

Jacquelyn Vasquez

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[00:00:00] Jeffrey Besecker: Hello,

[00:00:00] Jacquelyn Vasquez: how are you doing great.

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[00:00:03] Jeffrey Besecker: Jacqueline, how are you

[00:00:05] Jacquelyn Vasquez: doing well? How are you? Thank you for having me. Thank you

[00:00:09] Jeffrey Besecker: for joining us. I'm looking forward to our conversation today.

[00:00:13] Jacquelyn Vasquez: Yes, me too. Me too. I've alerts all, all day since yesterday. I'm like, yes. Excited. .

[00:00:24] Jeffrey Besecker: I'm

[00:00:25] interested in finding that tie in with your book.

[00:00:29] So I think we're we're well aligned for today.

[00:00:32] Jacquelyn Vasquez: Yes, me too.

[00:00:34] Jeffrey Besecker: Awesome. Well, I want to jump in with a conversation on. Embracing the optimism and seeing the potential in those around us and learning to stand in our own light, which is the title of your book standing in yourLight. Yeah,

[00:00:53] Jacquelyn Vasquez: absolutely. Oh, I love this already.

[00:00:58] Jeffrey Besecker: It's gotta be a fun one. I know from our interactions that our conversations, your personality just shine. So I'm looking forward to allowing that personality. To come forward in shine today in our conversation.

[00:01:11] Jacquelyn Vasquez: Yes, I'm. I'm excited. This is gonna be great.

[00:01:13] Jeffrey Besecker: So are you all ready

[00:01:15] to roll?

[00:01:15] Jacquelyn Vasquez: I'm ready to roll.

[00:01:16] Jeffrey Besecker: Let's roll. I'm gonna roll you end by saying you are the author of the book standing in your life. And the book teaches us to fall in love with the life we live in. Find joy in even the little moments around you.

[00:01:32] Jacquelyn Vasquez: Yes.

[00:01:33] Jeffrey Besecker: That to me is such a wonderful thing to lean into because so often I feel we get entangled in that pursuit of the bigger, the greater, the better that we lose sight, that there is that simple joy in the little moments around him.

[00:01:50] Jacquelyn Vasquez: Yes. I, 1000% agree with that. And you know, it's funny because when I tell people about the book, my simplest way of explaining is that, you know, that bird that's tripping outside your room and you could be thinking, oh my gosh, hush, or you can sit and enjoy the beautiful music of the birds. Enjoy the moment.

[00:02:11] See why you're being woken up and just really just embracing that time. So, yes, I am very big on enjoying the moment, finding the joy in every moment and just capitalizing on it.

[00:02:24] Jeffrey Besecker: It's

[00:02:24] just leaning into that simple act.

[00:02:27] Jacquelyn Vasquez: Yeah

[00:02:27] Jeffrey Besecker: . Attitude and appreciation.

[00:02:29] Jacquelyn Vasquez: Yes, gratitude and appreciation. And literally in my book, I have a whole chapter on gratitude.

[00:02:35] And what I talk about is the fact that in every single religion, you can't find one that does not talk about gratitude. Every single religion, every single practice of just really what I call practice of love is behind gratitude. Gratitude is exactly the moment of happiness. That is where you find it.

[00:02:57] Jeffrey Besecker: And with

[00:02:57] that kind of mention, you know, we have to just simply embrace the importance of that day.

[00:03:03] Jacquelyn Vasquez: Yes, we have to embrace it. I think a lot of the times we get caught up in the should the woods, the cooks, and rather than just being happy in what's going on right now. And let's even in the adversities, our adversities are there to teach us lessons.

[00:03:20] They're there to elevate our lives. And so when we get sad or bamboozled or upset about an adversity, we're not doing our stuff. Justice. We're not giving ourselves anything beautiful to stand upon because really that adversity is teaching you a lesson it's taking you higher. It's taking you to the next level of your life that you really probably want to get to.

[00:03:42] So just being happy and grateful in the midst of adversity. And it's funny. Sorry, I have to bring this up. So I'm reading the outcomist right. Have you read the outfit, man? Oh my God. Love the book. And so I'm reading the Alchemist right now. And in the Alchemist he's talking about this situation, he got robbed and he's sitting there in the middle of the market with no money.

[00:04:04] And he said, I could either be upset right now and look at myself as this man who was just robbed, or I can look at myself as an adventurer, look at this as an adventure and it took a totally different route for him. So it's just funny how it's about your perspective. Yeah. How are you looking at your situation?

[00:04:24] Is it terrible? Is it horrible or are you grateful for the good, the bad

[00:04:28] and the ugly?

[00:04:30] Jeffrey Besecker: That is such a powerful, powerful point to step off of today? I just love that, what are you choosing to view and see ultimately becomes the situation you bring into being

[00:04:44] Jacquelyn Vasquez: yes.

[00:04:44] Jeffrey Besecker: That same thought in idea holds true.

[00:04:49] When we relate and react with others, I know this is a big, important role you place in life. You stated when it comes to authentic relationships in learning to love this life we live, the experience with others is centered around understanding, like to lean into

[00:05:08] that today.

