

My 30 Day

Journey



Alicia Sweezer

Preface

This journey was the culmination of a lifetime of wanting to speak but for many reasons choosing to stay silent. This challenge provided the opportunity to open the floodgates of things I was guided to share about myself and how I move through this world. I have transformed so many times as we all do. This challenge was just the current one. The transformation that occurred from this process was unexpected. I knew maybe a little something would happen. I could never imagine the healing, growth, and fun that transpired. There were shifts in the core of who I am and healing around some things I still carried. Particularly around the post about the day my life changed forever. That was not a story I shared before because I believed it didn't define me. And yet after writing it, I can see now that it is a piece of my life that distinguishes me. It is a story of overcoming incredible odds and that is MY story. I've always known since I was little, I came here to change the world. I didn't know how that would look. Now I know I change the world every day I move along my path- this is true for all of us. I am super grateful for this entire process and for what it has catapulted me into doing next.

My desire is this book contributes to you in some way. I hope you resonate with the stories and the concepts and ideas are inspiring and beneficial.

The challenge was to write and post a truth every day for 30 days straight.

Thank you to the people who suggested I turn this challenge into an eBook. Thank you to all the magical beings who supported me along the way and continues to do so. Thank you, Debbie Weiland for my amazing cover art and editorial support. Thank you, Juliana Garcia for creating the Expose Your Truth Challenge. This challenge was a great starting point for me. I used some of the suggestions and created the rest following my intuition.

WE CAN ALL CHANGE OUR STARS!

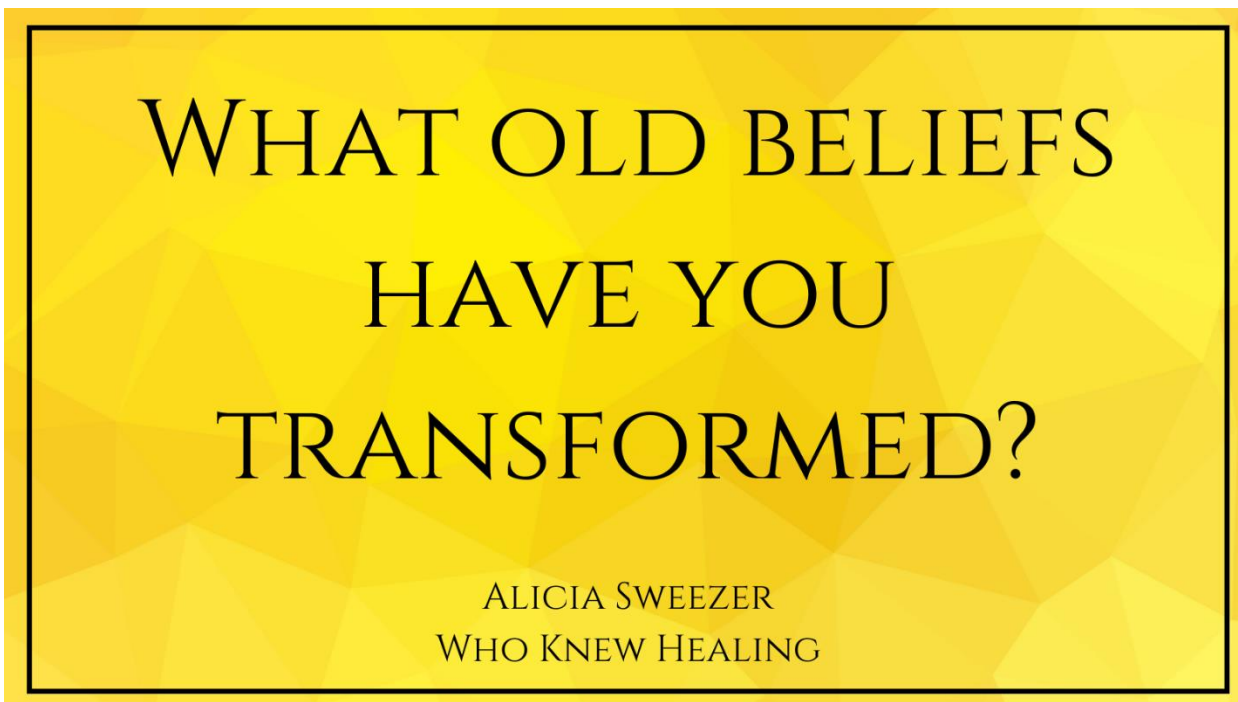
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Day 1: Someone Who Made An Impact On My Life When I Was Young

Ok so today's instruction was to share about a teacher etc. who made an impact in your life. In this video I spoke about 2 people (a teacher and a coach) who made an impact on my life that stuck with me. One was a moment where someone saw my potential and my passion and helped me grow in it. The other provided me with a challenging opportunity to learn (albeit years later) that not everyone has the same experience and things are not always what they seem. And I love that both experiences helped foster the skills that I use to help my clients today. Thank you to all the people who work in our educational system, you are invaluable! Check out the video here: [Day 1 Someone from my childhood who made a huge impact on me! - YouTube](#)

Day 2: Transforming Old Beliefs



Today's instruction was to speak about old beliefs around my area of expertise. One of the beliefs I used to have was that you had to have been doing it a long time to be good at it or credible. This isn't true.

Now have I had my gifts and abilities my whole life-yes. Are they more developed now-absolutely! Does that mean they weren't just as good in the beginning-no!

I struggled with my default of always assuming just because someone has done it longer means they're better at it. And it would really confuse me when I would meet people who'd been doing it a long time and promoted themselves that way and they weren't better than me. Now this doesn't have anything to do with them. This has to do with my comparing and my old programming of always making myself small. I'm sure no one can relate to that.

As I became more of who I truly am, I realized the Truth. The truth is I am very good at what I do, my abilities are amazing, and I love who I am. The truth is you don't have to be doing something forever to be "good" at it. Some things we are born with and other just show up.

I ABSOLUTELY LOVE when I get newbies as mentoring clients. It fills me with so much joy! Because firstly they are just so precious in their awakening. And secondly even though they are unsure of what is happening, I know how much fun and growth we are going to have together!

The other big belief I used to have was that I was doing it wrong because I didn't learn like everyone else.

The universe challenged me with some of my mentors. Please remember I was a scientist who is also super intuitive. Not everyone knows how to teach people like me. You've probably heard me refer to us as left brained empaths. That is what I call people who are very analytical and very psychic.

However, at the time I didn't fully know this about myself. I made it a wrongness about myself. Because everyone I would meet would say you need to turn your brain off to use your intuition. For people who are made this way, this doesn't work. We learn differently, yes we need to learn to shift our brain and learn to use it in a way that serves our intuition.

Still to this day I hear people say this to students and it makes me crazy!

They are projecting their own limitations onto their students. One of the main things I teach my clients about- is projection and when we project ourselves onto other people. I had a mentor who would tell me certain abilities were very rare when I would ask about things that I knew were developing for me. My first thought was always-have you met me? Lol Then because of my old programming I would buy into his projection that it was rare so I must be wrong about myself and what I knew was happening for me must be incorrect.

Through my own journey of bumping up against my own intuition repeatedly I became to know the way my gifts work are perfect for me. And my ability to analyze and intuit at the same time is my superpower. It is one of the main things I love teaching my clients-however your gifts show up they are perfect for you!

Day 3: Letting Go of Attachment

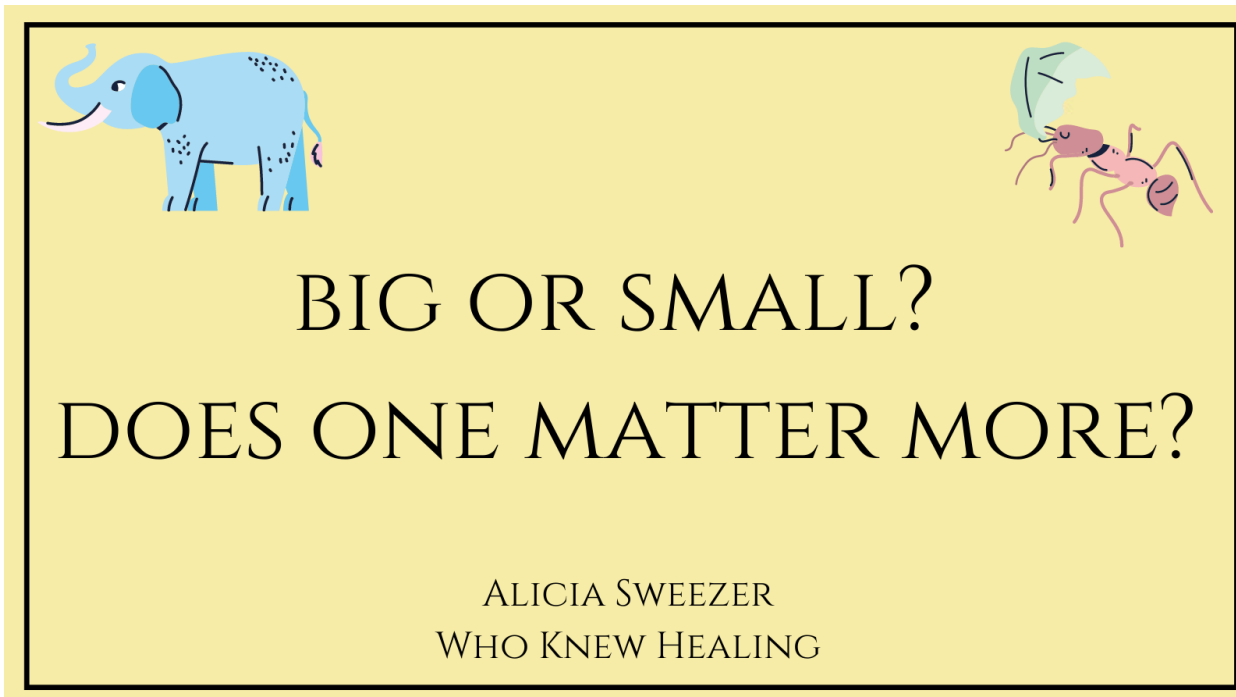


The last few days I have been attached to a particular thing going on in my life. Now in general I handle attachment pretty well. And sometimes when I start something new that old habit of attachment shows up and tries to drive the car.

I realized I was attached to this challenge I've taken on. Attached to what it will look like, attached to who it can help, attached to who will see it and on and on and on. For me and maybe some of you, attachment comes from my need to control which comes from my need to feel safe. I am sure I will have more to say on those topics during this challenge.

So today I released my attachment to this entire process knowing full well that the universe and me have my back. There is a reason I was led to do this challenge and there is no need for control, and I am always safe.

Day 4: Big Changes and Small Changes



What do you consider big and what do you consider little? Do you make the big things more important and more significant?

I used to only count the BIG wins in my life as evidence of my progress. And sometimes I still fall into this trap. I remember a friend saying to me when we were going through our divorces (just happened to be at the same time) that we were always moving forward, even if they were ant size steps-it was still forward. Because at the time I was measuring myself (a.k.a. judging myself) for not doing it fast enough, still grieving etc. I'm nothing if not efficient lol.

The thing that amazes me about this is that I have the ability to see the wins for the people around me and my clients. That's where the analytical side of me gets to shine. I can see how all the pieces fit together big and small. It the coolest thing, and yet I couldn't allow myself the same grace because of my perfectionist tendencies.

As with my other former habits I've mentioned it sometimes still tries to drive the car. For those of you who are like me and sometimes only count the big stuff, here is the biggest lesson I've learned.

