between creativity and intuition and a lot of them. Creatives or creative people are naturally intuitive or even, I would say psychic.

And they just don't know what people who get a full song downloaded or inventors who get suddenly an idea like that's coming from somewhere, you know? Yes, we do have creative and critical thought processes. Um, but from my perspective, as a psychic, a lot of these kinds of downloads, brilliant ideas, creative things that come through are [00:18:00] coming through our psychic and intuitive abilities.

So it's really important to honor that. And then also know that we all are different, you know? So in your case, and I'm getting that you do better when you could have some kind of movement, like it's hard for you to sit still. So yeah. Oh, that be, you know? Yeah. So maybe it's like, yeah. Taking a walk and listening to some chill music or something.

Yeah. Um, or just even working out in the gym or, you know, just, it just looks different to different people. The most important thing is to have time and we're not having like that external stimuli. So whether that's, you know, social media or television or, you know, kind of loud, um, music, you know, kind of chill, something that's just kind of mellow typically is when we get these downloads, I also find.

That when I'm driving, I get a lot of psychic and intuitive downloads. So I just went, for example, on a road trip, drove, um, to infer Moab, um, here from Las Vegas. And I got so many psychic downloads because it was just such [00:19:00] a chill, mellow thing to do. Not, not, I'm not talking about like LA traffic driving.

I'm talking about like on a quiet country, rural road. So it's finding those ways that really work for you, you and then tapping in. And I also think that when you do start to tap into this, you become even more creative. So by most people's standards, I'm really creative. Like I have eight books, I was several podcasts that just released some music.

You know, I do screenwriting, I do a lot of different things. I'm always creating new courses. So that the cool thing is once you learn how to tap into that, I feel that it really benefits every area of your life because the more creative you are that includes solving problems that includes, you know, dilemmas in the world and also just making your life a lot.

Yeah. Yeah, I Leona who is not here. Who's one of the admins in this club. She's a painter, an artist. And she, and I talk about this a lot about, uh, when it seems like in, in my world of trying to generate, when it [00:20:00] feels like work is slow, let's say trying to generate something happening the best way to do it is to create something.

Whether or not that thing that you create is going to be the thing that generates the revenue. It just somehow magically stirs up. All of a sudden you get job opportunities. All of a sudden, it just, for me, I always come back to that and I always come back to when I am, because I do voiceover and I do hundreds of phone messaging systems a month.

I call that my mortgage payer. You guys know that I've talked about that for years. And in fact, I love it when you tweet at me and you say, Hey, I just heard you on the citizens bank thing, asking for my credit card. Um, when I do those, if I'm feeling like. I just can't get a handle on things. I feel like, you know, creatively things aren't working, I'm not, I will do those drudgery tasks as if I'm doing Shakespeare and somehow it just kind of tricks me.

It gets me into that mode. Um, I guess some people call it, I don't know, what do they call it receiving or whatever, but you can, [00:21:00] Jen, for me, I can generate things a lot faster, but that's also coming with, with age because I used to definitely let my depression or my anger or things not working out. I, I used to let what the latest result call from my agent to determine the mood I was in.

And if I do realize that if you're in a bad mood, it's not going to work as well. And I realize if you're in a bad mood, nsng is not going to work as well. It's just not like it's a lot harder to make these changes from a place of feeling disempowered. So I love that this, this whole connection. I want to, uh, start to open it up.

You guys, if you want to raise your hands and check. I would love to hear what's landing with folks. I would love to hear your cool stories, uh, ask Laura questions. I mean, my gosh, it's so rare that we have somebody with this kind of ability, Laura, what is, can you tell us, like, while people are thinking about what they want to say and raising their hands, Laura, can you tell us a cool story

about healing, [00:22:00] um, and the intuition do you have, do you have one in the chamber for us?

Cause that would be, I love hearing those kinds of sure. So I think, you know, our bodies are so connected in with our emotions and our intuition. And I have learned that when there's something physical going on in my body, that there's always some kind of energetic, emotional aspect. So I'll just tell a story as it relates to an old injury that I have.

Many years ago. Uh, so I worked in government and politics. My master's degree is in politics and much to the surprise of many people who meet me, you know, in the present day and, and learn what I did. But I worked very much in that world. And I worked for a period of time in the president's office at the university of Colorado.

And it was a very high stress job. And one day when I was working is one of those situations where they had eliminated several position and I was trying to do like three or four people's jobs and it was running down to meeting that was started. And they'd [00:23:00] asked me to grab something from upstairs of running down.

And I slipped on these stone steps and I landed on my back and I didn't realize it at the time, but several months later my froze up and it turns out I had a bone bruise and I had to go to physical therapy for a year. I couldn't like bend over it all. It was a big deal, but it caused me to slow down.

And anytime there's something with your back, that's a sign of like, not feeling supported. And ultimately we're the one that we have to get that support because it's us to set those boundaries. So basically. Was getting walked over all over in this job. I was trying to do everything for everybody, but I wasn't taking care of myself and my, my body and my back specifically was like, Nope, we're going to stop you.

And I did. I had to go to physical therapy, I'd have to leave work to go to physical therapy. So anyway, this is the sort of history of that part of the body. And now intuitively I know that when I have an issue with that part of my body, there's something going on, energy wise. So I had, this was, uh, two years ago I had this kind of flare up, but it wasn't a situation where I [00:24:00] picked up something heavy and it tweaked my back.