[00:05:09] Jacquelyn Vasquez: Yes.

[00:05:11] Jeffrey Besecker: Can you share your thoughts?

[00:05:13] On how we can begin to deepen our relationship with others by simply seeking to understand first, then be understood.

[00:05:23] Jacquelyn Vasquez: Yes. So a lot of the times , we fail to realize that our relationships with others, their relationship with you is based on everything they've been through. Your relationship with them is based on everything you've been through.

[00:05:38] And so a lot of the time, not even a lot of the times, most of the time, We are missing the communication there because somebody is talking about their perspective. Oh, I've been through, a lot of different things, you know, and versus somebody else they've been through other things. And so they're going to be talking to me based upon.

[00:05:57] So I like to give examples, I'm like that type of person, but let me just give an example, right? Cause this is, it sounds like I'm just talking in circles. And so for me, um, I'm always giving an example of dating cause like, I feel like it's something we all can relate to, but like I say, I've been in crazy relationships.

[00:06:13] I've had all these terrible boyfriends and then I'm talking to a woman who has, only met one person and they married the love of their life. My. Take on relationships. It's going to be completely different than the person who has been with one person. My take is going to be like, oh, look at this, don't trust this.

[00:06:32] Like, I may be a little bit more skeptical rather than somebody who's been in. One relationship is well, just trust it. See, they may be more open. So when you're taking time to understand someone you're looking at them from their perspective, everything they've kind of just been through or taking a walk in their shoes, so to speak.

[00:06:52] Right. And so if I get into the lady who hasn't been in any relationship shoes, I'm going to think to myself, okay. Her perspective is going to be different than mine. Let me listen to her. Let me try to understand her for who she is and where she's coming from before I respond and try to get her to understand me.

[00:07:14] And a lot of the times this understanding will, I mean, you won't miss a beat because the moment you understand it allows you to. To explain to them, or you may not even have to explain anything because now you understand where they're coming from and you don't have to go back and forth because it's more like, you know, misunderstandings have a lot more to do with.

[00:07:36] When we don't listen to each other fully. And when I say, listen, I don't mean just listening with your ears. I mean, listening with your heart. And that's where understanding comes in for me, I'm going to sit and I'm going to listen with my heart, you know? I try not to go too. Like w you know, political when it comes to things, but when it comes to like, say like black lives matter, or, you know, when you sit and really put yourself in somebody's shoes, rather than just saying, well, I understand based upon this fact, I understand based upon what I've been through, when you put yourself into somebody's shoes and say to yourself, if this were me with everything they've been.

[00:08:19] How would I now respond? Would it be different? And most of the time it'll be different because your reaction is only based upon your perspective.

[00:08:28] Jeffrey Besecker: so often that's placed from an ego perspective, you know, we're seeing it simply from our eyes and our filters.

[00:08:36] Jacquelyn Vasquez: Exactly

[00:08:37] Jeffrey Besecker: powerful.

[00:08:39] Jacquelyn Vasquez: Yeah. And it's so funny.

[00:08:40] Cause when you were saying that I was like, God, this could go so deep.

[00:08:46] Jeffrey Besecker: And we're afraid of that. So often, you know, far too many times, from my perspective in that bring my perspective to play there in that going deep, that very act. Contradicts these notions. We often pitch out there. Let's find a better us.

[00:09:03] Jacquelyn Vasquez: Yes.

[00:09:04] Jeffrey Besecker: We build that fear to lean in. To just simply develop that

[00:09:08] knowing,

[00:09:09] Jacquelyn Vasquez: develop the knowing, because what you don't know, you don't know. But developing the knowing is asking the questions it's engaging in the dialogue. It's really sitting and not just listening with your ears, like I said, but listening with your heart, taking the time to really get a feel for an individual and their perspective.

[00:09:28] And not judging them for it. That's another thing about understanding. We're not here to judge. We're not here to say, oh, well, that's wrong. It's really just listening. open ears, open heart, open understanding, you know, I have a teenager. And so I find this sense of understanding really helpful in my relationship with him rather than, you know, just like right now, all these kids just went through a pandemic.

[00:09:53] They all went through a pandemic. They all went through school in a way we've never done school before. Right. And so when you try to understand from that perspective where I've never been in this situation, I've never been in this place. I've never had a pandemic. When I was in school, as a freshman, my son was a freshman during the pandemic.

[00:10:13] I got to do freshman year and enjoy the freshmen activities, you know? And so a lot of the times I tried to be very understanding to his perspective, his schoolwork. I tried to be very supportive and I would sit in his room, just go there and sit and ask and be like, baby, how are you doing? How are you feeling?

[00:10:31] Are you okay? And that understanding really? I mean, we got closer in the pandemic. I know some parents probably did get closer to their kids because that was a lot more time with him. Now

[00:10:43] Jeffrey Besecker: we're close. Whether we like it or not.

[00:10:49] There simply was not a whole lot of choice there.

[00:10:54] Jacquelyn Vasquez: Each other's faces.

