

Dimitria Burby

===

[00:00:00] Dimitria: Hello.

[00:00:02] Jeffrey: Dimitria how are you?

[00:00:03] Dimitria: I'm so good. How are

[00:00:05] you?

[00:00:05] Jeffrey: Fantastic. I'm doing great today.

[00:00:08] Dimitria: Awesome. Awesome.

[00:00:09] Jeffrey: I have to compliment you on your background. I love that.

[00:00:17] Dimitria: It's so good. Like at the beginning of COVID, I was just like, oh my gosh, need to do something with my office. And so I found this, wallpaper and, um, I actually thought it was going to be like a tiny print. You know, the, I thought it was much smaller in scale. And then I got it and I was like, oh, it's actually giant cranes, cool!

[00:00:38] It's purchased.

[00:00:40] Jeffrey: We are, big fans of design and. I really loved that design, this super

[00:00:45] cool.

[00:00:47] Dimitria: It's funny. I didn't, I, I just needed something else to look at in my office. And then, you know, every time I get on a zoom, people are like, I love your background. Or like, everyone has a connection to it.

[00:00:58] It's such a conversation starter that, um, that I just, I love it.

[00:01:02] Jeffrey: That's interesting. I noticed that throughout a lot of your videos, watch it. A lot of your presentations. I love that paper. I'm going to have to get your link where you purchased.

[00:01:14] Yeah. It's, you know, it's so funny. It's an Amazon and it likes it's sticks, you know, it's like super easy.

[00:01:19] So it's sort of movable wallpaper. Yeah. And then I actually, we have this really like fancy design store, um, just in town close to me. And I just noticed they put it up behind the register and I was like, I picked something that like actual designers would like, I'm so proud of myself.

[00:01:39] Well, I'm excited to jump in this conversation with you today.

[00:01:42] Dimitria: Me too!

[00:01:43] Jeffrey: I've been following your journey for some time. And I was thrilled when you reached out to me and connected kind of it opened my eyes up to a lot of different, unique angles from your perspective. So I feel this is going to be a really fun conversation for us to dive

[00:01:56] into today.

[00:01:57] Dmitria: Me too. Me

[00:01:58] too. I'm I've been listening to your podcast and so many of the other episodes I just resonate deeply with.

[00:02:04] And so I'm super excited to get into this and chat with you today.

[00:02:08] Jeffrey: Awesome. I'm thrilled. I just want to lean right into our conversation if you're

[00:02:13] cool with that?

[00:02:13] Dmitria: I love that.

[00:02:14] I have to say that I literally was just working on an Instagram post right before I popped on here with you. And it's all about how. The true healing comes in holding space for other people, right? So this idea of it's not about healing someone else.

[00:02:32] It's not about doing the work for them, but it's really about creating space for them to do their own work. So I love this idea that you're talking about just allowing space for people to come up with their own conclusions and get there on their own. So you got a

[00:02:48] Jeffrey: What a greatperspective you don't want, how often do we personally allow and create that space for ourselves?

[00:02:54] I feel so often as we lean into this whole discussion about discovering our sense of self-awareness, you know, we aren't empowering ourselves as so often. Our pattern of how we learn to empower ourselves is restricted to that ability to just simply hold that space, to figure out who the hell we are.

[00:03:12] Dmitria: Absolutely. I mean, I think, I think that in a nutshell, everything, right, like as I've gone on my own journey around, okay, what in the world am I doing? Um, how am I going to sort my own life out is so much of it is around just creating the space for yourself to do the work, to be curious about yourself, to start to dig in whatever way feels inspired for you to try and figure out who in the world you are.

[00:03:41] Jeffrey: Yes. Who am I? why am I here? How often is that? Just the underlying current that's driving all of us. Who am I? And why am I here? You can't get to a more basic life, struggle that so often pops up for each of us.

[00:04:00] I've had my own battles with that. We're not going to dive all the way into that.

[00:04:04] We're not here to unpack my baggage today. We're here to help guide others to discover how they connect with themselves. So in our initial discussions, I know you shared a

lot about knowing how to find that self-knowing knowing how to find that self knowing is that contradictory or what, how that becomes the path to discovering parts of yourself that have been hidden, ignored and forgotten.

[00:04:35] I like to take that a step further. I feel so often that, it's safe to venture to say that a large majority of the population ceases to have a concept of who they actually are to begin with.

[00:04:47] Dmitria: Yeah. We lose that idea. We lose that, connection to ourself at such a young age. I think, I mean, I know I did.

[00:04:55] and we really focus on all these other things that are external to us to help us identify who we are. Right. We put our kids into school and then, you know, my journey was, I'm going to be a good student. I'm going to go learn these things. I'm going to become something, right. I'm going to become an engineer.

[00:05:12] And that will be my identity. I will be this thing that I become and by other people's definition. And so it's so easy to get caught up, I think, especially. In my own experience, like being a woman and working really hard to prove myself and then becoming a mother and, trying to do everything.

[00:05:30] It's so easy to get caught up in being busy and allowing that busy-ness to be your identity. Right. Because if I'm busy, then I'm important. I know for me, in my, in my career, I, remember starting to travel for work and being like, oh, I've made it right. Like, people want to pay me to travel to see them.

[00:05:50] I must be important. Okay. And then not compounded into, oh my gosh, I'm traveling all the time. I must be really important, you know? And it was all this, this mechanism for me to feel like I knew who I was and to avoid the real hard work of asking the question of who am I really? And what am I here to do?

[00:06:09] Jeffrey: Each of us, there are so many roles we have to assume in life, or we choose to assume in life that can become that overbearing burden on us. You describe self-discovery as that often critical component of personal happiness, let's begin with why you feel this goal is so essential to self-discovery.

[00:06:31] Dmitria: Well, I think that when you really know who you are, you unlock this fountain of energy and light and lightheartedness where you can actually appreciate everything that's going on around you. You get to participate in that in a completely different way. So instead of. You know, really looking to get something out of every experience and to try and, find that definition of who you are through every single experience you're having.

[00:07:01] If you know who you are, then you get to just enjoy the ride and you don't need to be constantly searching. You just get to experience. And I think that's such a big shift in my own experience of, of the entire world, honestly, um, that, that I was like, oh my gosh, when I can just sit back, relax, really know who I am and what my role is in this beautiful dance or play or movie that's, that's, you know, happening all around me and I get to participate in it.

[00:07:34] Then it becomes something really enjoyable instead of a source of stress or that I need to make sure that it's perfect in some way or. You know, whatever, whatever the mechanism is, that's triggering me to, not be able to enjoy myself.