When we do this, we are missing out on so much! And it keeps us from being able to see the progress we've made. Because what may look like little stuff is actually us DOING it, whatever it may be.

When we make changes in our life, and they show up as steps versus one big change and we don't acknowledge it we miss that we have actually changed. Because those "little" things are already integrated. The bite size pieces can integrate faster and smoother and we don't even notice.

At the beginning of this year, I had people saying to me, “Alicia you’re already doing that, and that, and that” lol. Because I didn’t acknowledge the little stuff, I missed out that I was already transforming (again lol). And because of the perfectionism I was still seeing it as not enough.

So, I started to keep track everyday so that I could retrain my brain and change the programming. This tracking was very helpful and then I stopped doing it for a little while. And I was reminded recently by someone amazing about all the wins I’ve been having, and I wasn’t able to see them again. Today I had 2 amazing wins.

So needless to say, I’ve started tracking them again. This world can be so hectic that we forget so many things. This will allow me to remember and see real world tangible evidence for myself. The science part of me loves that. And it is extremely helpful for when we don’t have someone else to mirror it back to us, we can do it for ourselves. I love being able to show my clients how far they’ve come. How they respond differently to situations now. How they communicate differently now. And they get so excited, and they are willing to give themselves a break and be who they truly are.

So, my question is, “Would you be willing to extend that same grace to yourself?”

Day 5: Entrepreneurial Evolution



I never saw myself as an entrepreneur or self-employed. It wasn’t the plan I had for my life (can you hear the universe laughing). And yet here I am, and I wouldn’t change it for anything. Has it been easy-no, can it be easier-yes. I don’t have a business degree I have a science degree. So, everything along the way I’ve taught myself or found amazing teachers to help me.

Just within the last 6 months I have met so many amazing people who have helped me transform again and bring what I can contribute to this world to the next level. And I uncomfortably remind myself that I manifested that.

In a conversation today with some amazing women, I was reminded of the entrepreneurial challenges I have overcome and gained insight knowing I am not alone in the journey to contribute to this world. The circle of people around me changed repeatedly. I will not lie and tell you this wasn't painful; it was and at times I was very angry about it. And it is part of my journey. There are new people out there who have the next pieces to my puzzle.

One of the biggest transformations that occurred through all of this was the transformation of my self-identity. Who I thought I was and who I really am. Before I saw myself as a wildlife biologist and that was it. Then I became an intuitive and everything that includes. For a long time, I thought they were separate-one being my past and one being my future. This was especially challenging in my animal consulting practice because I offer the complete package.

I integrated and transformed into all that I am today. I no longer have separation in my life.

One thing I have learned and sometimes need to be reminded of is this: In the constant battle of everyone is doing it this way or this is the way I HAVE to do it to be successful I invite you to listen to your internal voice even if it is very small. And remember, just because the voice is small doesn't mean it isn't powerful.

Evolving is a lifelong process and I look forward to the next transformation!

Day 6: Showing Up



SHOWING UP IS ENOUGH

ALICIA SWEEZER
WHO KNEW HEALING

Today is about showing up. Sometimes we think we have to be DOING so many things. And sometimes all we need to do is show up. That is ALL today's post is about. I am not going to share a personal story or a massive lesson I've learned. Today I'm modeling showing up and knowing it's enough. I'm posting today because it is something I committed myself to. And if I didn't want to post today that would be ok also.

Today I am showing up and saying I am here world-show me the magic of simply being. Today is purely about connection from my being to yours and that can change the world.

Day 7: Everyday Truths



Today is about the everyday truths. When looking at the challenge today I wasn't led to use any of the suggestions nor have I been in a place to write about a transformational part of my life. The truth is today has been a weird day. I have been anxious today. Nothing happened for it to be a weird day or for me to be anxious. I know the anxiety isn't mine and I have used my tools and yet it is still hanging around. And that is ok.

I know sometimes my clients get a little unnerved when they use their tools, and they don't always work the way we want them to. I have asked the universe some questions around the weirdness and anxiety and have complete faith the awareness's of what it is will come to me.

So, in the spirit of everyday life, I am posting a picture of the most important creature on the planet to me. This is Pip. He hogs the bed and I love him with everything I am. He's saved my life countless times. He is a very conscious cat, and our connection is unique. He is named after the main character of one of my favorite books, Great Expectations by Charles Dickens.

One of the reasons this is a favorite book is because it shows us, we don't always know what things are for or the ripple effect we will have in this world and how the world will contribute back to us.

In the book when Pip is young, he helps a stranger even though it is at a great risk to himself. And years later that stranger contributes to Pip's life in a massive way.

The truth is we get to keep being our wonderful selves sometimes not knowing the amazing effect we have on someone and what ripples we are contributing to this world.

Day 8: People Pleasing



PEOPLE PLEASING....

ALICIA SWEEZER
WHO KNEW HEALING

What part of your identity did you have you had to shift in order to embody who you are today? I used to be a massive people pleaser. My whole being was about making myself small and giving to others. I never wanted to make waves and the more invisible I was the better, because then I believed I was safe. Can anyone else relate to that?

We are taught giving is love we are never taught giving at the cost of ourselves is codependency and caretaking not love. I completely lost who I was in my marriage because that is what I thought love was-it's all about the other person.

Through my healing after my divorce, I confronted the parts of me that had been striving to get out my whole life. The part of me who wanted to use her voice, the part of me who wanted to be seen and heard. The part of me who wanted to matter to others. The part of me who was tired of making myself small.

This was not always easy, and it was definitely uncomfortable especially when those around me didn't like when I started to choose for myself.

The thing we get to remember is-choosing ourselves doesn't mean we aren't choosing someone else. They aren't linked in the way people think they are.

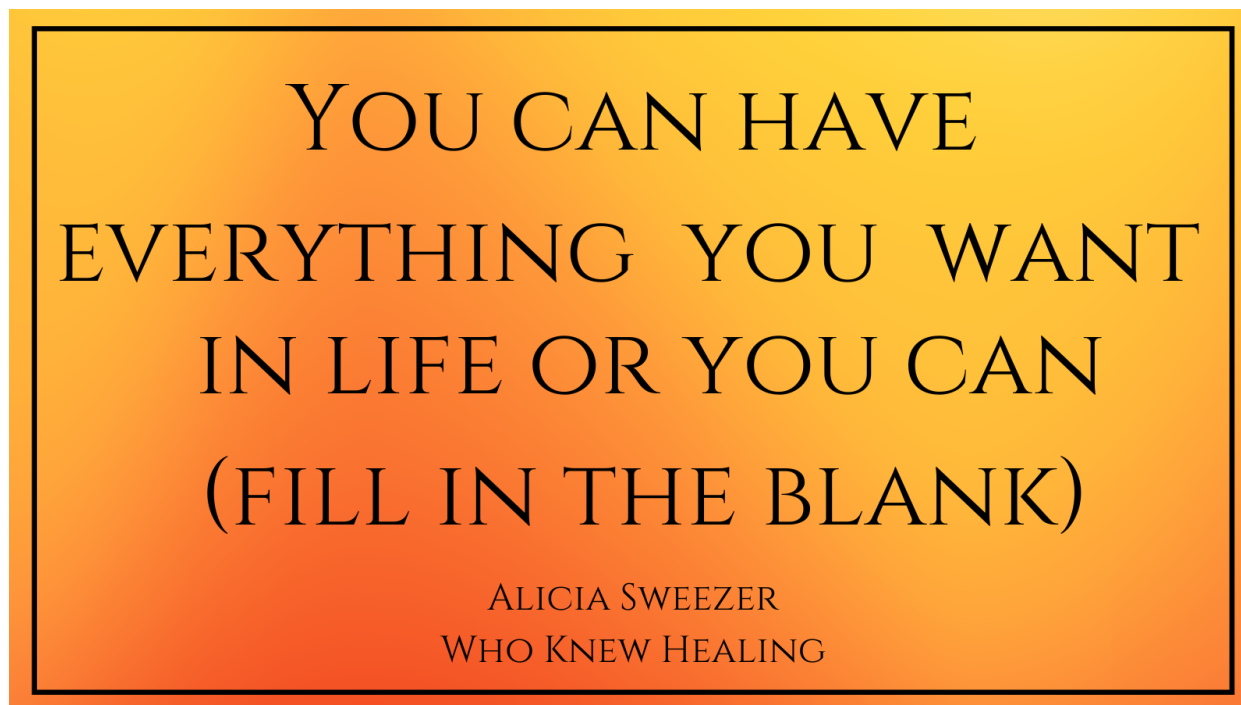
I started to find my voice and speak to my experience in this world from a healed place.

Here is a main lesson about people pleasing. We think it is about giving, it isn't. It's actually about the inability to receive. Giving is safer than receiving. Receiving requires vulnerability. How many of you stopped breathing or tightened up when you read that lol!

With this understanding we can see that people pleasing is a trade-it isn't freely giving like we think it is. When I am doing it, I am trading a piece of myself for safety, approval, not to be judged etc. I am a recovering people pleaser, and I am proud to say that. There isn't any shame in owning every part of who I am.

I found my voice and I now teach others how to use their voice. And not only to use it but to communicate consciously so they can be seen and heard for who they truly are. Because that is what we are really desiring-connection.

Day 9: You Can Have Everything You Want in Life...



You can have everything you want in life, or you can (fill in the blank). This was a message I received a few years ago in the middle of the night.

I was upset and crying over something that I realized about my former husband. I'd been divorced for about 5 years at that point, and something had come to my awareness that I never wanted to see about him before. It really shook my world and created a domino effect of realizations and healing. I'm grateful for it the experience.

As I was laying there crying over this information. I heard a voice and it said, "You can have everything you want in life or you can continue crying over this matter that doesn't serve you".

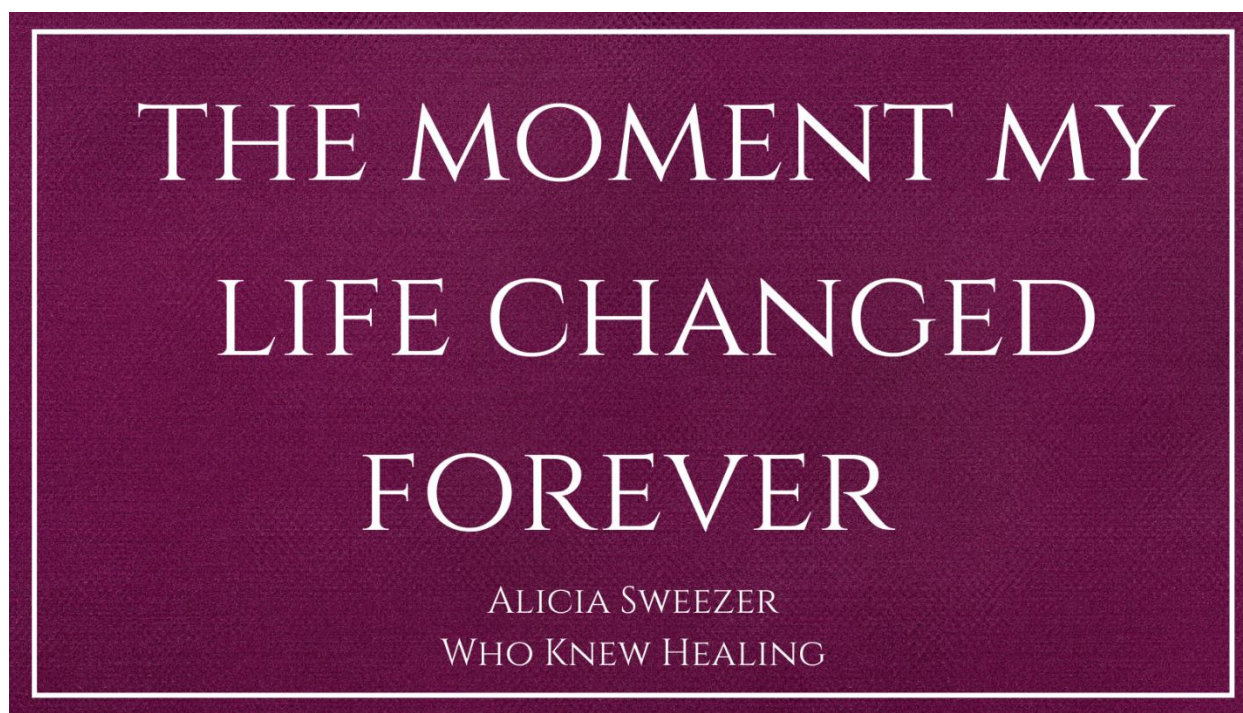
NOW I will tell you that when you hear the voice of the universe, God, source (whatever you call it) it is VERY different than when you hear your spirit guides, your higher self, etc. It is a MUCH different vibration; you never forget the feeling.