[00:10:55] We had to find new ways of hanging out. but yeah, it was a lot of trying to understand him as a person because our kids are humans too. They have feelings, they go through things. And so I think understanding needs to be used everywhere.

[00:11:08] You know, say you're a boss and your employee is calling in a lot instead of being upset. Like why aren't they calling in? So. You know, just talk to him, try to find out what's going on. What are you missing? What about work is not working for you? You know, I think if we all were more understanding in this world, we would all be a lot happier.

[00:11:27] Jeffrey Besecker: You mentioned that act of judgment, you know, so often I feel that non-judgment is that crucial misunderstanding. We form in our own view of others in our own view of ourselves. Yethow do we take all of these elements together? What are these basic elements of understanding both ourselves and others in order to effectively connect with ourselves and then order to open our availability to

[00:11:53] others.

[00:11:54] Jacquelyn Vasquez: Yes. it's honestly being aware of the fact that your opinion is nothing but a judgment you're you're seriously, anything that is happening to you, even in a situation. That's why we're sitting here having the conversation about, finding the joy, finding the happiness. You can find the joy and the happiness in every situation.

[00:12:14] And so at the end of the day, in order to. not erase the judgment cause we naturally kind of just have that to, to judgment. So, yeah, but it's also just being aware, Hey, this opinion is just that maybe if I go get the facts or if I try to gain understanding in the situation, it may change this opinion or being aware of it.

[00:12:39] Yeah. Our ego is sitting there doing all the talking all the upset. Anytime that you're overly upset about something, that's your ego, your ego is upset about something. What does it not about? And try to find out why, but just realizing that your judgment is just that it's your opinion and your judgment can literally be on I'm watching something on TV.

[00:12:58] And Ooh, I don't like that. Or I don't like what they just said. That's your judgment. Right? And so when you're judging the situation stop and you know what. Let me try to see it from all perspectives. Be the judge in your own court. Right. I need to get all the facts. I need to get all the testimonies before I can make a valid.

[00:13:22] Decision. Um, I was reading a no, no, I think I was listening to, um, I have a lot of lovely people I live with say to Bob Proctor, Bob properties. Amazing. And so, and what Bob Proctor's, little YouTube things he was even saying . it is positive aggression. And what do you mean by positive aggression?

[00:13:43] It sounds like a major oxymoron, but what do you mean by aggression is the fact that when you positively seek the truth, when you positively seek what it is, the answers that you may be looking for you aggressively can go after it from a positive perspective. And that just basically means not judging getting all the information and then making a decision based upon all the facts.

[00:14:10] Now I can move forward and I'm going to do something positive with this information I've received

[00:14:15] Jeffrey Besecker: that

[00:14:15] awareness is exploration and discovery that exploration and discovery opens us to availability. Yeah. Those availabilities allow the potential to evolve.

[00:14:39] Jacquelyn Vasquez: I love that. Yeah.

[00:14:41] Jeffrey Besecker: Simply seeing that perspective of others and that acceptance is the piece

[00:14:46] again.

[00:14:47] Jacquelyn Vasquez: Yes, yes. And your evolution is up to you. It's up to you. We can easily stay in our same thoughts, same opinions, all our lives. And be stagnant, .

[00:15:00] Jeffrey Besecker: I was just going to add that. In order to know others first, know thy

[00:15:05] Jacquelyn Vasquez: Yes. And when you know yourself, And we're not just saying, I know I like chocolate. I know. I like, you know what I mean? We're saying deeper, like when you fully know and comprehend yourself for who you are, that sense of, I love me for all of my attributes.

[00:15:23] You start to get to, like you're saying. You get to a point where you're open to understanding you're open to, uh, you know, the availability of, others. Like you're open to it. You're not open to it when you don't love yourself, because you're too busy worrying about what other people are thinking about you, what other people are saying about you.

[00:15:42] Like, you're so worried, but when you love yourself, you're not worried about it. And when people come to you and they give you advice or things that can help you, you're more open to be like, Hey, I like that. I'm going to take that on because that's going to add to me who I already know she's going to enjoy that piece.

[00:15:59] Jeffrey Besecker: Yeah. You've

[00:15:59] mentioned learning to love ourselves as such a crucial part of that process. As a part of that process, you've also mentioned the role gratitude plays in learning love ourselves from your perspective, why does that create such a crucial role?

[00:16:15] Jacquelyn Vasquez: So. Learning to love ourselves. And the reason gratitude plays such a crucial role is because gratitude is how you learn to love yourself.

[00:16:25] Like seriously, like being thankful or who you are, the experiences that you've had, the, the quiriness about you or the just loving. The pieces and the aspects that you bring to this world, you know, I am an advocate for this. I say this all the time. We are all gifts we are gifts to the world. your podcast is a gift to anybody who gets a chance to,

[00:16:54] Jeffrey Besecker: well, thank you.

[00:16:57] Jacquelyn Vasquez: Beautiful conversation. And so it's a gift and your gift to the world is your light that you shine upon them. And so the moment that you get into understanding and loving and acceptance and gratitude of who you are and your gifts and the beauty that you bring to this world that love for yourself, you're going to want to shine the gift more.