I literally, all of a sudden, my back started to hurt and I went to chiropractors and nothing was helping. And then I just had this realization that there was one

particular client where I wasn't having strong enough boundaries. And I was feeling. Kind of taken advantage of, so I literally just cut it off.

Like I S I stopped that connection and my back immediately got better. Like, it was like a light switch, like fascinating. So, you know, just sharing that our bodies are incredibly complex and sometimes they have deep messages for us in the tricky thing is we don't always understand what our body is telling us, so it can be process of deduction, but it's really, really important to at least start asking the questions you reminded me of Sarno's book, uh, the back pain book.

What is his Dr. Sarno's book is basically that he takes you through that process and I, oh gosh. What does that Sarno book? You guys carry? Do you know? I know you guys know it. Dr. Sarno pain management or [00:25:00] back pain heal your back pain or something. Anyway, it is, it is pretty incredible. Uh, as far as like, like you said, you, you figured out that it was a boundary issue and.

Hello, when you guys cut out sugars and grains, one of the, one of the number, one questions people ask me, um, I just cut out sugars and grains, but I have to go to this family event. And I know everyone's going to assert themselves into my experience. Tell me how to eat. Why aren't you eating the pie? Why aren't you eating the macaroni salad?

Why don't you do the thing and this, that, and the other thing. And I always say like, these are going to be things that you're going to have to address. You don't even know how much your boundaries were screwed up until you go to that family event. You tell them you're not having the rice or the corn and people lose their minds.

And you have to realize that it's about them and not about you. Although I will say this. When, when did we all decide? We have to eat the exact same thing all the time in order for everybody at the table to be happy. That's what that's so silly. Let's wait, no more pressure. [00:26:00] No more pressure. Um, I brought up Carrie and Leah, you raised your hand and Nathan, I didn't know if you want to chime in and say anything.

I would love to hear check-ins from you guys. Any questions for Laura, Carrie, let's start with you, sweetheart. How you doing? Well, Anna, this, this whole subject matter is really speaking to me. I love it. Good. I'm glad. Um, I, um, I didn't know that, that you were, I like how you called it. Woo. But I didn't know that that was an interest for you too.

Um, I just, I guess my question for Laura is like, well, I don't even know. I feel like my question is too big. I feel like it's an unanswerable question. Just ask it. Just, just try to articulate. Right. So when you're like, it feels like you're respiring and you're just like sort of losing, oh my God. Am I going to cry?

It's okay. All good. No cause I'm being recorded. And then I'm going to, [00:27:00] if you want me to out my son. No, no, no. I'm just trying to make light of it so I can so that I can not be so serious for a second because when I get serious that I get all emotional, so I'm going to light it up. Um, so no, let the light things, or just look up kinda can't even, I can't even find a word for it.

Just like a mess, like, uh, for no, really we're not really going to raise it. I literally can't talk to him. Laughing and crying. Um, well you just feel like you're losing your balance. I guess, so guys, I didn't mean to be so, no. Hey, first of all, I just want to carry, like, don't feel bad about this. This is happening all over the world.

I mean, one of the things that COVID and all the associated changes and political stuff going on is, is creating a lot. Unrest, it's creating a lot of changes. [00:28:00] It's also kind of cut us off in many ways from each other and from the things that brought us comfort. So a lot of people are going through right this right now.

So first of all, just, you know, ha give yourself some compassion and love and grace and no judgment. I mean, this is a hard time for everybody. Also, it's always feels the worst before it gets better. You know, it's always darkest before the light, like literally in terms of light and dark circles and my sort of dark night of the soul was during the recession.

And, you know, I wish I could tell myself at that point, because things seemed to really bleak. Like I was mentally struggling with depression. I was on sleeping pills. My marriage was falling apart. I was physically ill. I didn't have any money. You know, all the things that you want good in life. Right. And the things that have Chrome into my life now are so incredible, like as horrible as that was, it's like that much more and better on the other side of that on the, on the good side.

So however bad things are, there is the [00:29:00] opportunity for it to be equally as amazing when you get through that dark passage. So I think tapping into your intuition, connecting with like-minded and inspiring people can really help you. I also get carried that you're really, really empathic. So make sure that you're clearing your energy field and honoring who it feels good to be around

and what it feels good to connect with and having really strong boundaries with whatever doesn't feel good for you right now.

That feels crucial, um, for you in terms of just feeling better on a day-to-day basis.

Yeah. Um, there was a, uh, I'd lost my train of thought. I literally can't even hold a thought in my head right now. Um, I'm sorry. I forgot. I was going to, I was going to comment about something specific you had said now I completely lost what it was. I was thinking, I'll ask the angels to help you, but if it's meant to be, it'll come back to you.

That's true. [00:30:00] We do have, I, I find that if you forget something, it's generally something that you want to move past. You know, I heard because we do, we go through a lot of belief work doing these physical dietary changes and exercising and all this stuff. And, and I heard that basically like what Laura was saying, the dark night of the storm actually means that dark night of the soul, it actually means that it's about to get better and, and the tears are often you releasing stuff.

And when I think of it that way, I'm like, oh, okay. It's not so bad. If I'm releasing stuff that I'm not going to have to revisit again, glad to do it. I will cry that shit. Right? The hell out. So don't Gary, you and I can offline about it. I can take this part out. I don't care. It's totally fine. No, it's fine.