[00:07:48] Jeffrey: As we consider the steps, so often it's essential to understand not only who we are, but why we feel we need to be that, you know, what is our motivation?

[00:07:59] To become this person, what is our motivation that's driving us.

[00:08:02] Dmitria: Yeah. I mean, those motivations, I think, are all of our baggage from our life experiences. Right. Like,

[00:08:13] And I think, I think we often focus on, you know, like what's gone wrong in my life or what have my challenges been? What is my trauma? How am I going to deal with all of that? And I took the traditional path of, being in therapy and trying to work through the trauma and, and all of the things that, you know, quote unquote happened to me in my life.

[00:08:32] And I made some progress. but at the end of the day, it really took me diving in and understanding who I am to be able to unlock the rest of it. Right. Because until I knew who I. Who I am, and feel really strongly about that. All of that felt like stuff that was happening to me and stuff that was had a negative connotation at the end of the day.

[00:08:58] And now that I know who I am and have gotten really clear on what my role is in this whole, whole thing that's happening for us, it's less about what happened to me and more about, okay, how did all of these things set up me becoming me in this moment and how can I be grateful for all of those things?

[00:09:19] And then unpacking them takes on a whole different meaning, a whole different, sort of path to getting through really the hard times in my life.

[00:09:28] Jeffrey: As you started unpacking this and asking that question, how did I get here from your perspective? what were some of the things that you experienced in the answer that created that Y you know, removing that often leaned on approach that I'm now just the victim of those circumstances, which in and of itself creates its limit.

[00:09:50] How do you then start to say, I start to understand why I started to establish that belief, why I started to establish that identity.

[00:09:59] Dmitria: I think that it's really natural to feel like a victim. Um, I think that that's part of the process. So the idea that something really terrible happens to you and you feel like a victim, , it's the natural.

[00:10:14] Response right. To that trauma that happens. But as you get the belief that we are definitely programmed to believe that. And I do, I do think that that programming is correct. So I think that you need to go through a phase of feeling like, oh, I'm the victim of this thing, then you can work through, oh, okay.

[00:10:36] How do I take a step back from being the victim and actually see myself as not a victim, but that the situation actually gave something to me. And I think for my, personal journey,

right? I had some sexual trauma happened to me as a young girl and it took me 20-30 years to deal with that. Right. And, and actually come full circle on that.

[00:10:59] Now we lost my brother-in-law recently about a year ago and quickly going from I'm a victim of this horrible thing that just happened to our family to, oh, I can see how this actually unlocks a lot of beauty for our family. How do we move through this grief and actually find some of the positive qualities of it happens much faster, right?

[00:11:23] And so as you move and get older and go through that journey, um, you can create the time that you're actually being the victim and you can reduce that. So it's not about eliminating being a victim because that is a, I think really natural response to anything bad happening to you. So I don't want. I don't want to say you should just, you know, immediately something bad happens and immediately go into, oh no, look at all the butterflies and rainbows that come out of this situation.

[00:11:52] It's like, no, we still should honor that moment of grief of trauma and then find out what is our path to quickly move through that so that we can come out the other side and grow from that.

[00:12:04] Jeffrey: Yeah, to me, that's authentically addressing those things, which are very pertinent to us. You know, it's pertinent that we feel that process it's pertinent that we understand those senses of means if we didn't have those senses, say for instance, the loss of a family member of having that level of caring, would we have that ability then to connect and nurture,

[00:12:26] Dmitria: right?

[00:12:26] Jeffrey: If we discount that feeling and say without the absence of that fondness, that longing that sense of love for others, then we wouldn't have that sense to care for each other. That sense to love, nurture, and interact. So once we discount that if we don't walk that fine gray line, where are we?

[00:12:45] Dmitria: Absolutely. You need the shadow, right?

[00:12:48] Like you need the shadow and you need the light. You need both sides of it for our reality to exist. If you just have one or the other, you're just sitting in a black hole or you're literally in the center of the sun, right? Like you're, you don't really have this existence that we cherish so much of being alive as humans.

[00:13:07] So it is really, really critically important that you honor both sides of it and really take a step back and look at how all of the things in your life actually add up to this beautiful tapestry, this beautiful life that you've created for yourself.

[00:13:24] Jeffrey: And that can be such a beautiful mosaic. Once we simply move into that role of acceptance, that role of awareness of how that then becomes essential to The identities, the stories we create.

[00:13:37] Dmitria: Yup.

[00:13:37] Jeffrey: Been guided toward this notion of attribution theory, Wiener's theory of attribution. Bernard Wiener is an American social psychologist best known for developing a form of attribution theory. To spit that out here today, which seeks to explain the emotional and motivational drives in all of us.

[00:13:58] Often that was equated through his study, through that notion of success, happiness failure, some of those more core rooted drives. We each can often adopt and feel looking at those things like that emotional feeling we have. That's guiding us looking at, how do we create this sense of identity with how and why we're succeeding, you know, how and why we relate to the things that do happen to us as a proponent of circumstance.

[00:14:30] I'm really fascinated with looking at that because that dives to another level to try to find some meaning in some of these things.

[00:14:38] Dmitria: Yeah, absolutely. And I, I think what's interesting is that you can take that model and take it sort of in a very basic, um, level, which is just success and failure. Right.

[00:14:53] And, and I think approach it from the idea of what success and failure looks like. Um,

[00:14:57] Jeffrey: For you...

[00:14:58] Dmitria: Right, right.

[00:15:00] Like, like anybody, um, you know, you start with that, but as you go through this journey of really rediscovering who you are, you know, digging into all of the baggage that we all have, it's really about redefining what success and failure looks like in our life.

[00:15:17] Right? And as you more, that definition, then the work that you're talking about with attributing, you know, how all these things are connected, then that becomes really interesting because now, instead of saying this thing over here, that happened to me, quote unquote, is linked to a success or failure in my life.

[00:15:37] It's like, oh, okay. Actually, when you redefine the successes and failures in your life, now you can start to go back and look at whatever that initiator was and say, oh, Actually that thing that I thought was linked to a failure is actually linked to this really beautiful part of me. That is a success.

[00:15:58] And so you can start to morph all of that, uh, sort of, you know, educational, theory into something that becomes really beautiful for everybody.

[00:16:09] Jeffrey: Yes. Yeah. I think to me, that link is the key. I'm glad you brought that into play today. That link it's all based on how we connect to it and then relate .Do you create a relationship that's serving you, or do you create that relationship that becomes that baggage that holds you down and limits you.