I instantly sat up in bed and instantly stopped crying. It wasn't even a hard choice, of course I wanted to have everything I desire. I was done with the grief and the trauma; I had done my work and healing around this relationship.

The truth is that I do want everything I desire in life. And so, when I'm being very human, and when I'm really bogged down in this world, I try to remember this saying. When I'm down the rabbit hole of lack and ego I recite to myself I can either have everything I want in life, or I can continue doing/thinking something that doesn't serve me and is out of alignment.

It instantly changes the vibration of the situation!

Day 10: The Moment My Life Changed Forever



Today I was inspired to share this particular truth because of a text I woke up to from a client. One of the things I'm transforming with this client is his self-identity because of some physical challenges with his body and his beliefs that he is broken, less lovable etc. Now this is something I definitely relate to. And it is uncomfortable to write this post. Not because it is how I see myself (anymore) but because I don't define myself by my physical body and so it isn't something I talk about a lot. Because the trauma of it is in the past and I do my very best to always be looking forward. My injuries are not my story or my identity I am on the other side of it. I've been told recently by multiple people that sharing my experiences can help others. Which is how the expose your truth challenge started.

In my lifetime I've had 5 traumatic brain injuries (head injuries). Truthfully, I have had more than that, these 5 are the ones I count because of the impact they had on my body. They have all had a cumulative effect. The last one happened 16 years ago. That is the day my entire life changed. As a result of this injury my career as a wildlife biologist ended. Now since I wanted to be a biologist my whole life and it was my self-identity you can imagine how traumatic this was. On top of that you add the physical things that happened to my body. The

major things included 4 types of vertigo (it was like being constantly drunk for 12 years), massive pain in my head and along my spine, shooting pain down both my legs, excruciating nerve pain in both my hands, ringing in my ears, loss of balance to the point of not being able to walk properly, brain damage (slurred speech, loss of words, loss of cognitive function), and I passed out every day at 1pm for 3-4 hours. Every day I didn't know if I was going to live through the day and that went on for 12 years. As you can imagine for a control freak not being in control of your body and being that sick is totally unacceptable lol.

The next part of this journey was the medical care. I saw every doctor that was recommended and every type there was. Unfortunately, this only added to the trauma of the situation. No one could determine what was wrong with me, let alone how to treat me. It resulted in a lot of misdiagnoses, being told I was crazy, and treatments that harmed my body and spirit more. The doctors couldn't figure out how I could do all the treatments and not be better, they'd never seen that before. It wasn't physiologically possible and yet I did it repeatedly. I am sure you can imagine the levels of PTSD that went along with all the parts of this journey.

In addition, I didn't have a support team through the first half of the journey. My former husband didn't want anything to do with it, my family lived out of state, and friends disappeared. I was expected to continue to do everything around the house (including taking care of our horses), figure out how to work and get better. Please remember I was like a drunk walking around in immense pain. I coordinated all my medical care, argued with insurance companies all while being brain damaged. Through this I never stopped trying to live my life. I was told I'm going to have to be put in a facility because I wasn't getting better. And deep inside a little voice said FUCK THAT. I always knew I would get better I just didn't know how or when. And I kept listening to that voice and putting one drunk foot in front of the other.

Then 8 years after the injury I got divorced. I was terrified. I didn't have a way to financially support myself and I wasn't able to work more than part time (remember still passing out everyday lol). We didn't have a lot of money, so it wasn't like I was going to get a big settlement. I had to find homes for my horses and my other animals. That was giving away my family, and it nearly broke me. I struggled with guilt for a long time. It was through this process that I attracted the people who could support me emotionally and the proper medical care. I do not have a body that fits into textbooks. I still literally defy what is written about medical conditions (not just head injuries). When I don't heal myself, I have an amazing team of people that keep humpty dumpty functioning lol.

Through this transformation I learned who I really am. I shifted my people pleasing and perfectionist programming. I healed so I never have narcissists in my life ever again. I developed my intuitive gifts and realized my superpowers. I learned how to listen to my body and heal her myself. I integrated the analytical and intuitive sides of me. I stopped HIDING. I stopped playing small. I stopped caring what others thought of me. I started to honor me. I started to consciously create the life I wanted.

I don't share this story for sympathy or attention. I share it so you can see what we can overcome and change in our lives. Am I better-absolutely! Do I still have challenges with my body-absolutely! And that is ok! As I said to my client this morning, no being gets out of this lifetime with a body, its job is to carry us through however it looks. People think miracles are big solitary things, and sometimes they are. And sometimes they're small cumulative things. I am a living miracle and so are you.

This entire story is a victory story. I wouldn't change a thing. NOT ONE. I am a completely different person and I love who I am. This journey allows me to help others. To show them it can be done. To invite them to keep moving forward and to listen to your inside voice.

Day 11: What Do Angels Look Like to You?

WHAT DO ANGELS LOOK LIKE TO YOU?

ALICIA SWEETZER
WHO KNEW HEALING

I believe angels come in many forms. Years ago, I believed and still do that guardian angels in addition to being in spirit form were people in this lifetime that were here to help us. This was of course before I understood that I was already talking to angels in spirit form lol.

It was a time that I was struggling with my spirituality and the concept of God. All around me and in this world, people were using God as a reason to hurt each other. As a reason to spew hatred and violence. As a reason to judge and shame. For me God isn't any of those things. I started to wonder if a higher power actually existed.

I knew miracles happened and at the same time in my own home I wasn't allowed to express what my intuition was telling me. I knew when things were going to happen and yet my former husband forbid me from saying anything. Now was I at choice to still speak-yes, did I have the courage to do so-no. I denied my own knowing and turned off listening to the voice of a higher power (this is of course completely different now!). I started to see the miracles and love show up in humans I would meet (The Universe is tricky that way lol).

Some previous neighbors were 2 of these "angels". We'd just bought our house and my spouse was deployed to Iraq. My neighbors took me (a stranger) under their wing and into their hearts. Which I guarantee you wasn't an easy feat because I am very independent and stubborn lol

I can do it myself! Anyone relate to that? Anything I needed they were there. I was setting up the house for my horses, working full time, training a 2-year-old colt and had another horse baby on the way. They taught me how to do build things, they made sure I ate, and were there when I needed to cry.

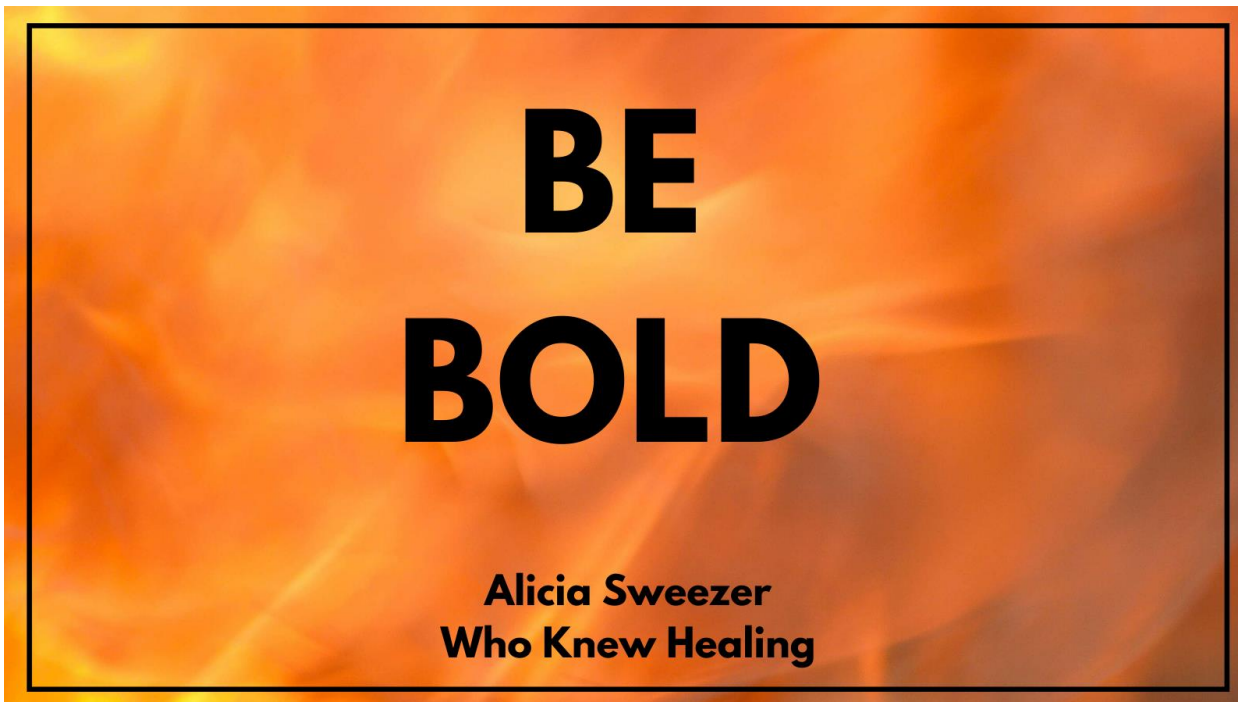
Today I was reminded again of "angels" in my life. There is a woman who changed my life from the moment I met her. It's been a privilege to be a part of her journey. She said things today I really needed to hear, and she

was present for me and saw me for all of who I am. She gives me strength and love and I am lucky to have her and her boys in my life.

These people made my life better by just being themselves. Are they angels? That's up to them to decide. I know there were others along the way and there will be more in the future.

So, whether you believe in angels, angels in any form, angelic behavior or angels through people etc. isn't the point. Our job is to receive and honor what is being given to us from our higher power (God, the universe, source, infinite spirit etc.) however it is delivered and use it to move along our path.

Day 12: Be Bold



One thing I did when I started my business and even before that was subjecting myself to other people's opinions of me ON PURPOSE.

I'd transformed myself from the people pleaser who hid her magic to an integrated powerful, magical woman. Now I needed to strengthen myself. It's one thing to believe in yourself it's a whole other level to believe in yourself when no one else does or when people have opinions about you. The world has a lot of opinions about the people who listen to their intuition and use it to contribute to this world. Especially a person who contributes to people and animals.

I started going to professional group functions where the focus was what you did for a living. Remember I am an introvert so any function like this is already tortuous for me without the extra growing pains. Lol

Was it easy-nooooo Was it worth it—yessss

My friends thought I was crazy and were telling me to take smaller steps and just dip my toe in the water. That's just not how I work. I was done hiding; I was claiming my new life.