I just didn't mean to immediately start losing control. I get serious when I get like all deep and emotional because, [00:31:00] um, I have always kind of felt, uh, maybe slightly empathic. Not that I even really understood really that med, um, but, uh, just, there's like a version of me that I don't feel like I am right now.

Ooh, that's juicy. I like that. Yeah. Here's the thing and paths. They often don't know who they are because they're so used to picking up other people's energy and also being what other people need them to be that they like at a certain point, they realize who am I? And I certainly had that realization. I super empathic and I actually used that abilities as an actress.

Like I can literally like. Whatever I need to be, whatever someone else wants me to be as an empath, I can kind of take that on as a mantle, but at some point that gets exhausting. Right? Always kind of being what others want you to be. And it's very common for empaths as they're starting to step into did their abilities to, to kind of be like, wait a second.

Well, who am I? What am I what's [00:32:00] mine? And then there's confusion. And it will clear up. And also I have found that literally that pattern the dark night of the soul, or, you know, the kind of tough time before the good time it's so literal. It happens every time. And I see it over and over again to the point that now when I have a tough time, I'm like something amazing is coming.

And I saw this, like my biggest media thing I've done to date was on welfare rolls podcast. And right before I got that booking, I was like, what is going on? Like I'm so stressed out. I just feel really triggered. And I psychic psychologically. It was like something good, common, and sure enough, it was so just keep telling yourself and it will also help pull you out of it.

Which again, reinforces the thing that I always say we don't learn anything when things are going well. It's when things are going shitty that we have to rely on these tools that Laura's talking about. You have to get in there and do it, which sounds like Carrie you're in the middle of it. And that's awesome.

I, I, here's a, here's a way that I learned about empathy in the sense of being [00:33:00] empathic and absorbing other people's stuff. When I was a young baby actor, meaning, you know, like in my twenties, early thirties, I would walk into the audition waiting room. And I'm not even talking about the actual audition.

I'm talking about just the waiting room where everybody signs in and waits for their turn to go in and read. I would walk into a waiting room and something, and I would feel the craziest emotions. And I thought it was because I was nervous or. Had my own feelings of, uh, unworthiness or whatever. So imagine going to a job interview several times a day, every day of the week, right?

That's what it feels like walking into an audition waiting room and, and add to it. You walk in and there's 14 other people who look exactly like you, who also really want this job. Right. And I didn't put it together till I was at least 40. That was very good because I felt great when I walked up. And then when I walked in the room, I was like, oh my God, [00:34:00] I feel like I'm going to throw up.

And I had a really hard time processing that. And I didn't realize that I was an empathic type of human until I started to put that together. And then I basically like, as crazy as it sounds, I would like kind of make a force field around myself. So I wouldn't take it on. So I could be friendly and chat with people, but not take on whatever other things were going on.

However, I will say. And paths, you have to be a match to whoever you're taking on. So you're there, you're ready to like jump onto whatever's going on with them. So you kind of do have to like really protect yourself. Am I articulating that? Well, Laura or I think you're, you're absolutely right. So, and pass really need to be aware of what energy they're exposing themselves to.

And yes, if you absorb it, there is at least a core bit of that that's in you, a belief or a pattern. And so for empath, it's really important to start healing, clearing, releasing unhealthy beliefs and patterns so that you don't keep on taking on. So an empath is like [00:35:00] a psychic sponge or an emotion or energetic sponge.

And yeah, you can keep bringing out the sponge, but like you best make sure that you're not getting really dirty. So, you know, gross water all the time. It's just going to be exhausting. So many things you can do to help that one. I love tapping the fan of tapping emotion code, you know, meditation visualizations to clear your energy.

And also just that recognition like, oh, this isn't mine. And then once you do that, you can be like, oh, noted, sending like returned to sender. I'll study that back to a verse from, and sometimes you have to keep doing that. But with practice, you're better able to hold that boundary. When you say tapping, are you referring to EFT?

Yeah. Tapping emotional freedom technique where you tap along and say certain phrases and expressions, and it helps you release the emotions that are so associated with those points and, uh, thoughts and ideas. So, uh, one of tapping practice, or like as Brad Yates, he's on [00:36:00] YouTube, but there's many, many different books on tapping all kinds of free videos on tapping.

You can just literally Google, like tapping anxiety, tapping abundance, tapping weight loss, like literally anything that you want. You can find a tapping video on it. Aye. That's awesome. I'm writing down Brad gates and I will link to this in the show notes guys. So, uh, so the tapping, what was the one Whitney Cummings talks about the, the comic and writer she talks about doing it's a rapid eye movement type of thing.

That's almost like a version of tapping and then you also move your eyes and I can't remember the name of it, and it's a great modality for trauma. I think it's is it EMDR? EMDR? Yeah, I think that's it. That's right. I've never tried it. I know some people have had great results. I mean, basically I just believe like trial the tools and see what works for you.

And then just do that a lot, but also keep doing it because even with tapping, [00:37:00] like some people are like, yeah, it didn't really do much. I'm like, how much do you know, what did you like? I did a five minute video. I'm like, well, you know, it's like going to the gym. How much of a notice of a difference will you have, if you work out for five minutes with many of these modalities, you need to keep doing it for longer and consistently to see like significant results.