[00:17:22] They're going to want to show the gift more, work into the gift, and you're going to love the gift because you're going to see how it serves the people around you. And so I'm a very big advocate. This self-love has a lot to do with just loving the gift that you are. And then the moment you love the gift that you are, you see the gift and other people they're like, Ooh, I see that person's gift.

[00:17:45] You're fabulous.

[00:17:49] I love you because you see the gift in yourself. So self-love is a pedicle part. It's the beginning part to being able to be happy, to being able to have joy and to being able to love the life that you live.

[00:18:05] Jeffrey Besecker: If we don't believe in that gift, it's hard for others to also find that belief, to find that connection we're telling others what we believe about ourselves.

[00:18:16] And so often that projects out with that energy

[00:18:21] Jacquelyn Vasquez: projection, projection is like a straight relationship's

[00:18:28] terrible because you start to live, like you say, you're projecting. You know, especially when we don't feel good about ourselves, we're projecting, like you said that onto other people and onto the world. But imagine if we all felt fabulous about our gifts, we're going to project that happiness that I love my gift.

[00:18:47] I love the person that I am and the people around us, they're going to try to find that same thing because they're like, oh, I want to love who I am. I want to love my guests. So yes, the moment that people start projecting the negative, you're like, oh, you poor thing. Why don't you just relax a little bit.

[00:19:03] It's okay. That's not what I said. I've definitely had encounters like that. Like how did you hear, that's not what I said, where are you getting this information from? Because they're projecting,

[00:19:14] Jeffrey Besecker: projecting

[00:19:15] that filter of what they feel and see out of expectation in that situation. Sometimes it's merely the projection of past experience on our own.

[00:19:25] Sometimes it's the projection of beliefs, others. Leave ingrained in us. You know, we learn by those environments. We live in grow in those environments. We evolve forth from yes, if we constantly hear those messages that tell us contradictory to our true joy, our true values are true. We often start to believe

[00:19:47] them

[00:19:48] Jacquelyn Vasquez: 1000%.

[00:19:51] So here's the deal. We start off as children with these beautiful beliefs in ourselves, in our abilities. That's why some of us are like, I want to be Superman. I want to be wonder woman. Right? Like I want to be these amazing characters that I see because we see that strength within ourselves, you know, unfortunately, We get broken down by life, parenting, teachers, older siblings, peers, they'll break you down, you'll tell somebody, I want to be wonder woman. You can't be no wonder woman. You ain't got enough muscles. Right? Like you hear all these things and you're like, well, oh my God, I, I guess I can't.

[00:20:30] Well, what's the next best thing I can do. Like, we start to diminish. Dim, our light is what I like to call it other people. And the thing about it is that's why getting back to loving yourself is so important because everything that we've been through it has dimmed our light. And so that's why in my book, standing in your light, chapter two is all about love for yourself.

[00:20:54] It's my longest chapter and the reason it's my longest chapter is because it's the most important.

[00:21:02] Jeffrey Besecker: the foundation,

[00:21:03] Jacquelyn Vasquez: it's the foundation. And if you're looking, if you know, if you've heard all your life right. You know, not to, not to put all of my little business out there, but like my mom used to tell me your older sister, saves your younger sister saves you are just not a saver.

[00:21:18] And so I went about my life thinking I wasn't a saver. And so every time I would give money, what am I doing? I'm spending it. I can't save. I'm not a saver. Right. This was a story. I believed myself. And so in my chapter, in that book, I talk about getting into the book. Getting reacquainted with that person you have always wanted to.

[00:21:40] And it starts with, uh, you know, for me, I mean, for you, it'd be hello, handsome for me. Hello. How you doing boo for yourself back? Just as like you were to find a new relationship and you're dating and courting this person you're waking up. Good morning. That's the first text you said, right? Good morning.

[00:22:02] And all this other stuff, get in that mirror and tell yourself that rebuild that relationship. Right? Good morning. Gorgeous. How you doing today? And then you can go into affirmations. Affirm what it is you want to do what it is. You want to be remind yourself. You wouldn't even have the affirmations. If it wasn't already within you, that affirmation wouldn't even resonate.

[00:22:25] So you must remind yourself. Okay. So it is highly important to get in the mirror, to reacquaint yourself with that fabulous person staring back at you. The moment that you do that, you could do anything. You can be anything because you are in control. You're the creator of your destiny.

[00:22:46] Jeffrey Besecker: It's such a brilliant reminder to me that day.

[00:22:49] That role, that, that self-talk often plays. Yeah. So often it's going on in the background of our mind reaffirming, what we do not want to become simply stepping back into that light to say, this is the true voice of what I wish in hope and want and desire to become. And then living that Truth

[00:23:15] Jacquelyn Vasquez: yes, 1000% step back, right?

[00:23:18] Yes, yes. Is where you belong. You don't belong in the dim light? No, no, no, no, no. None of us belong in a dim light. I don't care if you say I'm shy, I'm introverted. No baby, but you still got your own light and that light is where you belong. And so, I mean, I don't know if you've ever noticed there's some people, yeah, I'm really shy, but then there's certain spaces.