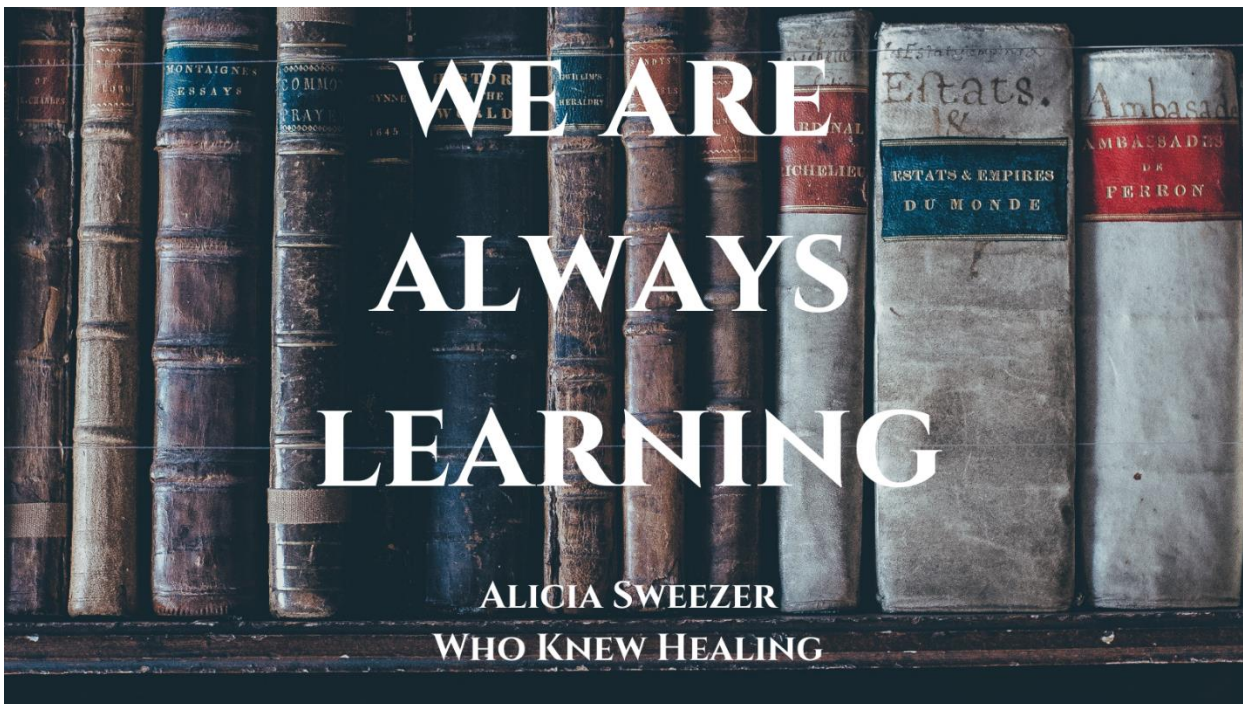
This was the next step in my journey to stand in front of the world and say over and over again I help people who are stuck in their current lives create the life they want with ease and fun. And I help animals by being the bridge to their human and transforming their relationship.

As soon as I said what I did people had reactions. Some were interested, some were afraid, some thought I should be wearing scarves and handing out crystals, and there were lots of judgements-it was great! For the analytical science part of me it was awesome to watch all the human behavior. And it gave me priceless experience that I get to pass on to my clients.

It strengthened my voice, my resolve, my confidence in who I am. As a bonus I started to love who I was, I never liked myself let alone loved myself. I no longer worry about what people might think of me. A lot of people think I'm different and that's ok, I no longer have a desire to fit in.

My authenticity is one of the things I offer my clients. How do I know the things I teach you work? Because I have done it! I am on the other side, and I get to guide people and animals in their journey.

Day 13: We Are Always Learning



Sometimes people think coaches, facilitators etc. have it all going on. That we never struggle with things, that we always know the answers, that everything is easy, that we never make mistakes. Guess what-that is a lie! The universe directed me to start a blog. I don't know anything about blogging, I wasn't even sure if people still did it. It's so 90's 😊

Well guess what-they do! As with other things with my business it is a learning curve as I know nothing about blogging! Today I did some research, got lost, got overwhelmed, was attached to doing it right etc. There is a lot of behind-the-scenes steps to creating a blog. It's not just about the writing-damn it that's the part I like! It's ok because like everything else it will come together, especially if I remember to get out of my own way. Anyone relate to that?

Earlier I made a test blog post that I thought would just post to my website. Then I could review, learn and delete it. The post literally said, "testing I have no idea what I am doing". Guess what? It didn't go to my website; I have no idea where it went lol. I think it went out to the world!

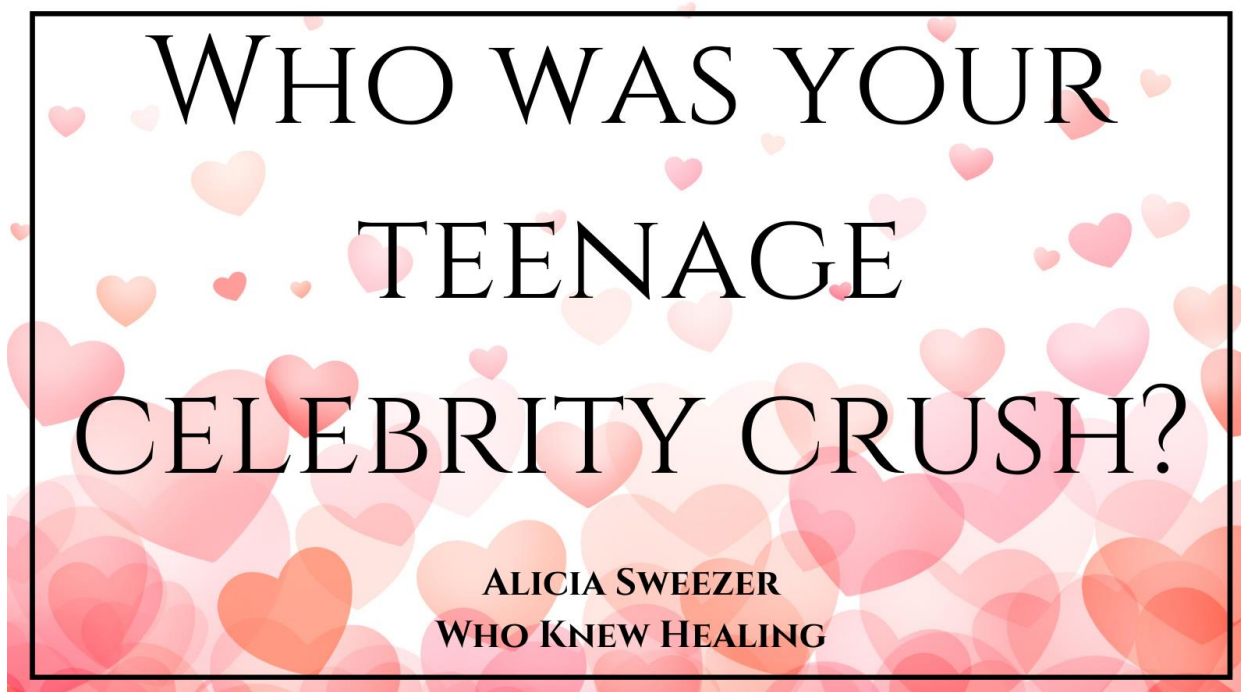
I panicked for 30 seconds then I laughed and deleted the whole program so I can start again. Now the old me would of went down the rabbit hole of self judgement (all the shoulds), criticism etc. I no longer do that! After the 30 seconds I let it go. Everything is fine! Nobody died!

I also knew my creativity was tapped out at that point, so I needed to walk away. That is something the old me would have NEVER done. I would have sucked it up, pushed through and kept trying (forcing) myself to learn this (old programming-I'm no quitter). Think of someone trying to push on a pull only door. 😊

NOW-I smile, I ask the universe and my blog some questions and went outside and cleaned the pool. Nothing more needs to be done with it in this moment. I will know when to return to the computer and carry on. The old "lack" mindset would be saying things like, "You're not going to get any clients if you don't post your blog..." but thankfully I don't hear that voice anymore. Because it isn't true.

I will listen to my intuition and create then. It is SO freeing to let the universe do its job.

Day 14: Who Was Your Teenage Celebrity Crush?

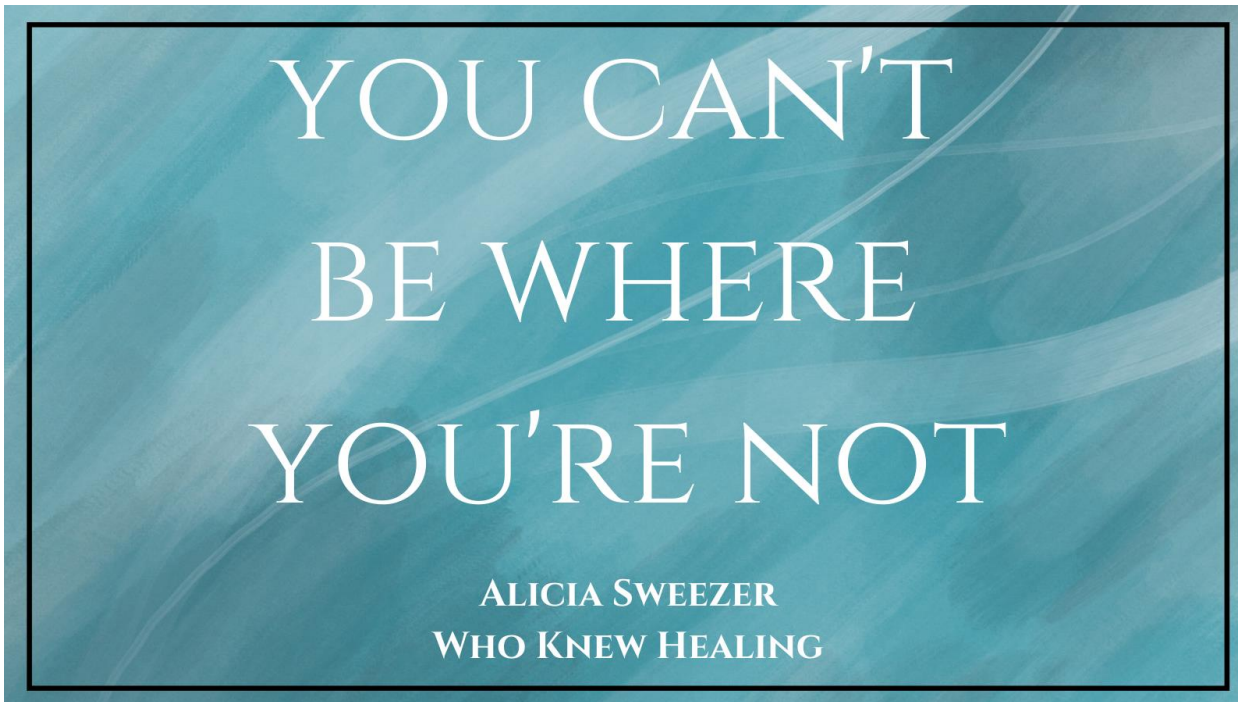


Today's truth is for fun!

Who was your teenage celebrity crush?