But when you do damn, it's really impactful. That's great. Thank you so much. I, I think that, you know, any, anything to where we're working with our central nervous system in that way, cause we really do take on things in our nervous system and it becomes a habit and a pattern. And I know there's a lot of folks out there talking about neuro-plasticity and it's a buzz word right now, but it's very, it's true.

We have a lot of patterns established and, and uh, so if tapping is a modality or I already forgot what it was, I'll listen back. Um, whatever it is. I love it. I think that that's awesome. Oh, Leona's here too. Carrie is any of this landing? [00:38:00] Um, yeah, and actually, um, that the way the conversation went, um, kind of brought it in two, which is probably part of my overall feelings of overwhelm.

My daughter's been sick for like two years and, um, things are completely understood, but part of her problem is, uh, uh, central nervous system disorder. Um, she saw a neurologist at Cleveland clinic and she has like nerve damage from diabetes. And, and then she had like this whole thing that started two years ago with lots of pain and whatever.

Basically her central nervous system is sending her pain signals and parts of her body where she, well, it's really just her abdomen. That's where the pains are always see used to hit in the same place all the time where she has it in, basically it's, um, there was a physical trigger for it, but her reaction is not.

Does not align with what that diagnosis is, what she has gastroparesis. So this is like [00:39:00] delayed stumped, stomach emptying, and this causes people pain, but her pain is on a whole other level. This neurologist explained it as being her fight or flight system, basically as enacting when she gets, um, and even just an anxiety attack can trigger it.

Or like she woke up late or she had an appointment and then she freaked out because she was like, oh no, no, I'm going to be late. And then all of a sudden she was sick. Like just because of the stress of something suddenly happening

in the central nervous system. Right. Um, like she literally her mind, her mind is doing it to her.

There's nothing wrong where it's telling me, or she's got this pain, but the pain is really intense and real and it doesn't go away until it goes away. Um, and at one point in time that neurologist, you know, his suggested she see someone to learn. Oh, gosh, I forget what they call it. Uh, he would hook these little electrodes up all over her and she would breathe and she would listen to a tape [00:40:00] or whatever I tell her.

Yes, just she did some biofeedback like type training, but she, she couldn't, she was like, not receptive, like for me to like when she's having these episodes and we're in the ER, I'm trying to help her come down. We literally just had it happen at before yesterday and I'm trying to get her to breathe and I'm trying to get her to get out of her mind, like, ah, she is resistant and this is probably a part of what's draining me because this has been two years.

Um, I, how do you get somebody to what's the simplest way? Especially if someone doesn't necessarily believe you can even do that. To, to bring your anxiety down and get your heart rate, like her heart, like they'll they put the hook her up to a heart monitor because their hearts so insane. Her heart is perfectly fine.

She's been completely checked out, but she's in there with symptoms. Like somebody who's about to have a heart attack because it's all her anxiety and central nervous system. But [00:41:00] I have not found a way to get her to be able to calm herself in any way. And on any level, um, she's done energy healing. She's done acupuncture.

She did the biofeedback stuff, um, saw that that was done by a psychologist that she also saw for a psychiatrist that she's thought for a while too. And, um, she did, and I actually went and saw the energy lady that she saw too. And I really benefited from that, but we're not able to do it anymore. Um, and she's my daughter hasn't been able to do that either.

And I think that was helpful for her, but ultimately she couldn't, she cannot call them herself. To any degree. And I don't like, what is there a way when someone's got a really, really hard time with that and they really need it in the moment of having a major meltdown, panic attack, that's easier.

It's a particular method, right? I think I would say a [00:42:00] couple of things. One, um, it's coming up to check for her for toxins. You know, when you have

certain toxins, um, chemicals, heavy metals, they really overwhelm the body's stress response. And it's interesting to look at, for example, deliver, um, different organ systems, like in terms of traditional Chinese medicine, the emotion associated with that.

So I would look at that, um, and doing some healthy, natural. Binders, you know, that can help pull out some toxins and maybe finding a functional medicine doctor or practice or can help with that. And then the other thing I'm getting is that it's like get her to focus on something fun that helps pull her out of that anxiety, like some kind of regular activity that she can focus on.

And then this is for you, not for her, but you know, you can, you can help a person to a point, but also it's important for you to have boundaries and make sure that not all of your time and energy and focus is going on her.[00:43:00]

Yeah. That's really hard. Understandable. That's that's that's mamas and ask, you know, the angels for help, God, whatever you believe in. I, I work a lot with angels. Raphael is the healing angel. So sometimes things are, you know, we just don't have the capacity or the tools, but asking for divine help, you know, again, whatever your belief systems are, your ancestors, you know, God, the angels, spirit guides, you know, just call on those to help and do it regularly.

And consistently because we have free will and basically, you know, our, we can change our minds. So we have to keep asking even for the same things, for help and then pay attention to the intuitive responses that you get. Thank you. Thank you, Laura. Thank you, Carrie. Thank you for coming up and being vulnerable.

I appreciate it. I appreciate you, especially, cause I know Carrie from online for a few years now and she's very [00:44:00] controlled. It's so true. Okay. To cry and let it all out. Like our emotions are not bad and sometimes they just need to be expressed, you know, and we heal through that. So don't ever feel that.

Thank you. Thanks, Carrie. Um, Leah, my lovely Leah. How are you, sweetheart? And fine. How are you? Very well. I'm glad that you're here. Do you have a question for Laura? You know, I really just want to say that I, this is a weird one for me because I saw the alert come on my phone and I was like, oh, that's right.