[00:23:41] Where they shine. Yes. There's certain spaces where you go into that space with them and you're like, oh my God, you're amazing. Can be the nerd. The nerd may not shine in the big classroom settings, but you get that nerd alone in there, you know, there, and I'm saying nerd to be to just generic. I'm sorry.

[00:24:04] I don't, I'm not trying to offend anybody. Amazing. I like robotics. And so they get into their robotics, community and they shine, you know, or the person, the cheerleader, she may do terrible. Like my daughter, there's certain things she's terrible at, but when she gets into her cheer section, she shine.

[00:24:25] And so it's just a matter of finding your shining lights space and standing back in that light. That's where you belong.

[00:24:33] Jeffrey Besecker: That light is the subtle difference between. That nerdy story and that story of switching it to owning that and becoming a true genius.

[00:24:43] Jacquelyn Vasquez: Yeah. Come on now, you know, Steve jobs probably wasn't popular in high school

[00:24:53] when he found his light, honey, he shied okay. The phones and the, I mean, we can't live without them today. And so it's just a matter of finding where you shine. They say, what was it? Richard Bronx. He didn't even graduate high school hunty he didn't even graduate, but now he runs Virgin. So it's just so many things that just finding where you shine and standing right in your life, you will do nothing but sore.

[00:25:23] And I feel a lot of people just get so scared. Like, I feel like this is where I sh I'm supposed to be, but I don't shine here. Baby,you better find,

[00:25:33] Jeffrey Besecker: so in your book, standing in the light, how do you help guide others to find that shine, to develop a solid self-concept centered in personal life? and

[00:25:44] confidence?

[00:25:45] Jacquelyn Vasquez: So I start off literally with love for herself. Then I go into conversations about loving others. And I'm not just talking about lovers, you know, significant others, or I'm just talking about everything, loving others, whether it could be. It can literally be, I have love for dogs. I have love for cats.

[00:26:05] You know, I have love for the homeless. I like to help the homeless, but it's just finding where you find the most love. And it's funny. Cause I had a teacher in high school. Tell me you write too much about love. I've always been obsessed with lab.

[00:26:20] Jeffrey Besecker: No, that's an interesting why, why wouldn't we want to diminish that light in somebody else?

[00:26:26] You,write. You associate, you connect too much with LOVE!. Yes. That's where we throw in that water on that fire?

[00:26:36] Jacquelyn Vasquez: It did it really did. I'm trying to write about other beings. I'm like, what do I write about, please

[00:26:44] Jeffrey Besecker: lean into that with us today. If you will lean into, how did that experience feel to you as you're going through?

[00:26:51] Jacquelyn Vasquez: So it's funny because I never realized I've always been a writer, never realized it. And so when she said that it, I stopped writing as much because I wasn't as interested in writing about other things. And so it's the same as what we're saying, somebody will tell you something and it dims your light.

[00:27:10] That was my senior year in high school. If she would have told me Jacqueline, you're an excellent writer, you can do anything. You set your mind to. That would have been different. I probably would have went a different route or different road, but for me it dim my light. I just, you know, right out of high school, I'm working.

[00:27:25] I just started working. I'm like, well, I just need to make this money then. Cause I ain't got it. Be able to do the things I want to do, you know, but it wasn't until college. I had a teacher tell me you are excellent. And I was writing about love again. Yes, you are. Excellent. You need to write a book. And it was that moment that it, everything changed for me.

[00:27:47] But what I really want people to understand and realize is you don't have to wait for that moment. That moment is within you. If somebody is telling you, you're doing too much of something, Okay. Maybe, but all within the same breath, there's a reason why you do so much of it. There's a reason why you're drawn to it in such a way lean into it.

[00:28:07] Just like you were saying lean into that, lean into it. I should have wrote more about love the moment I heard that.

[00:28:14] Jeffrey Besecker: So when you're connecting with that, where are you feeling that energy?

[00:28:19] Jacquelyn Vasquez: Oh, with writing about love.

[00:28:21] Jeffrey Besecker: Yes.

[00:28:21] Jacquelyn Vasquez: Oh, well, in my stomach, in my belly, in my heart, like comes up. Yes. And, and I love that you just brought that up.

[00:28:32] Our feelings are definitely all over our bodies. They're all over our bodies. And when you realize. Where the feeling is coming from. I love that lean into it. Like, just get that feeling of, Ooh. Okay. What is that about? Like get into your body, feel the feelings, think the thoughts and just let it kind of run away with itself.

[00:28:53] And so the moment I started writing my first book I wrote, when I started writing, I was writing about relationships, all these bad relationships, and then I decided, you know what? Yeah. I'm going to write a love story. And my love story is going to be to everyone and I'm going to show them how they can love their life.

[00:29:13] And that's how my book came about

[00:29:15] Jeffrey Besecker: That to me is just pure brilliance, pure genius. What you feel in your heart, in your gut, because that's that voice of instinct. That's connecting you with all of that energy, all of that. Light

[00:29:36] Jacquelyn Vasquez: it felt so. Right. And you know, I, I, I, it's weird. I say I hate telling people this, but I love telling people this, because this is my true story. I literally would wake up every morning and I would write my book on the day. No lie. First thing in the morning I get up and I'm sitting there and I'm writing it in my book.