Mine was Ralph Macchio in the Karate Kid. I had his poster up on my wall. You know the one with him in the pink and black flannel shirt. Don't act like you don't know what I am talking about 🤪. Oh how I loved him and I thought Mr. Miyagi was very cool.

Day 15: You Can't Be Where You're Not



I used to hate this saying and sometimes still do lol.

The former perfectionist in me says there's always more I could have done, accomplished, or achieved. The current me hears those words and reminds myself I can't be where I am not.

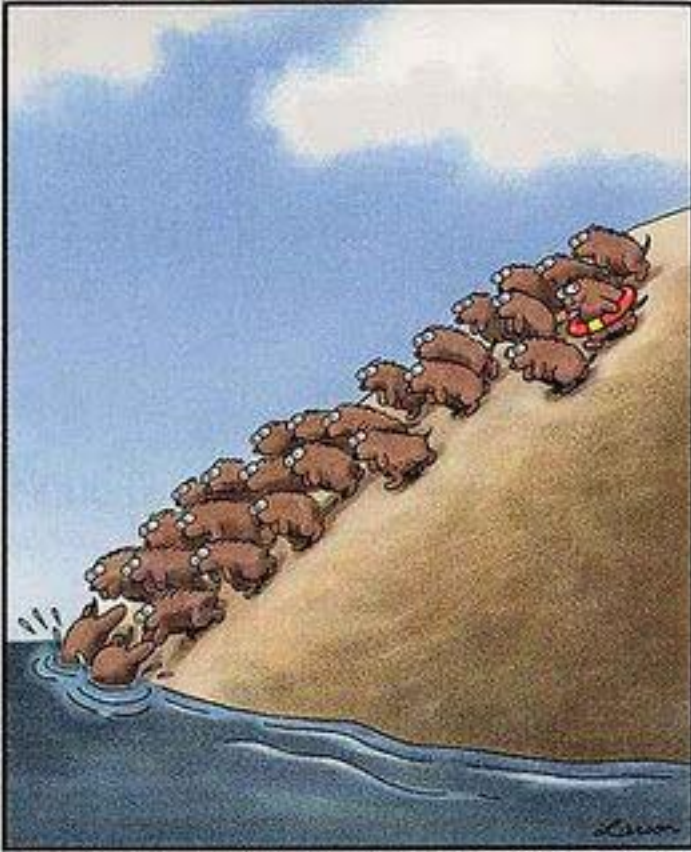
Today I did a lot of physical work, and my body is not happy about it. I asked the universe this morning what I was to do today: the physical work, research my blog, marketing, etc.? The answer was this physical work.

Tonight, my former perfectionist says, "You should have done all the physical work, wrote your blog, oh and did some marketing for your coaching program." Now mind you there isn't enough hours in the day, but my perfectionist side isn't logical or kind. That's why I keep her in the back seat and not driving the car anymore!



I thought about skipping today's post multiple times. It would have been ok if I skipped, I wouldn't have judged myself. Instead, I asked, "What would create more?" And the answer was to write this post. Then the words magically flowed. I love inspired actions. We can beat ourselves up about where we think we are supposed to be, or what we should have gotten done and on and on. Or we can take a deep breathe, and remember we are exactly where we are supposed to be. There isn't any other place than right here right now. Enjoy where you are in this very moment.

Day 16: Freaking Out and Making Myself Laugh



I used to have this comic on my fridge. There was a belief that lemmings for an unknown reason would commit suicide by jumping into the ocean (this is not accurate).

That's what I used to feel like. I had a lot of anxiety, fear, ptsd that anytime something rocked my boat I would freak out. Now I wasn't suicidal, but it was a very exaggerated response I had to anything going awry. When your threshold for such things has decreased because of past traumas etc. this can be a normal response.

Normal but not great and definitely not helpful.

I spent a lot of time healing this response mechanism. Now when things go awry, I can still get upset but it is the tiniest fraction of what it used to be. And now I also recover much quicker.

I am privileged to teach these techniques to my clients now.

This transformation for me has been huge. Even in the last 6 months it has transformed again. I am always growing, and I love it.

So, the point of the comic was that if I was going to act like a lemming and freak out then I was going to put on a life preserver so when I recovered (like I always did) I could climb back out of the water and keep going.

People close to me will tell you I try to find the humor in situations, even dark situations. Because if we can laugh at it then it transforms automatically. 😂💜

Day 17: Wanting to Fit In



Most of my life I wanted to fit in. It was safer and felt better than being on the outside. And now I love being different and not fitting into any boxes!

Humans are a communal species; we are not meant to be alone. And there is a massive difference between being different and being alone. Unfortunately, our experiences show us the opposite. Hence the word loner. Of course, not fitting in school was like death (insert dramatic teenager) and the process continues into adulthood.

After my divorce when I was figuring out who I really was I fell into this old pattern.

There was a spiritual ideology that a lot of my new friends followed. As hard as I tried—even to the point of making myself sick, it wasn't a match for me. It was also difficult because these friends didn't have a lot of space for me in this. So, I had the fear of losing people I was close to because I didn't fit into this box. When you've gone through a major loss and you're rebuilding your life, the possibility of more loss is overwhelming.

I am sure I am not the only one who has felt this way.

Then I fell into the old pattern again with my intuitive development. I tried to learn the way other people do. I am a left-brain empath and I learn differently. And now I get to teach others like me.

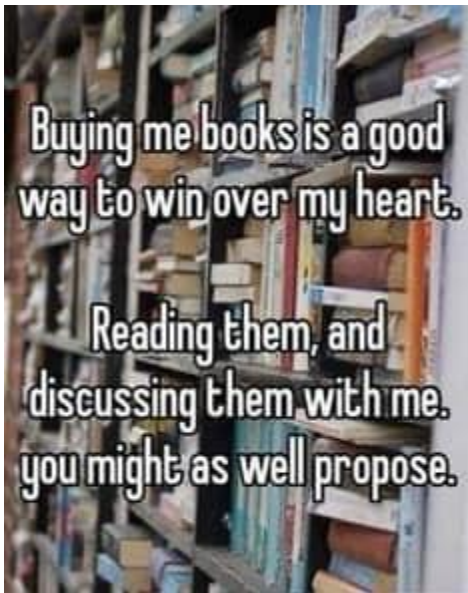
I get it can be hard to listen to our internal voice. And to believe what everyone else is doing is the right and successful way to do it. I've done that with my marketing and then I manifested learning a soulful, contributory marketing method.

Whatever lights us up and feeds our soul is what is a match for us regardless of what the world says.

I understand it can be vulnerable to stand out and be seen. I understand in the past it didn't go the way you wanted it to. I understand how comfortable it is in that box. If you came here to be comfortable then absolutely do that. But if you came here to be all that you are then climb out of the box and choose that!

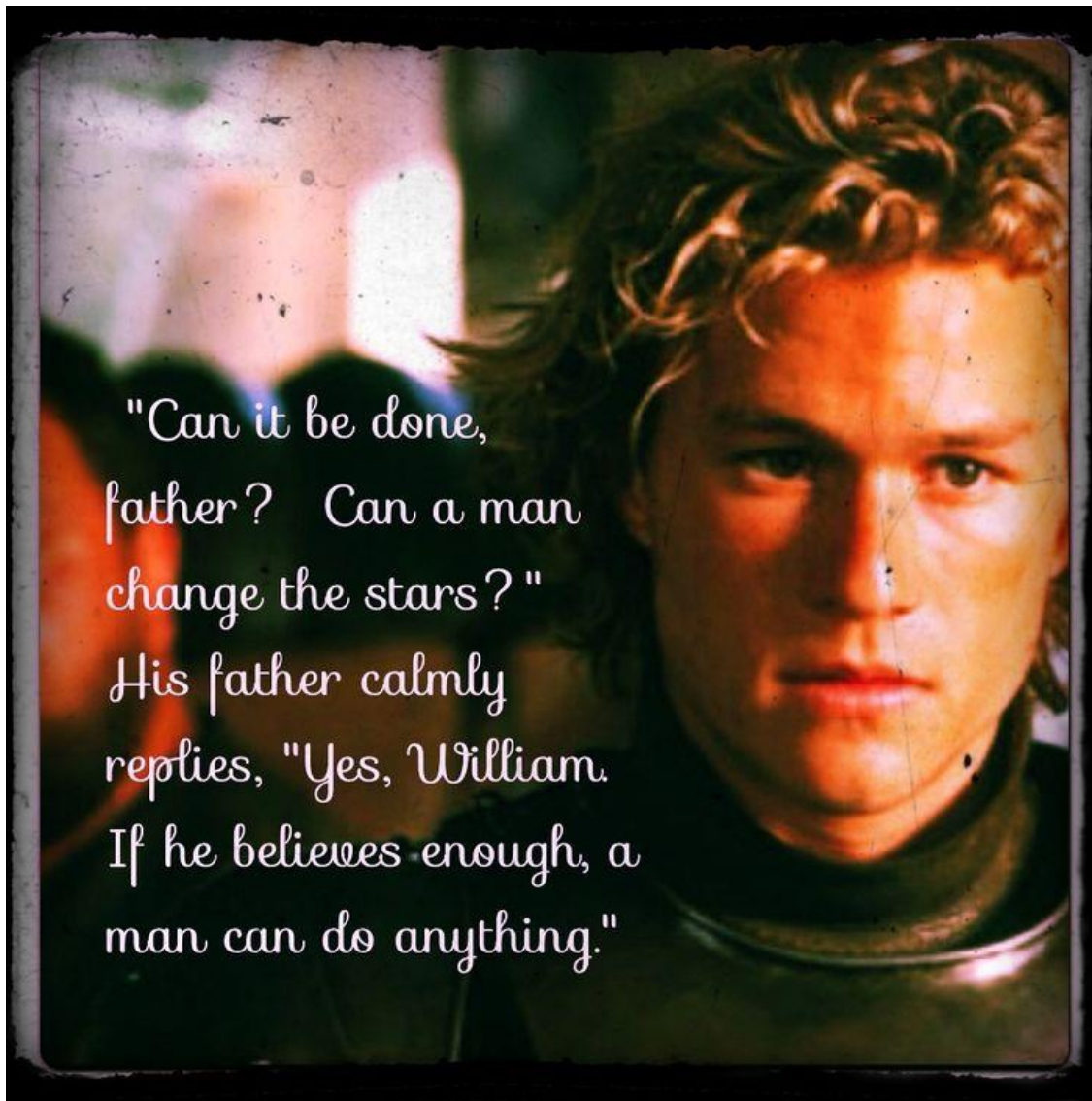
The one thing I always encourage my clients is to be themselves and shine brightly!

Day 18: Simple Truth



Simple truth today. I love books!! One of my favorite things on this planet. I have some very special old wildlife books. I also collect books on elephants 🐘

Day 19: Change Your Stars



Today's truth is about being inspired by something I read in a book. Now I have a lot of those types of inspirations and in these 10 seconds I can't remember any of them lol

So I am going to use one from my favorite movie, A Knight's Tale. The premise of this movie is that you can change your stars. Meaning that just because you were born a thatcher's son doesn't mean you can't become a knight.

That concept always stuck with me, and it is a guiding principle in the way I see the world. Just because you didn't have the best childhood doesn't mean you can't have a happy life. Just because you got injured doesn't mean you can't create something new. We are not doomed to our fate.

Very few people went to college in my family and that didn't keep me from going to college. I changed my stars. I come from a family of carpenters, I changed my stars and followed my dream of becoming a wildlife biologist.