It's Monday. I've been trying, um, to come to clubhouse on Mondays to listen to you. And this one just jumped at me because no joke. Um, three days ago I had a. And it's crazy because [00:45:00] I actually started getting into this a few

years ago. Sure. I started, um, I lost my dad 12 years ago and that's really what started, um, bringing me into this new world and, and looking at things from a different angle.

And I studied Reiki and more recently started getting into having readings and learning how to do it myself. And I just had a reading three days ago and it was really because of everything I've gone through in the last two years. I don't know if it's a midlife crisis. I don't know what it is. I've gone through, obviously like everyone else dealing with COVID.

Um, I went through a pretty nasty divorce. Um, that's almost final. Um, but was the Wade because of COVID. You know, I'm learning to be a single mom of three kids and keep a full-time job and just running the show nonstop and it's stressful and it's very easy to [00:46:00] become exhausted and get distracted and not take care of yourself.

And I feel like the reading that I had, um, just a few days ago was really, um, me trying to get my life back on track. It's funny because you know, even, uh, listening to Carrie, it's just like, I feel like I've just been lost in the last two years with all of these changes that have occurred in my life. And I'd like to believe that it's making me stronger.

And at the same time is when I found nsng just a year ago from since January. So a little over a year, year and a half. And ed is in G. Came at the best time. Um, I know Anna you've seen my before and after pictures, I was so overweight. Um, and in the last year and a half, I've dropped 70 pounds and [00:47:00] it just was the transition of what I like to look at as a new life, a new beginning, and as dark as my storms are some days I like, um, too, I liked the comment that was made where it's just like, there's, there's positive change coming.

Um, and I really am just trying so hard to teach myself just to stay positive, you know? And I know another thing that I've talked to you and Vinny about is like, I'm stuck. I'm stuck at my weight right now, and I can't seem to get down, you know, another 10 pounds and I'm so frustrated. But then when I look at everything I'm going through on a daily basis, I should actually be very pleased with where I am today versus where I was a year and a half ago.

Um, And to, um, say thank you for this podcast. Um, I, I, or, or, or this, this topic this evening, I looked at it as a sign and kind of like a wow moment for me, but just also to agree that, you know, life is [00:48:00] definitely likes to throw you some, some mean curve balls. And I have been going through some

major changes in my last two years, but, um, I guess the question is just how, how do we, you know, How do we try?

And my biggest thing is trying to stay positive. You know, I've been trying to read things like the secret and to meditate as much as possible, but it's hard when you get so distracted, you know, by everyday things. And my biggest thing is just to stay positive and stay on track specifically with nsng and everything else that I have going on my own with my life.

But I didn't know if there were any tips on just how to continue to stay positive, because I've always heard, like the more positive you are, the more positive you receive. Yeah. So I think you're definitely on the right track. And sometimes it's just a matter of doing more of that. Um, tapping, as I mentioned, is a really wonderful thing to help relieve stress and anxiety.

[00:49:00] And what I've gotten from my guides is that about 30 minutes a day is good for most people, which might seem like a lot, but you don't have to do it all at once. I mean, I'll tap sometimes while I exercise, like on, you know, a machine like the elliptical or the bicycle recumbent bike or whatever, um, or you can do, you know, 10 times or excuse me, three times of 10 minutes a day tapping.

Um, another thing that can be helpful is just what I mentioned to exercise, um, meditation, some kind of like chilling exercise, something that is fun, like maybe it's listening to, or watching comedy, you know, anything that lightens you up. And I, and I'm a fan of Jack Canfield. I don't know if you guys know him.

He wrote the book chicken soup for the soul and that whole series he's been on my podcast. And one of the things he talks about. Do you five things every day that are focusing what you do. So, you know, whatever your goal is. So if it's to feel more uplifted or whatever, are you doing five things each day that can move you towards that?

And it might seem like a lot, but a lot of those things don't have to take like a long time. It could be literally, I'm going to do [00:50:00] this tapping. I'm going to do a little exercise. I'm going to ask my angels and spirit guides for help. You know, just keep focusing on the other thing that I think really helps with popping out of that stress and anxiety, places, gratitude.

I know it sounds simple, but you can literally like write a list of gratitudes every day and it reframes and shifts your focus from the problem to the good things.

And that also just helps you attract more of those things. That's great. That's awesome. I wanted to, uh, I, so I I'm writing down notes, Jack Canfield from chicken soup for the soul.

He, he says do five things every day towards your goal. Is that what those. Yeah. So he talked about it for writing. Cause you know, when he, you know, he had this like incredible series, right? Chicken soup for the soul, it became international bestsellers. It's like a brand at this point. And you know, just like anyone else, he started out as just like a new author that was trying to get his book out there.

And that's what he did. Like, I'm going to do five things every day to get this book successful. And [00:51:00] some of those things don't necessarily seem like they pan out or whatever, but the point is, if you just, whatever your goal is, whether it's getting a book out there promoting your podcast, a TV show, you know, feeling positive.

If you do five things towards that goal every day and you just keep doing it eventually you will get there as long as you're paying attention. I love that. That's awesome. And I was going to say to Leah, you're talking about the stuck thing and I have, this is something that I do take it or leave it.