[00:16:30] That becomes just simply that friction point that keeps you stuck in your way of viewing it your way of feeling it, your way of thinking it, the energy you put out. Completely that embodies it.

[00:16:42] Dmitria: Yeah, absolutely. And I think when we tie it back to why, knowing who you are, that self-knowing, that we started with is so critical to this work is because, unless you know who you are, it's really challenging to have your own definition of what success and failure is for you, because it's different for every person.

[00:17:03] So if you don't know who you are, and this was the case for me, then you rely on somebody else's definition of what success and failure is. And then you just adopt that and snap into that programming, that game, that, that movie, and when you shift to really focusing on who am I, what does my definition of success and failure look like for me, which is very unique, then you can start to shift actually where all the energy comes from for you to execute the rest of your life.

[00:17:34] Right. And actually experience it.

[00:17:36] So it's this really, really powerful transformation that you go through when you go through the process of really spending the time to get to know yourself, because you actually take back all of the power and control that you've been giving away your whole life. And this can get like, you know, you can think about it in a very, like, three-dimensional like totally normal way.

[00:17:57] Or you can go to a very like woo way of, pulling back in your own energy and really taking control of your life in a very powerful way.

[00:18:06] Jeffrey: Yeah. I'm sitting here thinking about this as we're going through it. And I know I've been through this whole routine myself going through, you know, how I'm aligning with where I believe in things.

[00:18:17] It, how I relate that to upbringing, how I relate that to some of my own traumas, how I relate that now to my current interactions.. And I'm at this impasse say right now where I say, well, up to a certain point, where do we start to establish that as we're in our youth, where do we have to draw that fine line again, with what the parents are instilling?

[00:18:40] You know, we don't just magically come fully formed,

[00:18:43] Dmitria: right? Yeah.

[00:18:45] Jeffrey: That's where a lot of that trauma steps in.

[00:18:48] Dmitria: yeah. it's interesting because it's a question I've asked myself for myself several times. When did I lose the connection with myself? When, what was that point that I lost it.

[00:18:59] And then what was the trigger of losing it? And. In all the work that I've done, I have not been able to pinpoint a moment or a thing that happened, that, was like a light switch that turned it off. It was this gradual thing where I think, you know, as young children, we're in our own world, we are enjoying things and there's like a slow drip of how you need to behave in order to be part of society.

[00:19:24] Right. That starts to happen when you go to school and you need to follow the rules and you need to do this and that. And, and it just sort of piles on over time and slowly you lose that. So as a mother, I think about that very. Intentionally for my children. They're older now. Right. So I'm, like, I kind of figured this out a little late because they were in middle school and high school.

[00:19:48] So it's like, oh, I miss those formative years. Have they already forgotten? But you know, doing what I can at this age to help remind them what, what success really looks like in life. Right? How do you stay true to who you are? How do you remember who you are at this point? You know, my daughter, our youngest is 12.

[00:20:07] And so I say to her all the time, like, don't worry about what the other kids at school are saying. Really remember who you are, what is that asking her? You know, to define that for me at this point, what she thinks that is, and then how do you instill that? Because yeah, I mean, there is not a single point in my life where I can say that was the moment.

[00:20:27] So I feel like as long as I can help remind them at the ages that they're at, I'm hoping they hold onto whatever they have left.

[00:20:35] Jeffrey: I think that's a stark realization. We all have to come to a so often we're patterning our behavior and our belief on causal dimensions of behavior .Because of this-- this is what I, now I am.

[00:20:49] We so often have experienced our parenting experience as the child, from that role where we were instilled with that notion of you are responsible for yourself. that internal locus of self-control isn't a very frequently instilled behavior. most of the time from perspective from looking at that, the vast majority of us experiences do, as I say, and just accept.

[00:21:20] Dmitria: Yeah. I mean, that is the cultural programming that we all have that just perpetuates the ancestral trauma, the ancestral programming, you know, generation after generation. And I think we're at this really beautiful time in humanity where things that have been passed on generation to generation are shifting.

[00:21:43] And we're really, as adults taking responsibility for what's been passed down to us and what we've created ourselves and working to not actually pass that on to allow this next generation to be free, to make their own choices. And I think if you, if I look back at multiple generations, I can see that work happening at every generation.

[00:22:08] Right? Like we see like the women's movement and I think, oh my gosh, all the work that those women did to free. all the, the, the ability that I have gifted today, like I honor that. And so it's not that other generations didn't do their work. They did their work. I think that we've just hit a point right now where we can clean up a lot of the trauma that's been passed down, in a way that it really frees up this next generation to do whatever work they're here to do, which is, you know, probably to save, save all of us.

[00:22:46] Jeffrey: To me. That's an interesting point to pivot on here a little bit today, because until we start to do some of this new work on ourselves now, are we starting to fall back into some of those old pattern beliefs, you know, how do we now establish that and say, I have to realign myself in order to be more effective going forward.

[00:23:09] Dmitria: Yeah. I mean that realigning to ourselves allows us to, to sort of take on whatever issues, whatever challenges that we want. So you can start to deal with your own baggage, your own stuff that you've, um, that you've been carrying. And once you start to unpack that there are always ties back, right? There's always going to be at least to your own upbringing, your own childhood.

[00:23:37] Right. And that's scary,

[00:23:38] Jeffrey: That's crucial to acknowledge, you know, I don't think we often acknowledged the essential element of that, that a certain part of who and what we are is learned and patterned.

[00:23:48] Dmitria: Absolutely. And, and I think the way that I. worked through a lot of my like family childhood drama or trauma, was to really recognize what were the things that my parents inherited from their parents.

[00:24:05] Right. and so working through this generational trauma, this, this baggage that gets passed down, it's like, okay, I actually now have a choice to stop this. I can heal it because I don't blame my parents for how they raised me. because a lot of that came from their parents. Right. And at the end of the day being a parent, I know that I am doing the best I can.

[00:24:30] And I'm sure I've completely messed my children up. Don't get me wrong. Like, we're not like, oh, I'm this perfect parent, but didn't totally like, they're going to be in therapy too. Um, we all will. That's sort of part of it, but, um, but the idea that, you know, I'm doing the best that I can with the tools that I was given.

[00:24:49] And I hope that they know that I love them and I tried my best. And if I want that for myself, with my children being able to then go back and do that for my parents. I know you were doing the best that you could with the circumstances and tools that you had. And I know that that was given to you by your parents.