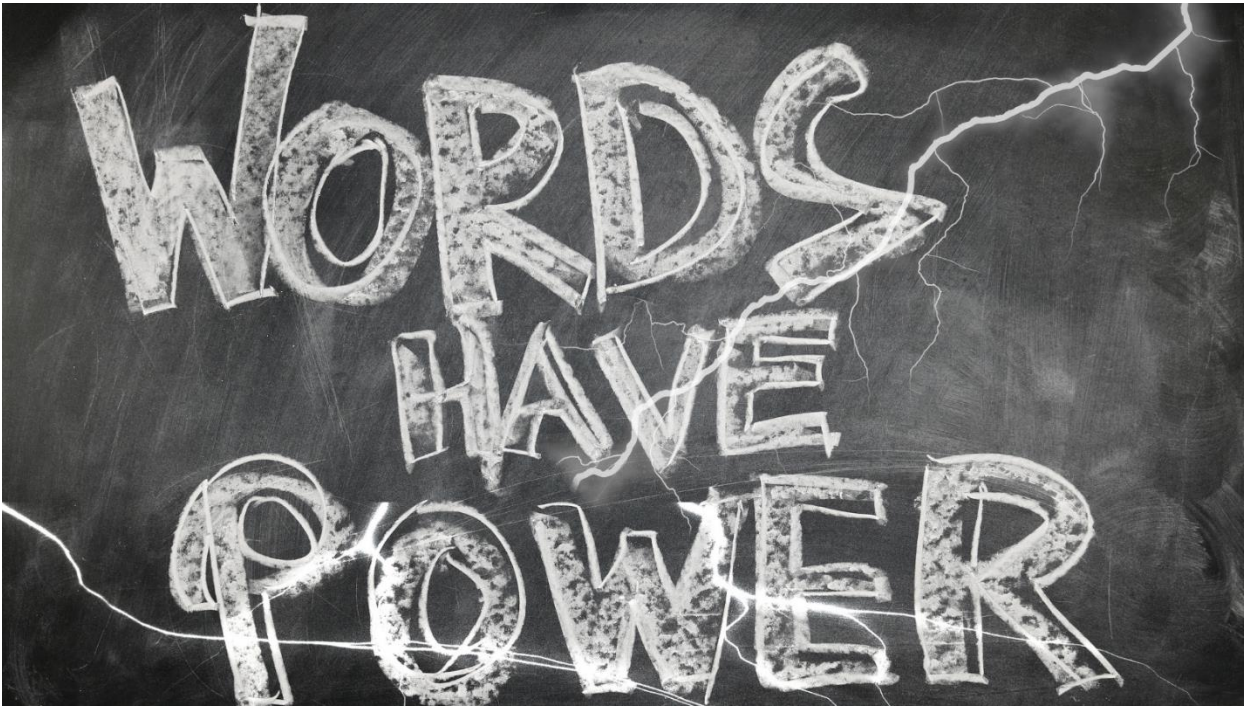
I remember after I got my first biologist job out of college, I went to one of my TA's for some species information and she said it was rare to have a career in biology that was with Threatened and Endangered species. And I thought to myself-hmmm. My entire career as a biologist was with T & E species. I've had experiences in this lifetime that no one else will ever have. I changed my stars.

If you've read my earlier posts, you know I've had some health challenges. I changed my stars many times there.

I have lots of change your stars stories! Whatever the situation is that you have resigned yourself or the world has resigned you to, you can change your stars!

My clients know that I am always behind them guiding them and supporting them because I know they can change their stars and have the life they want. I am their champion until they learn to be their own.

Day 20: Words Have Power



You can't take words back is one of the principles I live by.

I grew up in a household where unkind things were said and there was a lot of yelling. I know many of you can relate to that. Once something is said that is hurtful or worse, you can't take it back. You can apologize for saying it. But that doesn't take away the energy that was created in that moment or the impact those words had on someone's body. It doesn't take away the seed of doubt that is implanted and will affect everything

from this point forward. It doesn't take away the change in the trust you had with that person. When things are said in anger or fear etc. it can have the same effect on someone as physically hitting them.

I know this may sound heavy and serious. It is serious. This is why I am so passionate about conscious communication! Does that mean that you need to communicate perfectly all the time? No! Does it mean we have choices in our communication? Absolutely 100%.

Everyone knows about saying something in the heat of the moment, it doesn't end well. Yet most people are not actually taught the skill of "The Pause". And when we pause it offers the opportunity to introspect and see why we are so upset, how much of this is ours and our projection, how are we being triggered by our past etc. The pause also provides us with the opportunity to say, "I don't have the capacity to talk about this right now, I need a break. Or I'm having difficulty understanding what you're saying right now and I'm wanting to lash out."

This is SO much of what I teach my clients and anyone else who will listen.

We all want to be heard when we speak, even when we are in pain. We aren't taught how to consciously communicate that-without attacking back, without defending ourselves and playing the victim, etc. The moment we do those things the ability to be heard can disappear and then we feel alone in our pain. And that feeling sucks! And it can be transformed. These patterns can be changed. I teach it and I model it in my own life.

It isn't about not speaking it is about speaking in a way that you feel seen and heard and a connection is made through the conversation.

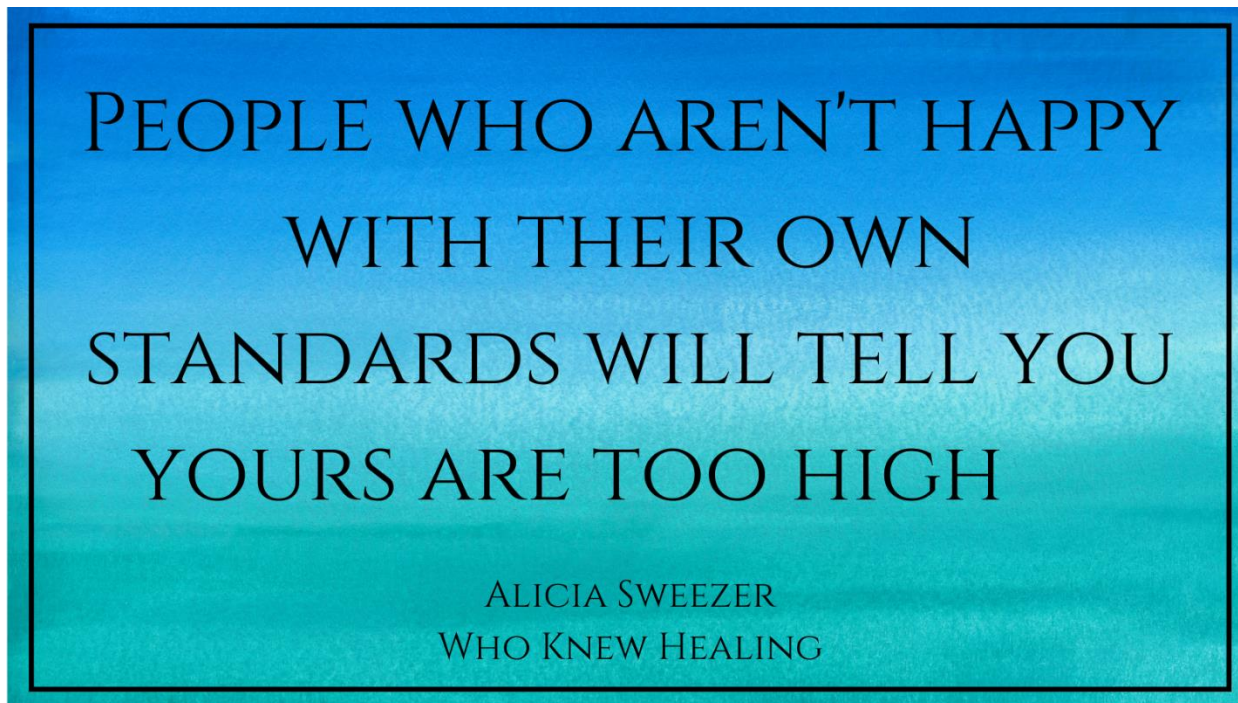
Day 21: I'm Tired



I'm tired! 😊
Happy Sunday! 💜
Alicia Sweezer

P.S. On this day I was exhausted and that is the whole truth for that day! I chose for myself and rested all day. I know that is such a taboo thing to say in our “doing” society and I used to never tell people when I rested or watched tv or whatever. Now it doesn’t matter what people think about how I spend my time. I choose what is best for me!

Day 22: Inner Circle and Standards



People used to tell me they had to run the gauntlet to be one of my inner circle friends. I used to judge myself and feel bad about this. I used to think there was something wrong with me. I used to feel I was too picky, or my standards are too high. Can anyone relate to that? It took me awhile and removing myself from those people to realize it was their projections and judgements.

And F*ck yes you must be worthy to be in my inner circle. My inner circle is small. The people in my inner circle get all of me: the good, the bad, the messy, and the beautiful. And guess what? I get all of them!

There is a commitment level in the inner circle, there is a mutuality level, and there is respect. The path to the inner circle happens over time. Now do we sometimes meet those unique people who are automatically in our inner circle-yes.

And for everyone else it is a process. It is a process of seeing if we are a match over time. It is a process of determining if our values are the same. If our sense of humor is the same. If our ideas of personal growth and moving forward in our lives is the same.

And here is the thing, if you’re not a match for my inner circle, I am not a match for yours. No one is doing anything wrong, and nothing has to be different.

If you are in my inner circle that means we've run the gauntlet for each other, it isn't one sided. It means we consciously chose to be in deep connection with each other.

Day 23: Transparency

TRANSPARENCY

ALICIA SWEEZER
WHO KNEW HEALING

Today was a roller coaster for me.

In the past I would have judged myself harshly. I wouldn't have let anyone know I was having a challenging day. I wouldn't have reached out for support. I would've sucked it up, stuffed it down and moved on. Guess what? That doesn't work! lol It always comes out sideways. lol

That's how I know to help my clients with this because I did it for years. YES years!

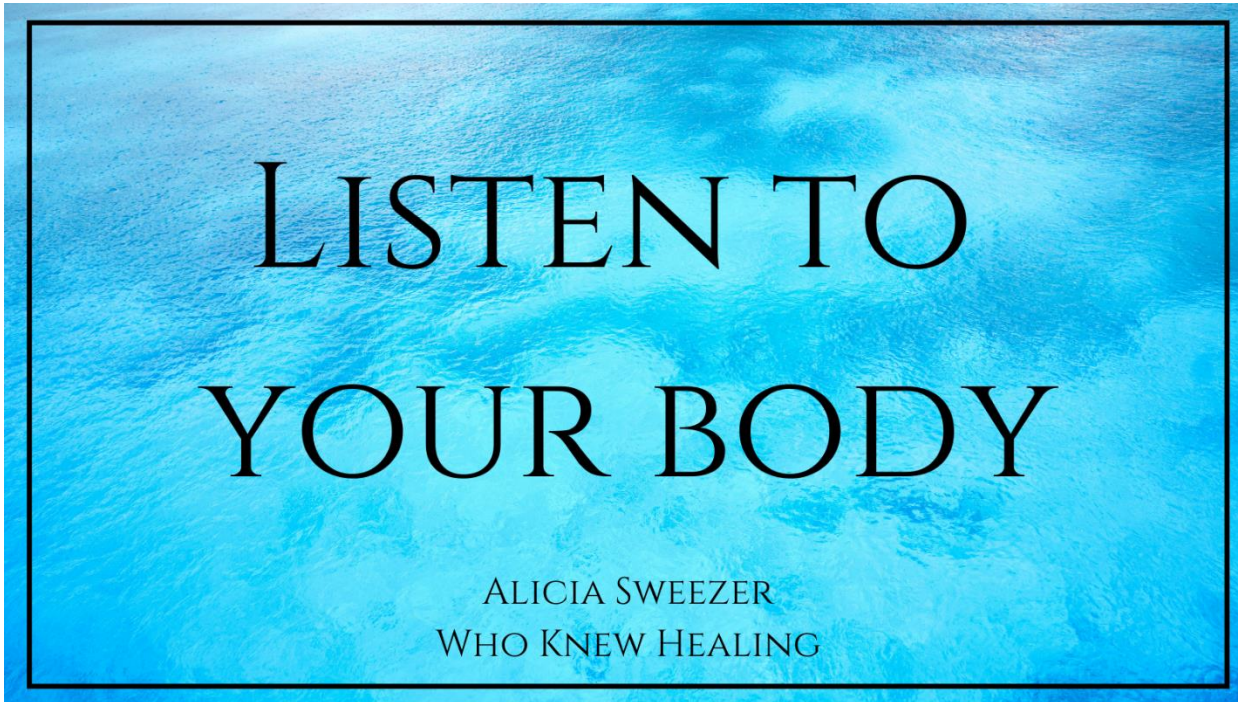
Today I found myself believing old lies, not trusting, buying into other people's point of views, trying to do it right, forgetting WHO I AM etc. You all know what I am talking about.