Okay. Let me just back it up and say I'm married to a writer. Who, when he sees the thing, he gets it like as one giant download. Okay. And then he can write the whole thing. Like that's kind of what he gets. I am not that way. I might be that way about writing recipes, but I'm not that way about like a writing a joke, I'll get a phrase or a thing, and I don't even know what it is.

And sometimes it'll just tinker around in my head for a long time. So I don't, I get the whole stuck thing. I [00:52:00] understand that. I feel that. And, but one thing I've done started to do is I will literally ask out loud at night. Can you give me some guidance on and then whatever it is. So I will be like, I know I'm stuck at this thing.

Can you give me some guidance? And either through a dream or first thing, when I wake up, I oftentimes get some guidance on that thing. Weird, but true thing that happens, but I never thought that you could ask. Cause I was like, who are you asking? Now? I grew up in the Christian Church. So originally it was God or Jesus or whatever, and now, or whatever I live on like hour whenever.

Um, but like who angels, if you're Catholic, especially you guys talk to angels, come on, I am married to a Catholic, you know, it's whoever your worship, whatever it is. But I just feel like there there's more, maybe it's your higher self. You're talking to my friend actually named her higher self. [00:53:00] So she asks that name for advice and help and gets it.

So I find that an interesting thing, like you don't even have to know, like what's the next thing sometimes I just, I go, why, why am I stuck? What is the guidance? What's the thing, like, just acknowledging that you're stuck and saying, I don't know what's going to get me unstuck, but I know that I can receive some guidance.

I don't know, just throwing that out there. That's my woo. I have way more woo stuff to tell you. I think that is so awesome that you brought that up in it. And I just encourage everyone to ask for guidance. Um, just put it out there and you can get really specific answers. Like I, when I was early on in my career as a psychic and I, I felt like I was getting the message to raise my prices and I w I didn't want to be an ego about it, you know?

And so I just said, angels, please send me a very clear sign that I can't misunderstand. And I was driving home at that point. I lived in Lafayette, which is my hometown. I was driving home from Denver and it was about [00:54:00] 30 plus minutes away, got home. And in my mailbox was a business magazine addressed to me that I had never ordered.

And the cover, uh, headline was 10 reasons why you should raise your prices. I'm not even kidding you guys. So the world really is magic. And when you learn to ask, then you can get these amazing. That's fantastic. I love that. Um, so anybody else you got, you got, we have five minutes with Laura or else I'm going to, I'm going to land this plane.

Uh, raise your hand. If you want to ask a question. I thank you guys for most of you have been here since the very beginning of this, and I really appreciate it. And, uh, Laura, why don't you go ahead and tell everybody where they can get more information on you has someone's raising their hand. Trisha's coming up at what?

Well, in the meantime, let us know where people can find out more about it. So my website, as it relates to this sort of psychic intuitive work is healing powers.net. So last name is powers. So healing powers tied in there.net. And you can also find me [00:55:00] on Instagram at Laura Powers of 44. I'll let you

a, just like it's on here and then powers and 44 is an angel number, and then I'm also on Facebook and yeah, just feel free to reach out to me.

My podcast is healing powers. I love teaching classes and literally one of the best things you can do to change your life is just tap into your intuition. So love to hear from all of you. Yeah. And everybody makes sure you're following Laura. Follow her. You're following Instagram. Okay. So quick question.

Um, so I've hit my 40 mark and I feel stuck and trying to figure out how I want what I want to be when I grow up. And I just am having a hard time finding a passion. Um, and a lot of what you were saying about the impact. In paths, um, really resonates. And so then it's really frustrating because I'm like, I just still feel stuck.

So I think the first thing is just to educate [00:56:00] yourself about what being an empath is like, you know, how arcs, how to, how to operate as an empath. So reading books, I have seven books on the psychic realm. Um, so you can find them all on Amazon. Diary of a psychic. I talk a lot about that. Um, so that includes and paths.

And then I also have a book angels how to understand, recognize, and receive their guidance, which is all about paying attention to angel signs. So that book is popping up for you too, but yeah, just, you know, start learning about how it works, paying attention to what makes you feel good. And what doesn't, you know, are there certain people, places or situations where you feel good or others where you feel drained, like that's all information and you can start to make decisions based on what is feeling good, you know, where you feel supported or where you feel drained.

And then the other thing is just, you know, get in the room. Like, it's amazing how, when you start to connect with other people that have these abilities that are intuitive, that are creative, that are accessing this way, you start to feel less alone. You [00:57:00] also learn from each other. So I offer group classes or thoughts of online communities out there.

So I would say just like dive in it's that's the number one thing that I think can help you. Feeling more supported as well as just having tools and figuring out next steps. Thank you. You're welcome. And good luck. I didn't tap into my abilities like on purpose until my life fell apart at 30 and I it's crazy.

It sounds, I remember being like, well, this is just what it looks like to get old, you know? Right. 30 year old and now I'm in my forties and I'm. Yeah. You

know, thank God I went through all of that. I learned so much, but I feel like, you know, we can really start a fresh and have a wonderful, vibrant life at any age.

One of my friends, who's a comedian and she's started comedy at standup comedy at 69. Yes. She has been on, America's got talent and toured and had this whole other career, like how, you [00:58:00] know, how many people just are like, well, I'm too old or I'm, you know, I'm not a young chicken anymore. And it's like, just go for it.