[00:25:08] And so there's this just beautiful unraveling and forgiveness and love that blooms. When you're able to take that approach to looking at how, how you were created, right? How your behaviors and your belief system was created, then you can say, okay, I really appreciate all of this. And because I can see it, I can make my own choice and move forward in the way that I choose.

[00:25:33] Not in the way that somebody else subconsciously chose for me.

[00:25:37] Jeffrey: Yeah. I think that whole view of assuming that we'll eventually all have to unravel something could be a key component that we start to focus our awareness on how do we start to disempower not only ourself with those beliefs, but then project that towards others.

[00:25:54] Assuming that we'll all do any particular thing then starts to become that subjective place of just saying it will happen. It becomes that pattern that says there is no other alternative.

[00:26:07] Dmitria: Yeah. And I think the beautiful, the beautiful thing is that we all all forget is that anything is possible. Right.

[00:26:19] Anything is possible. I'm like we live on a planet in a universe that is, you know, beyond description. We circle around the sun, which is a ball of fire, right? Somehow we're human. We have these bodies and we exist in this way. I'm like, literally anything is possible. So how do we actually take that view that anything is possible and figure out what we want, because that's the hard part, right.

[00:26:48] Actually figuring out what we want. You know, as I work with clients, as I talk with my friends, my community, you know, all of that is the hardest thing for people to say like, okay, if you can have anything that you want and in existence or not even an existence now, what would that be? And that's where people get tripped up.

[00:27:07] And so it's really hard to create the life that you want. If you don't know it right. Once you define what you want in your life, who you want to be. Then everything will align to have that create. But so often we just, it's so much easier to be stuck in suffering, stuck in the victim mentality stuck, because it's what we know.

[00:27:32] And so it's so much easier just to stay there instead of really reach into that wonderful world of possibility.

[00:27:40] Jeffrey: I think that's an essential element right there to me, we're in this path as adults when we're addressing it as adults that we have that ability then to deconstruct it, we have the ability to reverse engineer it, to put it in that kind of modern vernacular.

[00:27:56] You pointed out a key element to me, what are all of the ways we're starting to create a belief system that tells us things simply aren't possible.

[00:28:08] All of those beliefs are limiting us. All of those beliefs. Even when we think a lot of times are serving us in effect, hold us back. A lot of those views leaning into that notion of failure. This is I'm going to beat that drum today. Cause it's a big point watching people today when they frequently come to me with that element, just viewing it as a failure automatically starts to identify something as having the potential to fail.

[00:28:36] It's not discounting that things didn't necessarily meet a plan. It's not discounting that probability that, I didn't quite reach the goal or objective I met, but you start being engaged in that energy. The moment you start to call it a failure.

[00:28:51] Dmitria: Yeah.

[00:28:51] Jeffrey: How do you reverse engineer and reframe that view?

[00:28:56] just simply says it was the circumstance because you've automatically put it in that bag of failure, as soon as you start to identify it as failure rather than potential.

[00:29:05] Dmitria: Yeah. I mean, I think the question that I would ask and that I often ask myself when I'm stuck in the like, oh gosh, is my life working out how I wanted it is, how do I know it's a failure?

[00:29:16] Right? Like the things that I am striving to accomplish in my life are not measurable today. They're actually not going to be measurable until I'm gone in a lot of cases. So how can I say that something is a failure right now when I haven't seen how, how it actually takes off. Right. So that's my first question is how do you know it's a failure?

[00:29:40] and then secondly, how do you know that this thing that you're framing as a failure, isn't the stepping stone to something even better. Right. There's always the possibility that this failure is your launch pad to your next idea. That is actually brilliant and is going to deliver everything that you were asking for.

[00:30:03] we just don't know. And I think sitting in the comfort of not knowing is really challenging. It's really, it's challenging for me still to this day to say like, oh, I actually don't know everything. Right. And that's really beautiful because not knowing leaves open the possibility for more

[00:30:23] Jeffrey: Opens that sacred space.

[00:30:25] We so frequently address for that potential to exist.

[00:30:29] Dmitria: Yes.

[00:30:30] Jeffrey: What are you cramming in that space that occupies the seat that can take it, you know, are you creating this belief and notion that limits that bandwidth, that, simply allows you to evolve into it, you know, is judgment. The belief that's holding that space and saying, because of the meaning I'm assigning to this, because I feel it has to be better.

[00:30:52] can be a great state to be better, but sometimes that state, that striving for the betterness can become limiting.

[00:31:00] Dmitria: Yeah. it's the openness, right? Again, back to what we were talking about at the beginning of this, it's like, it's all about creating the container, creating the space in your life to do this work.

[00:31:13] And whether that's in a specific objective that you're trying to accomplish, or if that's actually just in yourself creating the space to look at yourself, the space to say, who am I, what am I supposed to be doing here on this world? And how am I actually giving back? How am I giving to myself those things, it's all about creating space so that you can actually allow.

[00:31:37] Yourself to exist, right. When you're filling it with, like you said, when you're filling it with all sorts of stuff back to the, like, I'm going to be busy because I want to be important. It's like, okay. So now I filled all my space with busy-ness and all to feel important from somebody else's vantage point, rather than opening up, just allowing myself to be, and then finding who I am inside so that I can actually self express that.

[00:32:04] Right. That's the beauty, that's the part where you get to be empowered and really take back control of how you're going to engage in the world and how you're going to experience it.

[00:32:15] Jeffrey: That level of discernment, discernment differentiating from judgment judgments, just simply forcing that limited belief and then saying that is what it is rather than taking into consideration.

[00:32:27] The potential, discernment moves us to that neutral embracement of potential.

[00:32:33] Dmitria: . Yeah. That neutrality is so important to everything. Right? It connects everything that we've been talking about because, you know, when I was talking about the shadow and the light, right, that space of neutrality is actually where you can see the beauty in both sides.

[00:32:51] I mean, it unlocks everything and, and it's really sometimes hard to get there because we live in a world in a society where polarity is often upheld, right. It's actually revered because you can having an opinion. You can be on this side or that side. We're not actually taught back to the programming of being a child.

[00:33:14] We're not taught to be neutral in any really. Situation you're either, right. Or you're wrong in school. There is no place to just, you know, see both sides for what it is and yeah, exactly, exactly.

[00:33:32] Jeffrey: Except things is to somehow give away all of your power so frequently.

[00:33:37] Dmitria: Yeah.

[00:33:38] Jeffrey: But in that we start to limit and constrict the bandwidth of our ability that creates that space to become the empowerment.

