

phoebe garnsworthy

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[00:00:00] Jeffrey Besecker: Hello, Phoebe, how are you? How are you? Fantastic.

[00:00:05] Phoebe Garnsworth: Nice to see. Sorry about that. Now. It's so confusing. What happened?

[00:00:13] Sort this out. Totally, totally.

[00:00:15] Jeffrey Besecker: To me, not that big of a deal. I'm a very roll with the punches kind of person, but it's still nonetheless created a little bit of havoc in the last couple of weeks, so I'm not sure what went down.

[00:00:29] Phoebe Garnsworth: Ye, I'm

[00:00:32] Jeffrey Besecker: excited

[00:00:33] this is going to be a fun one, and I really appreciate and enjoy your perspective from the conversations we've had, about how we can embrace that internal confidence and confidently lean into it.

[00:00:45] Not only our creative endeavors, but just our perception of life. So on that notion, are you all ready to roll in and leaning? Great. We'd jump right in and start the conversation. And that's what we're going to do today. It's just having a nice pleasant and enjoyable fun conversation about building self-confidence You have. How in your journey as an offer, you frequently struggle with finding the confidence to put yourself out there. we often think of artistic and creative endeavors as such a personal soul bearing process in some senses. So we're funneling the universe and often being that voice for others who struggle to connect with it with that in mind.

[00:01:31] Can you share with us briefly. About your journey as an author, And how this process of self doubt played out.

[00:01:38] Phoebe Garnsworth: Definitely. So. Exactly. As you said, like being an author, being a creative, we, uh, channeling universal consciousness and weight where we're channeling our highest self and kind of letting our soul take charge.

[00:01:53] And a lot of the time, you know, our ego is going, wait a minute, what are people going to think? Well, what w are you sure that this is who you want to be right now? And so you really have to take the time. And, and that was probably my key thing was learning who I am. Who is it that I want to be in this world?

[00:02:09] What kind of life do I want to lead? And every time I went through those different questions, it just was like, you're an author. You have to be an author. You need to keep writing, keep writing, but, you know, throughout my journey, I wasn't making money. I wasn't successful at the beginning. And it was really difficult to persevere because I was the only person that was kind of cheering for me.

[00:02:31] And the only person who was cheering for me was my, my soul. So it was, you know, it was my in itself going, you have to keep doing this. You you've got to just, you know, ignore everything else around you. So I had to develop certain skills and really, really build the strongest unshakeable trust and faith in the universe and trust and faith in myself that this is what I had to do.

[00:02:56] And it took me at this stage. I'm talking to you now. So I've been doing this for five years and it's taken five good years. Thank you. Really get that to be in this position, you know? I'd say, I'd say it took a good three to four years for it to really start turning it around, making good money. And then now I'm 100%, I'm an author and I can say it proudly confidently.

[00:03:20] And my voice doesn't shake, you know, it's taken a while for even that part to be okay with.

[00:03:26] Jeffrey Besecker: Yeah. That can be such a crucial part of the process that wound through those various phases of any project, any endeavor. Sometimes just through our own viewing of life to find that place where we feel like we're substantiated, where we feel like we are making an essential impact on things.

[00:03:43] Sometimes that ability to step back and realize that that's a journey and a process becomes our greatest mental block to actually getting there.

[00:03:54] Phoebe Garnsworth: Definitely.

[00:03:56] Jeffrey Besecker: Yeah. And then we add to that, this perspective that we're looking for, that belief others have in us, we weren't met to have, you know, that expectation of others.

[00:04:07] You know, we're meant to empower ourselves with our own belief to form our own action in life. You know, that's not the job of others. acceptance of us is accepting our authentic self. On the other hand, you know, that. Leaning into expectation and validation. And that becomes a trap. we get caught in it from both ends.

[00:04:28] Others are looking for expectation from us, from that validation of what we're doing and why it's worthy. We're looking for that expectation in that validation, others, to verify that what we do is creating meaning that can be such a hard role to balance. That requires that act of acceptance, where we simply accept that things are going to be what they're going to be from that perspective.

[00:04:54] What do you feel is the role of acceptance how does accept this, play a role in building that self-confidence

[00:05:01] Phoebe Garnsworth: yeah, definitely. I completely agree with everything that you've just said. For me, acceptance is accepting where you right now accepting your limitations, accepting that maybe I'm not going to be where I want to be at this right now in this period of my time.

[00:05:17] Perhaps I wish that I was somewhere else. Accepting that everyone isn't always going to agree with me and accepting that it's not my role to make them. I just have to actually

quiet out all of those noises and focus on myself. So every time that I kind of went externally looking for gratification, or I guess even looking for that acceptance.

[00:05:37] I didn't find it. And I went back internally and I said, okay, now what's going on? And I told it to my, so I told the universe and I got that own gratification. And that was the encouragement that kept me going. And I think that that's lesson is something that we get. Faced with throughout our whole life in so many different areas, not just within Korea, within relationships, within, making huge choices in our life and decisions.

[00:06:02] We always have to go back within it. No one else knows the answers for us only. We do. And so that's kind of, I guess, the biggest. The biggest key to moving forward. The other thing I'd say with the acceptance is, , it's important for you to have a clear idea of who it is that you are because you can't.