We still have a lot of life to live. And, um, especially, you know, we're living longer and longer. I really feel like a lot of light phases. We're doing like 10 years younger or older. Excuse me. So like what people used to do in their thirties, we're now doing in our forties. And that's, that's totally amazing if you think about it.

So just, you know, thirties are kind of about like refining yourself. I think I, excuse me, forties are more like the thirties used to be, which is about like, kind of refining yourself and figuring out what you really want to do moving forward. That's amazing. And so true. And, and, and Laura, you mentioned earlier in this club pass, you were talking about how you know that when things start to go wonky, that means something good is coming.

Just to remember that you guys that's that's to me, like if I'm, uh, that's too long for a billboard, but if I could maybe have my husband just tweak it a little bit, I would put that on a billboard, because that is just, just remember that when things are going really crappy, it's [00:59:00] generally something something's good or good is on the way.

Um, Daniel, I want to make sure we got to you. How are you friend? I'm well, Anna, thank you. How are you? I'm great. Great. And so sorry. Cause I know y'all are on the tail end. Thank you. Thank you. So I have a SuperCrew question for you, Ana. That's cool. So mildly interesting, but you don't know me, but I certainly know of you in a good way.

Uh, anyway, I know you've been performing for awhile and just sort of listening to you. Um, today it definitely sounds like you've got a spiritual practice and perhaps meditate consistently. And my question for you is going to be, because I am a beginner baby acting person. And basically I was going to ask if sort of like you noticed, cause I'm guessing you may have had sort of a career in time doing this, that sort of like doesn't necessarily encompass.

This is I'm asking this I'm phrasing this not so well, but basically, [01:00:00] um, my question is, um, did like, do you have sort of a noticing as to maybe like, Cause I believe you're still doing it, um, performing and all that. Like, do you feel like there was a shift or like a noticing you had between like when you started to adopt that practice and meditate consistently, and I'm guessing it may have been in tandem with sort of like the health and diet stuff, uh, that you may also sort of be, um, incorporated.

Um, but anyway, so yeah, that's, I'm so bad at tangential and rambling and asking question this way, but I just, if you have any thoughts on that, or I don't know, had anything to share on that note, I know the question got lost in sort of that, just all that it just said, which I don't know, kind of anxious, but sorry, I'm going to mute.

Don't be anxious. Um, so let me make sure I am understanding the question. The question is, did I [01:01:00] notice any distinct getting better at my craft? When I got in touch with the spiritual side? Well, I would say the craft, but also within the industry. Cause I know you were talking about auditioning earlier and maybe that was like sort of a different thing, but I think just, I think as far as, um, cause I think you've kind of mentioned, you've been doing this for a little bit of time and I think more established and different things that you do.

But basically like I know, was there anything that, and I'm guessing it was a culmination and BTWs that I've, you know, you may have seen from like my brief little bio, like the voice actor thing, I've heard you on your buzz weekly and just like a few other spaces and places. And basically I'm just, I feel like I'm half asking like a spiritual practice right now and I'm doing like all these different things.

Um, including like working a full-time job, that's a little stressful emailing lawyers and also helping take care of my mom. [01:02:00] Who's a little older and got some health challenges and basically I'm finding that. I kind of half ass, his spiritual practice. And it's weird. Cause I feel like I'm aware of that, but I'm still kind of, and I guess my question is sort of having to do with, like, if you ever like, um, this might sound different from what I was trying to ask originally, but as far as like, do you feel like that's something you really got on board without a certain point?

And like, I don't know, like, do you, do you feel like it kind of came from pursuing the things that you're trying to do and sort of like doing that as some level and it sort of just like, you felt prompted to go to that and then you started doing it. I'm going to answer you in a second, but I want Laura to chime in about, uh, this whole with you and your energy and stuff.

I want to hear what she has to say. Oh. Sure. So I just think, you know, it's, [01:03:00] it's can be hard, hard. There can be a lot of resistance with creativity, with intuitive stuff. But I think for you, you know, that resistance you have to spirituality is probably also impacting your creativity. And I see that with love, you know, do we love the resistance and the struggle more?

Or, or like, whatever it is that we're aiming for, because whatever we're choosing, that's what we, yeah. So, and I think when we have those, those strategies where like, oh, I just have to do five things today. Like, you know, or I'm just going to meditate for 10 minutes and you know, maybe, maybe there's a word you get afterwards.

Like maybe you get to meditate them into the new watch. Like one of your favorite shows or something. There's lots of different ways you can structure it. But essentially how we live our days is how we live our lives. And it's those little choices that we make every day, which really lead to. Our success or lack thereof or satisfaction, et cetera.

So when you, whenever you hit that resistance, I think by breaking it down into bite sized chunks and reminding yourself, and just keep [01:04:00] asking yourself, which do I want more of that goal, that dream, that success, that piece, or, you know, that just resistance that we're currently in. I love that. Thank you, Laura.

And sorry, I should pose that to you as well. Cause I know you also know what you're talking now and that was just she's dealt with. She's had her share of auditions that's for damn sure. Um, I, and I, listen, I, gosh, I said, uh, earlier at the beginning, I'm, I'm pretty shitty about my reg a regular meditation practice.

So I don't want to give some impression that like I am sitting here. Like do I, I'm not doing the work. Let me put it to you that way. What I am, what I do, what I started many years ago go was a practice of belief work. And I know you guys have a lot of, you guys have heard this before, and I've a very strong believer in it.