[00:29:56] And that little time to myself was everything that was me, literally standing in my light. And I would just sit there, give myself 20 minutes each day I wrote my book. And about three months because I gave myself that time every single day. And so all I want to tell you is, you know, anything that you have that is special.

[00:30:21] I mean, that one thing that everyone's like, God, you're so good at that, but you, you don't think nothing. Lean into it. Give yourself a little time, doing it every day. See if it brings you joy. And if it brings you joy, continue to do it. Because at that moment, you're seriously in your light

[00:30:39] We

[00:30:40] Jeffrey Besecker: have to have that space for that spark to take form and create that light.

[00:30:46] Jacquelyn Vasquez: Yes. If we're crazy.

[00:30:50] Jeffrey Besecker: Yes. I we're cluttering up that space with the thoughts of others, other things going on, the beliefs of others, there's so much junk, garbage baggage, whatever you want to call it, that's in a way, you know, we become hoarders. Of other people's things. so often people it's not even hard junk,

[00:31:11] Jacquelyn Vasquez: not even

[00:31:17] that's why, when you fall in love with yourself, again, you get to the point where you're like, That's my mind, you know, because you're able to go into your body. Like you said, feel your feelings in your body. Where's that coming from? And you'll know it's not yours. I've had an experience where I was having a feeling and it didn't belong to me.

[00:31:39] It did not belong to me. And I never knew why I felt so icky. And I gave it back to the person I literally in a meditative practice was meditating. And I said, you know what? I give this back to them. I gave it back to him. I've never felt happy. Haven't felt happier since like that feeling of giving back something that wasn't mine, that didn't belong to me, that was worrying me constantly was the best feeling ever.

[00:32:03] And so it's important to, that's why loving yourself is important because then you start to understand what belongs to you, what doesn't belong to you, what you want to do, what you don't want to do. And so finding that space, I'm just going to throw this out there. I do something every morning. I call it the twenty, twenty, twenty, um, it's 20 minutes of mindfulness, 20 minutes of soulfulness and 20 minutes of moving my body this little in the morning to myself, for myself.

[00:32:32] Oh, yeah.

[00:32:35] Jeffrey Besecker: If you don't give it to me, nobody else is going to

[00:32:38] give it to you.

[00:32:39] Jacquelyn Vasquez: Aint nobody going to give it to you

[00:32:41] Jeffrey Besecker: and give it to

[00:32:49] Jacquelyn Vasquez: so much space. It's allowed me to stand in my light more. It's allowed me to love on myself. You know, I say affirmations every morning in the mirror, you know, I met him. Every morning just to get that balance. You know, they say the chakras. I'm trying to balance them all. I want my mind happy, my soul happy and my body happy before I attack the day.

[00:33:10] Jeffrey Besecker: You

[00:33:11] mentioned that junk. Or we mentioned that junk. It was joint effort. I think to bring that into a perspective, you know, my fiance and I are going through all of this stuff, preparing for a garage sale. You know, every year we have a family garage sale. If you don't take that time to evaluate, does this create value for me?

[00:33:32] Does this have a purpose? Does this bring joy? It just piles up. It's just stuff taking up space. Does this space create meaning?

[00:33:45] Yes.

[00:33:46] Until you take the time to go through it, you know, it's sitting around back there collecting cobwebs, collecting dust. You have to take the time regularly to question, why is this here and what am I making of it?

[00:34:01] Jacquelyn Vasquez: Yes.

[00:34:02] Jeffrey Besecker: If it's not

[00:34:02] making

[00:34:03] anything, get it out.

[00:34:05] Jacquelyn Vasquez: Come on.

[00:34:09] Jeffrey Besecker: Yes, amen.

[00:34:13] Jacquelyn Vasquez: In our closet. Some of us can't, even

[00:34:16] Jeffrey Besecker: when we ran out of space, what do we do? So often we buy storage space, sock, this junk, in a hole. Nobody sees it. It's back there collecting dust,

[00:34:31] and we're not doing nothing.

[00:34:33] Jacquelyn Vasquez: 1000%

[00:34:34] and some of us can't even open drawers because that will just compile out,

[00:34:43] lighten the load, lightened the load. And we're talking about an emotional. We're not even really talking about actual physical things, because it can go both ways. We could be talking about cleaning out your actual closet. Right.

[00:34:57] Jeffrey Besecker: Kind of one in the same,

[00:35:00] in a lot of ways. And so often that very material junk we're holding on to.

[00:35:06] Has a lot of the energy of that baggage dragging along with it. What's that energy is there, that experience is there so often we're still living through that filter. Yeah, it's just haunting us back

[00:35:22] there in the background,

[00:35:23] Jacquelyn Vasquez: haunting us. That's what I was saying. The skeletons in the closet, they're haunting you.