[00:33:47] Dmitria: And acceptance is such a key part of. I mean of everything. Right. I feel like I keep saying that it's like,

[00:33:58] right there, but it is, it's such an important thing because you have to accept yourself, you have to learn to accept others. You have to learn to accept the traumas that, that have been dealt in your life. You know, it's all about learning to accept, which then opens the door to the next stage, really, which is all about love, right?

[00:34:21] So loving yourself, finding a way to love others, more, having a deeper understanding of what love is. And that is, I mean, my personal belief is that love is the tiniest element that exists to allow for everything, right? It's the building block of creation. and so if you can get to a place where you understand what self love is.

[00:34:45] And then what loving other people actually looks like there's nothing better than that.

[00:34:50] Jeffrey: And as we reverse engineer that and look at it so often we can create our own limiting beliefs on simply what it means and what that state of love is.

[00:35:03] Dmitria: Yeah. I was listening to a podcast yesterday, actually, and it was talking about the Greek definition of love and how there's actually, you know, three different definitions, three different words for love.

[00:35:15] And, um, it was something interesting because I hadn't, I hadn't heard that before. I hadn't dug into, you know, ancient societies and sort of like, what, what love looked like

[00:35:28] Jeffrey: One I brushed up against, you know, and there again, I'm constantly. Filtering things. And I have this internal drive for knowledge in me.

[00:35:36] I know that's a part of the identity I've adopted and Eros comes to mind. I know that's what element that ties in there somewhere.

[00:35:45] Dmitria: Yeah.

[00:35:45] Jeffrey: That Greek concept.

[00:35:47] But I think so often we limit that bandwidth there. Again, we're restricting that down to simplification can be a great thing. It can be empowering, but then when does that simplification become restriction?

[00:35:59] Dmitria: Right?

[00:36:00] Jeffrey: When does it become limitation? When does it become the boundary that contains us rather than the pathway that frees us?

[00:36:08] Dmitria: Yeah. And, and as a culture, we've, we've put so much on the term love and it's interesting because the word love contains so much and yet you're right. It is bound into.

[00:36:22] Restrictive thinking when you really start to dig into what love is, or your own experience of love and start to really contemplate that you start to find that love is actually so much more it's so many other things that we don't necessarily tie to it in Western culture.

[00:36:41] Jeffrey: It's sounds like a great episode.

[00:36:43] I love to dig into that one. What was, what was the episode?

[00:36:47] Dmitria: It was an Aubrey Marcus, episode. Yeah. And he was talking with this professor. It was so good. I don't know the name of it. It, came out a couple of weeks ago. but you know, they start to talk about actually some like scientific behavioral stuff.

[00:37:03] And then at the end, just like, tangentially bring up this, like, you know, huge bomb on what love is and the definition of it. And, um, you know, so it's in like the last 10 minutes of the episode, but it's so good. so, so good because it really does open your eyes to that conditioning and really how we how we have identified love in the Western cultures as more of a sexual love, rather than this other love, which is about honoring and, um, really bringing, using love to bring other things to life.

[00:37:40] And that idea of love being something that actually brings something else to life. that definition I've experienced that, but I actually hadn't heard the definition and the idea that you could do that with nature, right. By loving a tree and actually then personifying it and bringing it to life. I was like, oh yeah, of course.

[00:38:02] That's, that's, uh, you know, definition of love and, and it gets to that. That core belief I have that love is really this building block of everything that we have. Because when you love something, you do give it life that it, that wasn't there before.

[00:38:18] Jeffrey: Yeah. And the shadow side of that can just become so grim and

[00:38:23] limiting

[00:38:23] Dmitria: Yeah, I mean, imagine, and I think, you know, people talk about this on their spiritual journey of the dark night of the soul.

[00:38:30] It's like, okay, when I am, I'm in a place where it's like, I'm going to shut down, I'm going to be internal. I'm going to like try and figure out what this is. Everything is scary. Everything. I just need my space. It's like, okay, now we've, we've constricted to a point where it's damaging where you're actually not engaging or interacting.

[00:38:47] You're not sharing your love. And you're actually not getting that feedback. Back into your system. And so you're starting, you know, most people come out of that at, at the moment where they're like, oh, okay. I actually do need this, interaction with community, with people that I love in order to sustain what my ultimate goal is, right?

[00:39:07] Because you need that interaction. You need that, that transference of energy and love, um, in order to create in a beautiful way.

[00:39:15] Jeffrey: To me, that's great connection point to interact with, you know, so often we're basing that view from the self based on causal belief, causal belief, meaning it's influenced by those external environments and motivational factors.

[00:39:31] It's something beyond you. That's, you know, there again, it's, it's a little differentiation from victimization, but you're adopting that accepted pattern that accepted reality, someone else has given you.

[00:39:47] Dmitria: Yeah,

[00:39:47] Jeffrey: An accepted view view and accepted perception that's beyond you. And then because of,

[00:39:52] Dmitria: yeah, and I am, when you are again, I'm going to take it back to when you know who you are when you've done that work, when you've created space for you to be you, then you get to use discernment to actually say, oh, I see what you're offering me.

[00:40:10] And I'm accepting that. And I'm going to integrate that into me because it's beneficial. Or I see that, and I know who I am and that doesn't, it's not in resonance with me. So I appreciate that. And I choose to be. Right. But if you don't know who you are, then it's like, oh, that kinda looks good. I'll take some of that.

[00:40:31] And that kind of looks good and I'll take some of that and, oh, I am going to take that even though it doesn't look so good, cause I don't know what I want. Right. And so it's just this

really beautiful place where you can start to engage and actually pick up the programming, the beliefs of others in a way that actually benefits you.

[00:40:53] And it is intentional, right? It's such a key to have intention with how you're interacting, what information you're picking up and what information you're passing on or what, what experiences you're passing on.

[00:41:06] Jeffrey: I think that's another great point again, I'm, I'm nudging this needle back and forth a little bit as I interact with it today, that level of passive belief, just, I'm going to take a little bit of this.

[00:41:17] I'm going to take a little bit of that. I'm going to take a little bit of this and it's just kind of filtering into you. You're accepting it from an outside source. Is that passive belief that intentionality then moves it into active belief? You know, I'm considering my environment outside influence is present, but I'm engaging it.

[00:41:38] You know, I have a little volition or choice in this matter. And then choosing the mindset. You're engaging it with that's, you know, moving to that intentional choice. When we take that one more step further and truly know who we are, and we'll get back to that. Then we start to move into that next phase of interactive belief where we're considering ideas outside of us.