And when I felt that happening, I reached out. I remembered my tools and used them over and over.

The hills kept coming today and I kept reaching out and pivoting my energy and my mindset. I am beyond grateful that I now have this ability because being stuck in the low points for extended periods of time is exhausting.

People sometimes think coaches don't ever have challenging days. We do. If we didn't, we wouldn't be able to relate to anyone, especially our clients. How could you feel an authentic connection with me if I wasn't on my own journey? This adventure isn't about doing it perfectly or right. For me it is about contributing to this world in whatever way I can and growing as a being and having some fun along the way!

Day 24: Listen to Your Body



For most of my life I didn't even know my body was talking to me. I was completely unconscious about it. Even with all my injuries it never dawned on me to ask her what she wanted or needed. I just drug her around without even considering her. All that mattered was what my brain wanted.

I would judge her when she couldn't keep up. I would judge the way she looked, the way she worked, and tell her constantly (mostly subconsciously through my thoughts) that she wasn't meeting my expectations. We've all looked in the mirror and done this. Guess what? Our bodies hear that, even if you aren't saying it out loud. It influences our bodies.

For me that began to change when I found the world of energy work. The way most people learn to talk to their bodies is through muscle testing. Because of my head injuries this wasn't possible for me. I needed to find another way to develop this skill. And I did! There is always a way.

The things our bodies can tell us is amazing! They can tell us how to heal ourselves, what to eat, what to wear etc. Anything that influences our body, they can tell us if it is a match or not.

Now when I go to the Dr., he suggests things and then I check with my body on which things are a match. Also, for those of us who are empaths, our bodies provide an unlimited supply of information. It's how we feel other people's energy, the world outside, everything.

My body gives me very specific sensations or emotions for specific things in this world. E.G. I know when a particular type of entity is present because I get nauseous. This in turn helps my clients because I know which clearings to do. This is one example of the many ways my body tells me things.

Are there times I don't listen to her, yep. I am still human lol. Then I remember to check in with her and see what she wants. Because after all we are in this together. 💜

Day 25: Not Doing It



The truth for today is I don't want to do the challenge today. Sooo Happy Friday!!! 😊

P.S. This meme matches exactly what I was feeling that day. When I write (anything-posts, blogs, classes etc.) I am very much in the zone. It just flows through me I am not in charge. If it is a day that I am not meant to write, I will not be able to. Very annoying when you are trying to write a class or something else lol. That is how everyday of this challenge and my blog get done. I sit down at the computer, and I ask, "What are we going to write about today?" and then the information flows. This day I didn't want to do the challenge. It was a definite nope! In the past I wouldn't have let people know that about me. I would have sucked it up and tried to force myself to write something and then judged myself the whole time. No more! Now it is about authenticity and honoring where we are!

Day 26: Being Human

BEING HUMAN

ALICIA SWEETZER
WHO KNEW HEALING

Today's truth is about debunking the myth that you'll always be happy.

There are a lot of people out there who say if you're positive enough things won't/shouldn't bother you. If you're spiritual enough things won't/shouldn't bother you. If you were doing your inner work things won't/shouldn't bother you. If you're good enough things won't/shouldn't bother you. If you're using your tools things won't/shouldn't bother you. The list goes on and on.

Guess what? It is a lie!

Even if you are being your magical self, there will still be challenging days and situations.

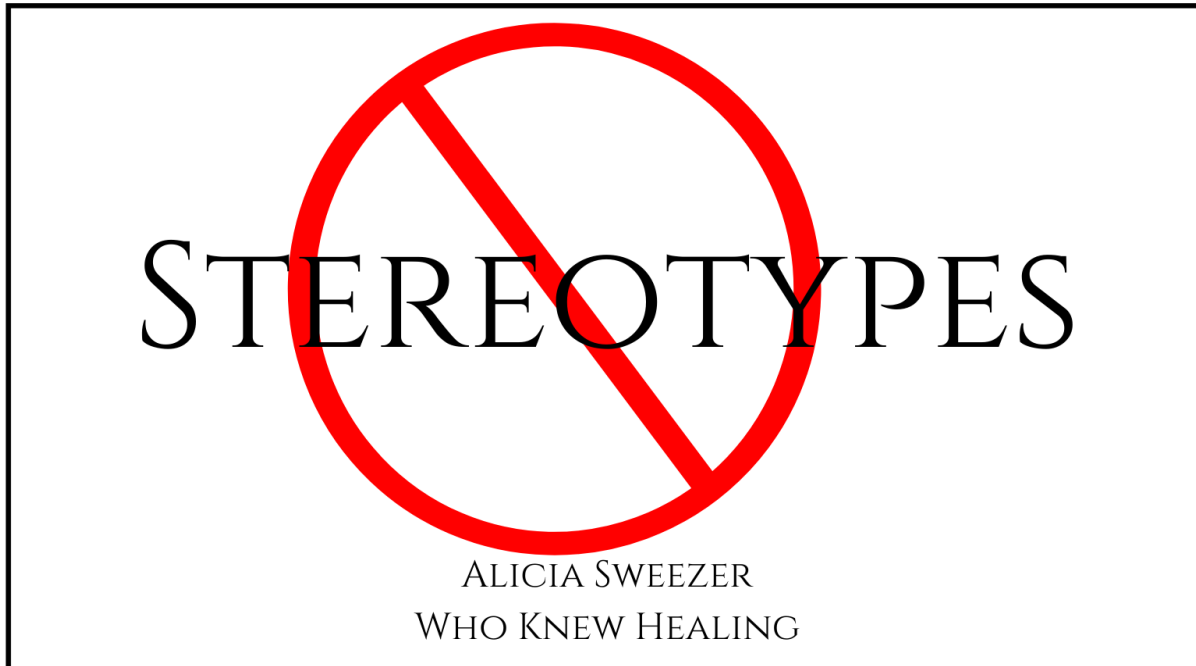
I even still fall into this trap myself. I catch myself thinking I have tools for this, I know better than this. I judge myself for having challenging situations which I have a whole roller coaster of emotions with. That roller coaster is uncomfortable, I do NOT like it. Now here is the upside I spend a LOT less time on the roller coaster when I do ride it. It used to be long periods of time, now it is a few hours when something throws me.

This is all part of the human experience. This is what we came here for-to be human. Am I always happy about it-nope lol. 😊

So remember if you are having a challenging day. You are not doing it wrong. It doesn't mean you haven't been positive enough or you haven't been using your tools.

It means you are having a human day. 💜

Day 27: Stereotypes



Today's truth is about stereotypes. One of the problems with stereotypes is it keeps us from actually connecting with the individual in front of us. It's a wall of belief we bought into & are now projecting onto them. How much authentic, accurate connection can happen with a wall in between? Ultimately it's an unfairness we are doing to that person. What right do we have to tell them who they are?

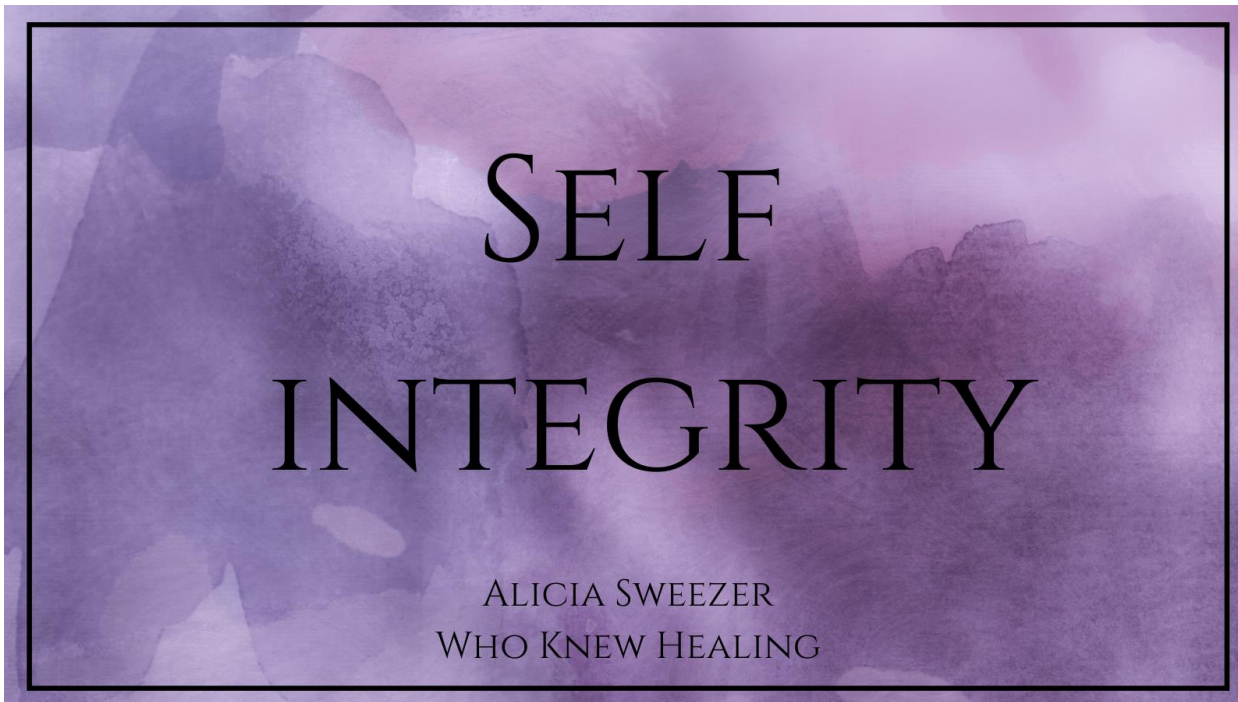
We've all had to deal with stereotypes. When I was a wildlife biologist-I dealt with all the stereotypes that come with a woman working in a male dominated field. Luckily that is slowly changing with time. Also, all the stereotypes' people project on you when you are an introvert. I've had the experience of sitting at a table of people who I'd recently met. They all had an opinion about me & who I was without ever speaking to me. It was the craziest most awesome experience! I got to see how human behavior really shows up when people first meet someone. My science side loved it.

I got to practice being myself without caring what story they already created in their head. The last stereotype I want to mention is if you're logical, analytical science minded you can't be intuitive.