[00:35:28] And a lot of the times you just gotta clear it out and clearing out the emotional baggage definitely can look like, you know, like I was saying a minute ago, meditation. I really believe in counseling. So you can find yourself a therapist, find a therapist, talk it out, friend, find a coach, but find somebody that's going to help you remove the baggage.

[00:35:54] You know, again, our subconscious mind is like the emotional mind, you know, that's, that's where the emotions hang out. And so anytime you have that much baggage, that baggage is hanging out in your subconscious mind. And unfortunately, When things hang out like that, like say you got up one day on stage to speak in, in, in school and it went terrible.

[00:36:14] Everybody laughed at you. And now you're like, I didn't realize I had this, this, this fear until you have to get up on stage again. And all of a sudden you're stuck and you don't say a word and you don't know why words aren't coming out. Why is my body's not moving? What's going on? You never cleared the emotional baggage.

[00:36:31] And that's what I say. Emotional baggage comes up at the worst time at the most inopportune time when you don't want it, it's popping up. And so that's why it's important to clear it. Clear the baggage, clear it before it's too late or clear it before it makes you clear. It

[00:36:47] Jeffrey Besecker: it's like that stuff we put in the back of the refrigerator.

[00:36:51] Whew. It sits there until it literally stinks!! And tell it

[00:37:05] Jacquelyn Vasquez: yes, 1000% and it could be anything. It could be something you went through in your childhood. It could be something you went through as an adult. It can be a bad, a bad job situation. You had a terrible boss and now you're afraid every single boss you're going to run into is going to be terrible. Not realizing those thoughts are creating your reality.

[00:37:25] Jeffrey Besecker: So often we're not chasing our own view of that reality. We're chasing that expect that I'm chasing my words. We're chasing that expectation, both of our own of what that happiness is. And often as we mentioned that projection of what that happiness is, how then do we release them? Need that chasing of happiness in order to simply allow joy and fulfillment to unfold in our lives, in the lives of others.

[00:37:57] Jacquelyn Vasquez: So it goes back to what we're saying, you know, getting in that mirror. You got to tell yourself a different story. Like you really have to provide a different narrative and the narrative is going to come from you. But the only way the narrative is gonna come from you is when you love yourself. So we're going to get in the mirror.

[00:38:16] You affirm this love for yourself. you can journal what you want to happen in your life, but just change the narrative. And not only is it about changing the narrative, it's about being grateful. Going back to everything we're saying, being grateful when you are being grateful for the situations, the good, the bad, the ugly, when you are.

[00:38:38] Taking the narrative and you're saying, okay, that's in the past. May not have been what I wanted, but now I know what I want because I love myself enough to know what I want. I'm going to write it out. I'm going to speak it out. I'm going to, you could do vision boards, you can do so many things to change your newperspective, your new life.

[00:39:01] What's going to happen to you. I just, I'm a firm believer in loving yourself. And loving the people around you, gaining, understanding, enjoying the moments, being in the present moment, right? Cause you were even saying earlier, a lot of us are chasing a future, chasing our future, being in the present moment, enjoying the days you have.

[00:39:22] Now, if this pandemic has taught us nothing, it taught us to 100%. Enjoy it. It's not promised you may not be able to have your loved ones to lean on constantly. Right? You're just going to have to find time for yourself that I remember loving, going to work for my coworkers. One day I didn't have them anymore.

[00:39:44] So then it was like, Ooh, I don't like this job no more.

[00:39:50] I'm left with just myself. And I don't get to ask them their opinion on everything. And so I had to lean back on me again. So to me, get to know you love you, be grateful for you and all the people around you and find your gift find your gift. So you can find your life. I hope that answered the question.

[00:40:10] Jeffrey Besecker: Yes. Yes.

[00:40:11] Authorship and ownership. What story are you creating? Meaning around. Yeah. Even in the light of adversity, are you finding a meaning that is a value.

[00:40:24] Jacquelyn Vasquez: Yes. Yes. That's the thing that, that is what I've been around. A lot of people, this pandemic, it sounds weird. I'm like, I've been around a lot of people.

[00:40:32] How have you done that? I've been around a lot of people, about a lot of people, meaning I ended up on clubs. I feel like clubhouse was a way for people to take this adversity and find a new way to connect, you know, social media. I've made friends on social media so

much. So I have surgery and I got more flowers from the friends I met on social media than my actual friends.

[00:40:56] Who've met me

[00:41:00] Jeffrey Besecker: energy, different vehicle.

[00:41:01] Jacquelyn Vasquez: There we go.

[00:41:02] Jeffrey Besecker: Where are you putting

[00:41:03] the

[00:41:03] wheels on the car?

[00:41:05] Jacquelyn Vasquez: That's my point. So finding your pivot, your adversity may bring a sense of, huh? I got a pivot. Find your pivot. There is true growth in the uncomfortable true growth in the uncomfortable. So when you change your perspective as to when things are going wrong, it allows you to understand, okay, maybe not this, maybe this is not wrong.

[00:41:27] Maybe this is just right.

[00:41:29] Jeffrey Besecker: Why am I

[00:41:30] uncomfortable with this? And how do I allow it to just dissolve and become. I am comfortable with the change. I am comfortable with whatever I put after this becomes the story. We are the author, right.