[00:42:02] We're expressing our own internal ideas. We're seeing how the two interact, how they interplay, how those become connected and influence each other, then remaining open to continue to engage them without forming how we're going to restrict that belief. We're just simply allowing that presence of potential to step in moving into this idea that Carol Dweck often shares,, not yet.

[00:42:29] So often we want to establish that yet ness of things, you know, we want to make it definitive. We want to control it. We want to restrict

[00:42:36] it

[00:42:37] Jeffrey: Going back now, let's look at how we start to free that potential and start engaging some self-knowing. From that perspective, how then do we now find yourself in this present moment and say, how do I start to understand what's within me and establish what I choose and interact?

[00:42:55] Dmitria: Yeah. I think that we, that is the holy grail, right? Getting to the point,

[00:43:02] Jeffrey: We can look at it as the holy grail.

[00:43:03] But is it that hard? How hard have we made it out of our own perspective?

[00:43:08] Dmitria: Yeah.

[00:43:08] I mean, we've made it really challenging as a society to take a step back and do that work. And I think the beauty of the pandemic is that many of us were forced into a place where we had to take a look at ourselves or at least sit with ourselves, like being stuck in your home.

[00:43:27] And actually just, here's what I've created for myself. There's no running from this. And so we have this whole new perspective and it's so beautiful to see people coming out of pandemic and, and really starting to be more intentional in how they're creating their life and saying, okay, this works for me.

[00:43:47] Oh, this doesn't work for me. Right. And I'm, I'm just super excited to see what the next few years brings for all of us, because I think it will be a big shift into something new that, that none of us could imagine as we all have grown and. Taking a pause and now we're coming back together and starting to interact and build.

[00:44:08] We're going to see some really cool things happen, I think. But historically, it's been really challenging for us to just take that moment to pause and say, okay, let me find my footing and who I am, because I think that the trickiness of all of this, of the human experience is that the illusion, that definition that is programmed into us, those beliefs that are given to us by our parents, by society, you know, however you want to take it are so strong and they feel so real that it's hard to say, oh, that actually isn't who I am.

[00:44:47] I didn't make that decision. That was something I picked up over here. This is something I picked over here because it feels real to us... Right. And until you get to the point where you're like, you need something to trigger you to say, oh, this isn't actually something I chose, or it's not something I want to choose any more.

[00:45:08] And that's the moment where you can start to unlock yourself. But otherwise you're just trapped in this illusion of your own making. Right? For me, it was all about having the corporate title that was, you know, like I could throw around and feel really good about myself. I was a mother and I was a wife and, you know, I'm still a mother and wife.

[00:45:30] Um, but you know, it was like, I could throw all those things around and they felt like things that I chose and I did choose them to some degree, but. You know, it takes something to snap you out of that and say, oh, there's something more, there's more depth to me than what I've bought into. And I think that's the, that's the thing that makes it challenging.

[00:45:50] That makes it hard. Once you get through that gate, it's like, anything is possible for you. But getting through that initial gate can be really challenging for people.

[00:46:01] Jeffrey: That level of conviction that allows you to embrace that surrender. We were given that divine opportunity. If we want to label it, if we want to create, you know, we create all these perceptions that it's at levels, what is that?

[00:46:15] You know, we start to move into judgment as soon as we're starting to establish why we want to create levels, what, do levels, do they divide? They separate, it's not bringing together. So in that perspective itself can become a constricting belief. Can become this divisive belief that separates that pulls things apart because we're automatically creating that perception that it's beyond us.

[00:46:40] Dmitria: Right.

[00:46:41] Jeffrey: Even when we're looking at ourselves, a deeper me is beyond us.

[00:46:44] Dmitria: Yeah.

[00:46:45] I mean, why, why religions were created right? To separate us.

[00:46:49] Jeffrey: We're creating

[00:46:50] that energy that subconsciously says, I am not this. I am not worthy. I'm not there yet. It's wrought with expectation. It's wrought with judgment. So often yet we become completely numb to the fact we come to this point where we just blindly accept the illusion that I have to be better to be me, can become a very limiting perception, even though the intention is loaded with positivity and love. Until we reconcile and integrate those in a meaningful way, a meaningful way is meant to try to move that into discernment rather than judgment. We wrestle with it. We create that individual search for struggle and we do it willingly because we're not what? Surrendering with conviction to it.

[00:47:41] Dmitria: Yeah, absolutely.

[00:47:42] And in a lot of ways, I mean,

[00:47:51] it's so perfect. It's so perfect because, and we need that separation. We need to go through that part of our life, where we feel disconnected and separated, and like we're not good enough to come full circle back to a point where you can discover oneness where you can realize that we're all connected because without again, the shadow of separation, duality, our whole world doesn't exist.

[00:48:22] Right. We need that moment, that part of our life, where we're forgetting, where we have amnesia, where we're just, you know, totally plugged into the system and the illusion in order to break free from it and actually rediscover. The oneness, because if you don't, if you, I actually have spent a lot of time thinking about this, cause I was like, why, why do we all forget?

[00:48:46] It seems so pointless to forget. And then I realized that you forget, you go through this period of separation. That's so critical to jumpstart your ambition to jumpstart your potential. Yes.

[00:49:01] Jeffrey: I started to slide down that slope myself, without that potential. I thank you for that perspective today to see the perspective of what is the new potential.

[00:49:13] Do you really go anywhere?

[00:49:15] Dmitria: Right.

[00:49:16] Jeffrey: Really pull back into yourself.

[00:49:18] Dmitria: Wouldn't you just sit, if you, if I'm like, I was like, well, okay. So say that I took the path of, of remembering always, and I was born and I'm like, oh, I'm the one with everything. I'm one with every other person on this planet. I live in abundance.

[00:49:34] I can manifest, I'm a creator. I can create anything in my life. I can do all of this like really magical stuff. Okay. That's me as a child. I'm like, yeah, I don't know what I would create. I would just sit because everything would be perfect. So what's my drive to create an, a unique expression of myself.

[00:49:56] There isn't a drive because I'm like, oh, I'm one with everything. I can be everything. I can be everyone. I'm just going to tap into that person's experience in that person's experience and become a tree and become a bird and like, whatever. Right. So you need that idea of separation to, like you said, really.

[00:50:15] Jumpstart your potential, your own unique path of navigating the trauma and the challenges. And that's where you start to get into, oh, those, those traumatic events, those challenges from my childhood, that programming that ancestral, you know, whatever that's, that's being handed to you, like all of those are necessary for you to actually reach your highest potential and navigating.