And now that I think about it in the terms of this context in speaking with Laura in this dialogue in this way, [01:05:00] is that perhaps this is my meditative practice because what I, I like to do, and it used to be, I had to do it in writing every day. Now I do it more in the moment, but what I would do every day is I would look back to the day before.

So let's say, let's say I went for an audition and I thought I did a great job. And, uh, my agent calls and said, uh, you, you didn't get it when I thought, you know, oh God, well, why were they finding all over me? I thought, for sure, I was getting that one. And I felt disappointed. Right? That's an example that we go through and, uh, I look back and I look at the day before and I look at something that made me feel uncomfortable, whether it's like, I felt angry, ornery, frustrated, sad, less than whatever.

And I look at what that thing was. And I try to find the undercover belief underneath that. What, what was it, why did I have that knee jerk reaction? Why did I feel ornery after that conversation with my agent? Why did I feel like, [01:06:00] okay, I need a cocktail tonight because I've had a day. Like I try to look back on the day before and do that belief work.

And generally what it came down to for me was one of two things. It's because it triggered an old belief of feeling worthless, or it triggered an old belief of feeling invisible. And those may be your things, or it may not be your things you find, you start to find out what it is. And now I do it in the moment as much as I can.

So if I have a. Bad interaction with somebody. Or if I have something that I feel gives me a knee jerk gut reaction of feeling bad or stuck or whatever the night, I try to look at it in the moment. So maybe my practice has now turned into a more in the moment thing where it used to be a much more written process.

Now I do it in the moment. And what I found happens is that when I go through my life and have another moment similar to that, because I have found that the world will show you that [01:07:00] thing again, to see if you're still reacting and it will continue to show the same thing again. And again, and again, until you change your reaction to it, that's my experience.

I invite you you to experience it for yourself, but that is something that I do, uh, that might be, uh, it has been very beneficial to me, but it's certainly not a traditional meditative spiritual practice, which again, I can't stress to you enough. The moment I wake up for the day. I have a very hard time quieting my mind, like Laura said I'd much rather go on like a five mile walk.

So yeah, that's it. I love it. Thank you so much. Of course. I appreciate her as well. Yeah. Well, I'm just going to say one last, super quick thing which has to do with, um, and I feel like the folks who, I mean, I'm sure there's, there's many who sort of do have that consistent spiritual thing, but sort of, um, and, and meditation and all that.

There is an aspect of it [01:08:00] too, that has to do with, um, and this just my sort of opinion, um, having to do with the folks who seem like they've got everything sort of figured out and all that externally, it's sort of like often that's pretty illusionary or candy. So, um, and when they're out the gate saying I'm doing X, Y, and Z, it's sort of like, it's one of those things it's like show don't tell.

Right. So anyway, so I love it. Um, thank you, Anna. Thank you again. Thank you for being here, Daniel. And just a reminder, everybody. Nobody has it all figured out. None of us have it all figured out. That's why we're here for we're figuring it all out together. And we've spent the past hour and nine minutes with Laura Powers who I, Laura, I can't thank you enough for your time.

I really appreciate you being here and sharing your wisdom and obviously your energy and this topic is really resonating with people. And I'm thrilled about that. So any, any parting words. First of all. Yeah. If we're here, meaning incarnated, [01:09:00] then we're still working on stuff. So yes, that said, we all have things that we've learned and things that we're learning.

And, um, it's a constant process and I think we're all evolving and, and also there's always more to have an experience. So I feel like, especially within creative communities, there's frequently this kind of cap of like, it's not okay or kind of can only have so much, or a lot of like lack and poverty belief systems.

Like, you know that if I'm an artist I'll struggle financially. And so the more we each all work on ourselves, the more it helps the whole world. I really believe in this hundredth monkey ideas. A certain number of us kind of figure it out, then the rest, get it in a download. So let's all do our own work and it just helps the whole collective too.

And so glad to connect with all of you guys. Yeah. Feel free to reach out, connect with me. I just, I'm so excited for everyone to learn more and tap into their intuition and Anna, I'm so excited about what you teach because. [01:10:00] Not only crucial for health, but crucial for our creativity and for intuition. So really, really important.

And I think it's such a powerful message. So I really appreciate that. Well, thank you. And thank you for being here. And you know what, when you said lack and poverty belief systems, a lot of folks come to nsng with that, you know, I can't afford to, to eat this way. I can't afford, I don't have the time to cook that.

There's a lot of lack, you know what I mean? And, and that's why I always say for me, belief work is what shifted everything for me. And, and if I could track anything to my career, kind of blowing up in a really good way, it's kind of like what Laura was talking about. Like she did the work and got in tune with it and, and got past the stuckness and belief work has a lot to do with it.

And it's going to be a lot to do with your success with. Cutting out sugars and grains and exercising. We all have a lot wrapped up in all of it. So I really appreciate everybody for being here. I could talk about this subject all night long, but I'm not going to, I'm going to respect all of our time and our boundaries and just [01:11:00] say, I love you guys.

Laura Powers. Thank you for being here, everybody follow her and connect with her on socials and have a wonderful week. And next week we will resume our regularly scheduled check-in. So everybody go out there and have a good time. Thank you. Thanks so much.

I know. I whispered that was awesome. All right, I'm ending the room. Bye guys. Thank you.