[00:41:45] Jacquelyn Vasquez: Yes, we went thousand percent author writing.

[00:41:49] I think a lot of people feel like they don't have the control. You have all the control, you are the control, you know, everything that's happening to us has a lot to do with what we've been thinking, the thoughts we've already created, the situations that we continue to manifest in our mind without even realizing we're manifesting them and we're doing it just by most of us have all our lives been told, you know, um, I mean, basically we're, we're thinking we don't have control.

[00:42:17] Fate is in control. Everything else is in control, but us and we're being told a narrative of what others want us to be. Change your mind, change your mind, change your life.

[00:42:27] Jeffrey Besecker: It's like a new pair

[00:42:28] of shoes. New. Put them on a walk a little bit.

[00:42:35] Jacquelyn Vasquez: Change it.

[00:42:37] I love it.

[00:42:37] Jeffrey Besecker: I love this energy, cause you're just, you're getting me fired up and motivated to just step in.

[00:42:46] Jacquelyn Vasquez: Yes.

[00:42:47] Yes. Things are going to come up your

[00:42:51] Jeffrey Besecker: Your own cheerleader.

[00:42:53] Jacquelyn Vasquez: 1000% agree with that, honey.

[00:43:01] Jeffrey Besecker: I don't know what more we can add to this today. You aren't listening to this and getting fired up. Heaven help you because Jacquelyn, I am fired up. Yes.

[00:43:17] Jacquelyn Vasquez: I know you got me fired up. I'm over here. Like what can I do that? Hey,

[00:43:23] Jeffrey Besecker: Amen to that. Namaste. The light in me is acknowledging the light in you because you're bringing the fire today.

[00:43:32] Jacquelyn Vasquez: I love you just set that. No, that's 1000%. The light in you is acknowledging the light in me. And the light in me is 1000% acknowledging the light in you. So yes, stay, honey. Yeah.

[00:43:47] Jeffrey Besecker: If you happen to be in that place where you are struggling, you find yourself challenged. Do you find that sense of adversity knocking at your door?

[00:43:58] Where can our listeners reach out to you Jacqueline for that inspiration to stand in their light.

[00:44:04] Jacquelyn Vasquez: So come find me on Instagram, if you're on Instagram or even on Facebook, but come find me on Instagram. I'm at the pursuit to have. On Instagram. And the reason is the pursuit to happy. I believe that we are all in a pursuit to happiness daily.

[00:44:21] It's a daily effort. It's not that I get happy today and I'm happy every day for the rest of my life. No, I get to wake up every day and choose happiness. So if you're looking for that, come find me there. Or you can definitely, definitely. I mean, I'm actually on all platforms, I'm on all social media platforms.

[00:44:42] Jeffrey Besecker: We're on that journey, that journey

[00:44:44] discovery so

[00:44:46] Jacquelyn Vasquez: everywhere. So I just encourage, you know, find me on Instagram. If you can't find me on Instagram, I'm on Facebook, the pursuit club. Um, again, I'm so about the pursuit to happen. Um, and so that's what it is about to me finding your happiness. honestly, if you come find me on Instagram, click the link in my bio and I am everywhere.

[00:45:06] It'll tell you everything that I'm doing, where you can find my book, where you can, you know, just, I have a literal freebie that shows you how to find your passion. So if you don't know what that light is, honey, let's find it together. I am here for you.

[00:45:22] Jeffrey Besecker: You are coaching, guiding others and helping them connect with that light?

[00:45:27] Jacquelyn Vasquez: Yes.

[00:45:28] Jeffrey Besecker: To Jackie. Yes. Connect,

[00:45:32] please just connect with that Instagram. I go there daily, as I'm scrolling through doing my research, going in, looking for that inspiration. I am finding that like, Every time I drop in

[00:45:45] Jacquelyn Vasquez: and my videos are super funny. You will get a giggle.

[00:45:56] Jeffrey Besecker: you know, embrace that simple act, sharing a laugh with another. If we can't find laughter in this life we have, even in that adversity. At least find that joy and connection with it.

[00:46:14] Jacquelyn Vasquez: Yes.

[00:46:15] I love that.

[00:46:16] Jeffrey Besecker: I want to thank you again for sharing this laugh today and for starting my week off with a Monday full of such joy.

[00:46:28] Jacquelyn Vasquez: Yes. Thank you.

[00:46:30] Jeffrey Besecker: Joy to

[00:46:31] talk with you today. This conversation has just flown by. I'd love to do it again and jump in another time. Let's find something fun to

[00:46:39] explore.

[00:46:40] Jacquelyn Vasquez: Yes, I'm totally down.

[00:46:41] Jeffrey Besecker: Well, thank

[00:46:42] you, dear. I appreciate you so much. And I am so grateful to share your wonderful energy with our listeners and with the entire world.

[00:46:50] Jacquelyn Vasquez: Yes. And I'm grateful for you. You keep shining your light on the world. Yeah.

[00:46:54] Jeffrey Besecker: You take care, dear. Thank you.