Now you've all heard me talk about being a left-brain empath. That's a term I use for people like me who are analytical & psychic. You will keep hearing me talk about this because I am super passionate about it. Everyone is intuitive! Everyone has the ability to listen to their intuition, you're born with it. It's part of being a human.

I broke free of this stereotype with a lot of growing pains. By mentoring people, I hope someone learns from my personal experience & bypasses all of that! Being a left-brain empath is my superpower & I wouldn't change it for anything. It allows me to offer a unique skill set to my clients which enables them to transform!

Day 28: Self-Integrity



I'm not talking about standards or boundaries. This is about staying in alignment with WHO you are. This is the line that runs down the center of your body (you know what I am talking about). This line that you feel off to the side when you are not being in integrity with yourself.

We think of integrity as something outside of ourselves. We have integrity with our word, we have integrity with our commitment to others etc. What about the commitment to ourselves? I felt you all tighten up there and hold your breath a little. 😊 I get it! If you're new to this look inward, this may be the uncomfortable place of choosing for ourselves. Oooohhh 🤔

Some things are easy to be in self-integrity with: who we spend our time with, what we do in our spare time etc. Others may provide us with opportunities for growth. That's a fancy way of saying, sometimes this is hard! 😞

Knowing myself and knowing what's a match for me helps me stay in integrity with myself. This is a foundational part of it. Where I get in my own way is when I try to force things because I can or think I should etc. I will get people/animals who reach out to me and sometimes I say no to them. I don't always get the reason from the universe; I just know it isn't a match.

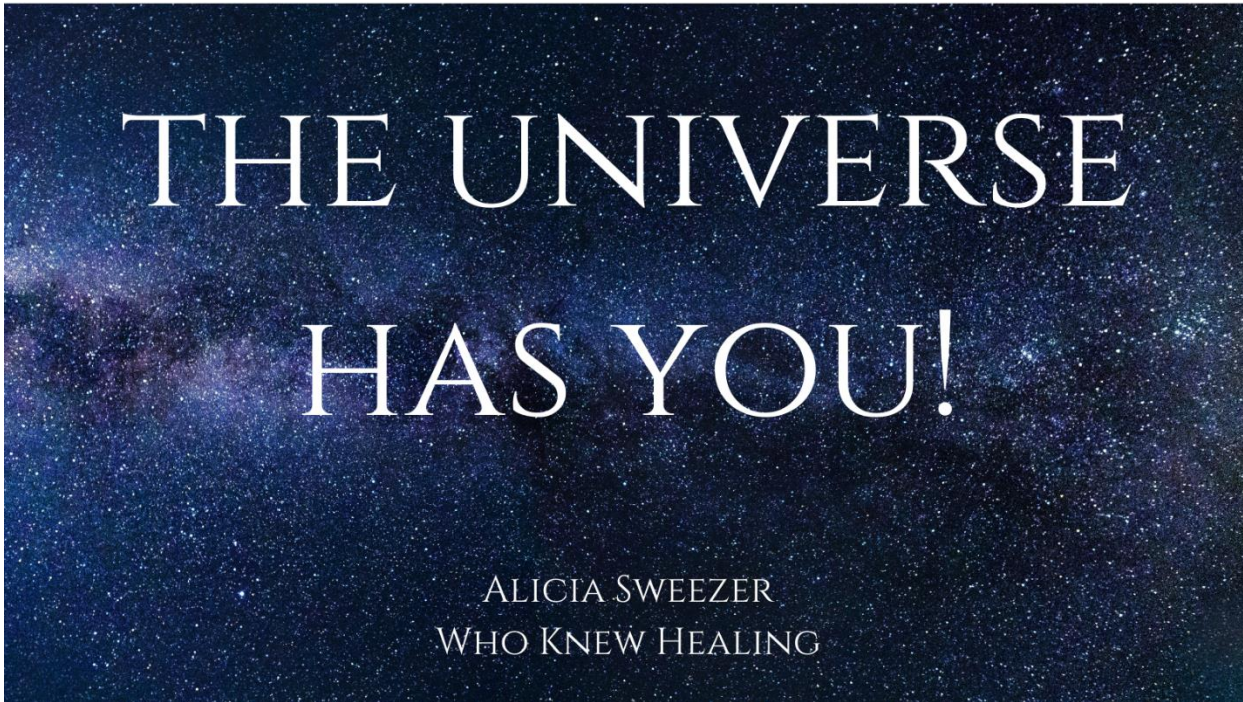
Now when I get in front of the universe and try to do it my way is when I cause myself all kinds of internal chaos. This often happens with animal clients. Ugh my heart! It is very clear I am not supposed to take them on as a client and my logical brain will get in there and try to reason and negotiate with that center line down my body. The struggle is real! 😞

Because of course I CAN help and in this particular situation it is not my place.

After about 30 minutes of warring with myself and sometimes a call to a friend who reminds me of the principles I live by and teach (hate when they do that lol). I remember that everything is divinely guided, and my job is to follow that guidance regardless of what my logical brain says.

Remember just because we can do it doesn't mean it's ours to do.

Day 29: Trusting The Universe



Today's truth is about not always believing the universe (God, Source) has a plan and is guiding me. I was such a safety junkie and control freak there wasn't any place for flow in my life. I lived in a lot of fear and that was even before my injuries. I didn't understand how I was unconsciously manifesting my life. We are always creating.

I wanted things to be different but didn't know how to change it.

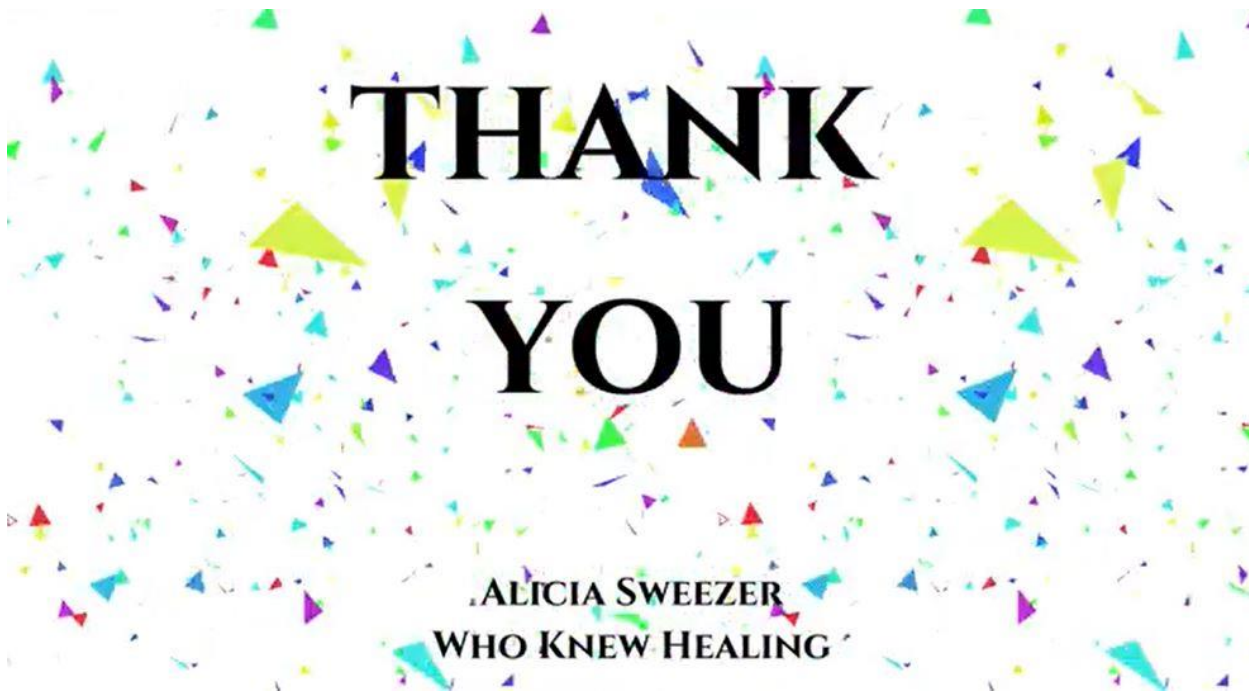
The few times I did know, I was met with such resistance from those around me that I acquiesced. I doubted and judged myself and then reprimanded myself for being "so stupid" to believe I could change things. Then I got divorced and my awakening began. There was still a lot of fear (believe me!) and now there was space for something else. I was surrounded by new people who offered different perspectives on life. This was a difficult and amazing journey.

Self-transformation is not always a linear, clean process. There can be some messy moments.

I never looked back, and I jumped into looking at everything I was creating, everything I was being, and everything I was doing. No rock was left unturned. Through this process it became clear who I am, and I got to know myself in a whole new way. I realized I am working in tandem with the universe and when I would just get the f*ck out of the way things flowed a lot better.

This was an ongoing process for me. Even in the last 6 months I've begun to trust at even a deeper level, and it feels amazing! It is never too late to start trusting!

Day 30: Thank You



It's the last day, I did it!!

I'm listening to Bon Jovi as I write this last challenge post. You all know I love me some Bon Jovi. This has been an amazing journey. I was way out of my comfort zone and then magically it became comfortable. Which of course sparked the creation of my blog, and the process began again lol. The reason I did this challenge was so I could start speaking publicly about the things I know, the way I see things, and how I can help people and animals. Everyone was always telling me to share, they wanted to get to know me more and I just couldn't find a starting place. This challenge was my training wheels, and I am super grateful for it. The wheels are off now baby!

I still don't have words to describe or explain the internal transformation that happened in me through this challenge. Honestly, I think it is still ongoing. The clarity this process provided is invaluable. To the people who supported me through this THANK YOU 🥰🥰!! And to the people who didn't support me, thank you also! You all provided me with so much insight and healing.

I hope my journey contributed to you or inspired you. For those of you who want to create something, and you think it has to be perfect or completely thought out or finished or whatever before you start-it doesn't! I know I am not the only person to say this, and it is very true. I used to be that way and sometimes still am-hence the need for this challenge. Just start, just one step and the rest will follow I promise. If I can do it so can you!! 💜



Throughout life, Alicia always connected with science. She loved the things that could be proven; things that she could see. AND she kept experiencing things that couldn't be explained. As an adult, she became a fulltime wildlife biologist & even in that role, Alicia constantly experienced an inner knowing about what would best serve people & animals. She didn't realize that she was using her intuitive gifts in those moments. She vacillated between thinking everyone was like her & that something was wrong with her & the sense that there was more, just outside her reach, never left. Until, over the last decade, Alicia stepped into her gifts, & realized that EVERYTHING was within her grasp. Because of her lifelong affinity for all creatures, Alicia has honed her gifts to provide services to all. She bridges the language gap between owners & their beloved animals, as well as provides a multitude of services for her human clients.

The focus of her gifts for her human clients is...

- Move into what is real and true for them
- Gain clarity through Intuitive Facilitation & Coaching
- Surrender old dogma, doctrine, imprinting and programming
- Change patterns of behaviors
- Experience profound physical healing
- Unlock the gifts that they were born to enjoy
- Connect with loved ones who are no longer in the physical body
- Discover methods to support them in their health and happiness
- Clear energetic connections to experiences and people in current or past lives

Alicia Sweezer, Bachelor of Science, is a Nationally Certified Practitioner of Access Consciousness® Bars, Certified Professional Life Coach, Certified Spirituality Coach, Intuitive Mentor, Animal Communicator, Psychic Readings, Mediumship, Energetic Healings, Clearings, Animal Reiki Certified, and a Best-Selling Author.



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