[00:50:44] That is what gives you the tools to get there.

[00:50:46] Jeffrey: That's one I'm going to sit with today. We'll sit with that a minute. Cause you know, it's, it's obviously given me an opportunity to pause and I'm feeling that little bit of resistance in me that says be aware, be aware of it. And so the, the situations were kind of reflecting to here today, without that been a friction point sometime.

[00:51:09] Are you even considering the potential or do you just move back into the pattern and program? That's a great point to just reflect I'm going to reflect, because I don't want to interject on that today because I feel, I instinctively know myself. I'm going to move to a pattern. If I do

[00:51:25] Dmitria: interesting.

[00:51:26] Jeffrey: I'm going to call that out in myself today because I'm going to go to a pattern to try to challenge it rather than just accepted.

[00:51:33] Dmitria: Fascinating. I love when I'm triggered because, and I love it. You're here right now because it gives me this opportunity. Like you're taking right now to reflect and really learn something about myself. And so again, I, I go to, okay, and I'm not always the best at this, like any anybody else, but. There's a little flag that goes up into like, okay, you're being triggered right now.

[00:52:00] Why is that? What can I do with that? How can I learn? How is this about me and not that person, right? Like, there's all this, all this work that goes on in my head behind the scenes that I'm just like rapidly clicking through to say like, okay, what's the lesson here. So I love that. You're just sitting and reflecting and I'm, I'm also really curious.

[00:52:20] Like what about what I just said? Um, you know, is, is there a component of it that, that just doesn't sit with you?

[00:52:29] I

[00:52:29] Jeffrey: had a great conversation. A few episodes back. I'm going to deflect just a little bit here. I can bring it into context. Yeah. Where I started to do that and realized I'm sitting here saying that I'm acting on not being judgmental, but moving into those judgmental states rather than embracing that neutrality as a result of this conversation, it totally opened my mind to be aware when you move off center and become disintegrated from that neutrality.

[00:53:02] I look at every conversation I've had as evolutionary to my entire state of building throughout the course of this podcast. If I'm not growing as anybody else growing?, if I can't be willing to step into that, can anybody else be willing to step into that as a result of that, you know, the, the lines just keep drawing and connecting me.

[00:53:24] With new opportunities to advance with that, I realized as a process of this, where I start to create my own blind spots or revealing where those blind spots in those patterns might be. One of those things for me is stepping back and saying, where are you starting to restrict that energy and being aware of it?

[00:53:44] Where are you starting to insert that set belief? I tried for a moment there to cross that line and challenge based on, , discerning some other things.

[00:53:56] I'm going to leave it neutral at that, because once I cross that line, I stepped back into that role.

[00:54:02] Dmitria: Yeah.

[00:54:03] Jeffrey: That's the lesson here. That's the lesson for me. And I hope to share that with others to create meaning for them It's not up for me to discern it's their lesson, but my lesson was, you just realized where that line of neutrality crosses and you start to become the expectation.

[00:54:19] You start to become the exception. You start to become the judgment rather than just accept the potential in what you're saying.

[00:54:26] Dmitria: Yeah. It's really powerful, really, really beautiful to be able to see that and just hold space for yourself, for others in that way. I mean, really amazing.

[00:54:41] Jeffrey: Its easy to sit in this chair and try to guide it.

[00:54:44] It really is from my perspective because we know what our intention is. And sometimes that becomes a little bit dis integrated with the potential .

[00:54:57] Dmitria: Yeah. Yeah.

[00:55:01] Jeffrey: I like hitting these moments where when the two parties that are communicating, create that natural space, that's intuition to me speaking and saying, this is the moment for others to also have that potential to interact those pauses, so often become uncomfortable to us, which is a whole nother conversation about how we relate.

[00:55:25] Is it comfortable or uncomfortable in our beliefs behind that? When we empower it to just simply be neutral and not worry about whether we're comfortable or not the potential arises.

[00:55:38] Dmitria: Yeah. I'm, I'm just sitting with that. The beauty of. Of, of you actually expressing everything that we just talked about in the episode.

[00:55:52] So that's where my mind is going. I'm like, oh my gosh, this is such a, such a beautiful conversation that, that comes full circle to you, knowing who you are, you understanding what you want to take in what you would like to pass on, how you actually want to react and behave in, in any given scenario and then actually doing that.

[00:56:15] Right? So it's this really beautiful sort of end cap to the conversation that we've just had about theoretically, how you do all these things and then coming into a situation where you actually do that thing. I mean, so, so I'm just sitting here and really enjoying, um, enjoying your own expression of everything that we just spoke about.

[00:56:39] It's, it's really a beautiful example of that.

[00:56:42] Jeffrey: And then being able to surrender the ego that says, I have to feel some sense of ownership of that, from my perspective, going back, understanding what your core values are helps to align that role, share your insight on that. Understanding our core values.

[00:57:03] Dmitria: Yeah. I think core values are a lived experience, right?

[00:57:09] It's really easy to say. I believe in this and I believe in that, but as we're literally just experiencing it's how do those values that you believe yourself to have actually manifest? How do they play out in your lived experience? And so understanding not just. The knowledge of who you are, but the knowing of who you are is, uh, like slight nuance in all of this, but so critical to then actually how you show up in the world.

[00:57:43] And so, you know, whatever your, your values are, whatever your beliefs are, is great, but really figuring out how you get that from an idea or an external thought or not an external thought, but a thought into a deep embodiment, into a deep knowing so that you can express that, right? Not, I think is the key of, of shifting and transforming your life.

[00:58:12] Jeffrey: To me, that signals embracing that simple notion of acceptance and love. Those to me are the key components of that awareness.

[00:58:22] Dmitria: Yeah, absolutely. Because when you can get to a point where you know, who you are, like viscerally, feel it embody it, then you're in a place where you can start to do that for other people. Right? And so the more that we can accept ourselves and do work on, on yourself, the more that you can hold space and actually create those deep connections with other people.

[00:58:47] I think a lot about my, you know, first part of my life, if I consider myself to be in the second part of my life. Um, and I think a lot about, about how I didn't have that connection to myself, I was not taking the time to really honor myself. I was constantly doing things for other people, and it was really easy for me to do that.

[00:59:13] But what was I really giving to those people? Because if I'm not connected to myself, if I don't know who I am, if I haven't taken the time for self-care, then how can I really give that to

somebody else? And ultimately at the end of the day, what I want in my life and every day, I think I wake up and I think my intention for the day is to have deep connections with people.

[00:59:37] And that can be my family. It can be friends, it can be strangers. It doesn't matter, but really connecting with people in a very deep way. And in order to do that, I have to have deep connection with self. And that all comes from accepting who I am. My, you know, the great qualities that I love to tout and the not so great qualities that are, that are actually a part of me.

[01:00:01] Right. And so. It's like, how do I have acceptance for all of it and love all of it and take that in transparency to somebody else and say, here I am, this is the part of me that is like amazing that I want you to see. Here are the parts of me that aren't so great. And you should see those too. So you really know who I am.

[01:00:22] And then we can have a really beautiful connection because you understand that I accept me and I'm going to accept you because of all of it.

[01:00:30] Jeffrey: That creates to me that space for that neutrality, we move into that space where we simply say, is it better or worse, or is it in a more effective way in service or not of service?

[01:00:45] To me becomes a more neutral view of it because we're starting to remove some of that expectation. We're starting to remove some of those judgements from it. Some of those things that we start to form. That shadow view of

[01:01:01] Dmitria: and, and the acceptance, I think, is such a critical part of it. And we keep coming back to it in this conversation, but the acceptance of your own downfalls, your own shadow, your own, whatever you want to call it, all of the sudden show somebody else that you're going to be neutral when they show you theirs.

[01:01:20] Right? Because if I'm saying like, Hey, I'm amazing. I am, I'm amazing. But also here are all the things that make it really real, right? Like I'm not a perfect mom. I'm not a perfect wife. I'm not any of those things. Nobody is. And then all of the sudden they're like, oh, I can relate to that. Cause I'm not perfect either.

[01:01:41] I don't have to try and pretend to live up to something that you are projected. I can just be me. And then we can actually move forward in a really neutral place of how do we problem solve? How do we move through this space together in a connected fashion so that we're moving both of us ahead. We're moving both of us forward in whatever, whatever way we're we want to, right there isn't any, um, predetermined objective.

[01:02:09] Jeffrey: I feel that such a essential part, such an essential element to me is learning to allow that place to happen without those triggers responses coming in. You know, we, we feel those urges if we do acknowledge and move through them, but those responses are signaling where our attention needs to go, where our awareness needs to be present.

[01:02:30] So often that trigger is pointing out where that blind spots hiding, where we're running to, where we're restricting things.

[01:02:39] Dmitria: Yeah,

[01:02:40] Jeffrey: where we're creating our own friction point and block.

[01:02:43] Dmitria: Yeah. And the awareness of friction right. Is so powerful. And again, back to that programming, when we encounter friction, we usually just move away from that.

[01:02:57] Right. And there's such power in leaning into the friction in a neutral way. Right. It's like, how do you lean into that? Trigger into the friction that we encounter all the time and say, what can I learn? What is it what's showing up here for me, right. How are you being the mirror? Because this isn't about the other person.

[01:03:19] If they're just reflecting something for us to see, it's like, okay, what can I see here? How can I grow? How can I become more, And, you know, that is, if you knew me before in my life, you know, Dmitria one point, oh, you'd be like, that's not a question that that girl would ask. So, so to be here now, you know, to be able to lean into that, I think, especially it's, it's so easy in relationships and, you know, with your spouse or with your children or with family members, it's so easy to just say like, oh, that person drives me crazy.

[01:03:54] Or like, this is something they need to work on or whatever, but leaning into those friction points and saying like, okay, there's something here that I need to look at. Yeah. That will, that will open you up in a whole new way, um, to, to discovering parts of yourself that you may or may not want to deal with.

[01:04:13] Jeffrey: Yeah. So often we place our awareness on the state of that. Are we comfortable or uncomfortable? Does this make us anxious? Does this make us feel uneasy? That was meant to be the signaling point that just simply says pay attention.

[01:04:29] Dmitria: Yeah.

[01:04:30] Jeffrey: Once it has your attention, how then are you choosing to empower it?

[01:04:36] Are you answering the call in an effective way, or do you continue that active, just ruminating over it and feeding the cycle of not bringing it into your intention, bringing it into your purpose, bringing it into your sense of focus, creating all of these actionary states rather than reacting to the way you're feeling.

[01:04:57] Dmitria: Again, it goes back to creating space, right? Creating the space for yourself to actually have intention in your response so that you're not reacting. I mean, the family I grew up with was only reaction and only yelling was their only mode of communication that was taught. Right? Like, like the idea of having a conversation was very unusual in our, in my childhood.

[01:05:21] So this idea of that there is a possibility, there is a way there's actually a whole world out there that communicates where they actually have intentional thoughtful conversation was new to me. Um, but, but it is, it's about creating that space. And so it comes back over and over and over, in really any way that I approach, dissecting all of this work.

[01:05:45] How do you create more space? How do you create more space in yourself? How do you create more space between your thoughts? How do you create more space between your

trigger and a response? So it's not a reaction. How do you create more space for somebody else so that they can show up and actually share information, share who they are, share their energy, share their light.

[01:06:07] How do you do all of that in all those different ways so that your life can feel more full?

[01:06:14] Jeffrey: I feel leaving those questions open-ended today is the best service we can do to our listeners.

[01:06:21] Dimitria: Absolutely

[01:06:22] Jeffrey: because those questions are best addressed, more effectively addressed when they are connected inside.

[01:06:30] We resist them a lot of times, and there's a lot of reasons why we resist that input from others. We're not going to dive into all of them, do they? Because that's a whole nother hour plus conversation Leave that space because that's what we're speaking to today. Simply ask the question that begs to be answered.

[01:06:51] Where can our listeners go to connect with you. Dimitria for guidance on finding this inward discovery and creating that new sense of self-awareness.

[01:07:00] Dimitria: You can find me@luminancehealing.com or on Instagram at luminance ceiling.

[01:07:06] Jeffrey: reach out to Dimitria . I want to thank you through and through today for such a truly enlightening conversation.

[01:07:13] You brought me to a point where I started to catch my own shit today. So I thank you for that because that's a beautiful thing rather than feel that prickle and dive into it and resist restrict, pull back. Thank you for giving me that space. And thank you for allowing us to truly empower this conversation.

[01:07:33] Dimitria: Thank you so much for having me. It has been an honor and so much fun. I appreciate it.

[01:07:40] Jeffrey: I appreciate you too. Namaste the light in me, acknowledges the light. Can you please come back soon?

[01:07:46] Dimitria: Thank you.