[00:06:24] Something that you not, you know, so you've kind of got to break down all of those images of who it is that you, that you think that you are, and really own that back to what you said, but the authenticity, we have to be authentic, our authentic self. And I think that that. That itself has been the key to my success as being an author as being myself and as being a creative, it's all about your unique lens that you have to share with the world and the way that you see the world.

[00:06:51] And that's what makes us,

[00:06:54] Jeffrey Besecker: I feel that that inner self, speaks through that voice of intuition. From that perspective, I just had a, big aha moment as you were speaking of that. I think intuitive where we've kind of spelled out these checklists when we go back and look at it. When we look at that prefix of self, as in self-awareness self-understanding, self-confidence any of these numbers of things that when we go back and we've already may, these checklists of self is doing this thing, we intuitively have known that and spelled it out and see.

[00:07:28] We already understand this. Why do we create this divide from what we know to be true to ourselves?

[00:07:36] Phoebe Garnsworth: Yeah, that's so true. and I think also we have these preconceived definitions of what we think that they are, you know, and it's all about realizing that that mold doesn't fit for everyone. And I have to find my own mold.

[00:07:51] I have to find what it is, who it is that I really am. And kind of break through all of these other expectations all around us as well. And that's going to be the biggest key to step

[00:08:01] forward.

[00:08:02] Jeffrey Besecker: Yeah. That all starts with that act of acceptance by confidently stating today I accept the things I cannot change.

[00:08:11] I know you're a big proponent of this looking through some of your posts on social media, that you believe in that power of accepting our ability to be open, to change. Yeah. We often struggle for that state of control where we're looking for that expectation of validation.

Again, how then can surrender, bring us into alignment with self-awareness and self-confidence from that perspective.

[00:08:34] Phoebe Garnsworth: So in order to surrender. Exactly. The first thing that we need to do is we need to accept where we are right now. And ultimately what we're surrendering to it's this surrendering to a higher power was surrendering to a belief that we are divinely guided that you all here on this earth and you've got a life path and that you have your destiny woven out before you, and yes, you certain decisions in your life.

[00:08:59] You're going to steer that destiny into different directions. Ultimately, you're going to be ticking off these incredible goals and these incredible life experiences. So everything that your soul craves and everything that you truly truly desire it, you are always going to save this. It may come at different times.

[00:09:18] But knowing that that's the voice of your soul. And so whatever it is that your soul wants, you're going to get, it's just sometimes a bit of a different timing. And I guess that's also how I really was able to persevere throughout times of doubt and yeah. Through all of these rejection letters, all of these different voices that would say you, you need to pick another career.

[00:09:41] He needed to go back and find another job. You're not going to be good. But instead I was just like, no, I know that this is going to happen. And I know that this is going to happen because this is what my soul wants. And so for me, it was all about strengthening that intuition and strengthening my connections to myself and just really becoming.

[00:09:59] A peace with who I was and my own authenticity and my gift for the world, because I believe that we all have a gift to give to the world. And it's just a matter of us really, you know, connecting to us. So, and allowing that gift to shine through.

[00:10:16] Jeffrey Besecker: That speaks back to that notion that I trust that everything in my life is perfectly aligned.

[00:10:22] What is in the cards for me is in the cards for me, what energy I put out there often creates what you attract in that deck of cards.

[00:10:31] Phoebe Garnsworth: Definitely. I agree. And I think the most important that, like you said, at the end there with the energy that we give out, a lot of people I think get there maybe a bit exhausted or something, you know, they feel like they're giving and giving and giving, and it's just never getting anything in return.

[00:10:48] And so it's about really making sure that while we're giving that energy, we're still making sure that we're grounded and that we're at peace within ourselves. And we're doing it from a place of love. We're doing it because this is what our soul craves, and we're not doing it for necessarily monetary gains or perhaps fame or.

[00:11:08] Looking for something else that's kind of a false, physical vibration. No, whatever it is that we're doing, the way that we're acting, the way that we're living our life. It's because it's what we truly believe in. And it's, it's ultimately what brings us the most joy. And it's what our soul is telling us.

[00:11:25] This is what you need to do. And the more that we listened to that voice, the more that we'll be able to just live with ease and we'll be able to live confidently knowing. This is our life path. And that's where a lot of that self-confidence comes from because it's, it's all connected with the love, with the acceptance of self, with the tuning, into the universal consciousness and just having faith and trusting that this is right where you need to be right here in this moment is where you need to.

[00:11:54] Jeffrey Besecker: in the process of that, it requires that we say to ourselves, I let go of that urge to control, allowing the universe to simply take the reins, knowing, you know, confidently that the only thing we can truly change are our thoughts in the actions we take in response to them. Those are really, truly the only things we can change.

[00:12:15] What do we think of something? How do we view. And then what action do we take on that view? It is only then through ourself awareness, ourselves, knowing the understanding of what we hold as our core values and beliefs that we operate on, we create our own reality, becomes the reality we create.

[00:12:36] You know, so often that self doubt is rooted in that lack of clarity, not knowing what we value. How do you feel from that perspective, then we each can begin to define what those core values are.

[00:12:49] Phoebe Garnsworth: Definitely. So I think that once you find. Who it is that you are and what it is that you're here on this earth for and what it is that your life purposes and, you know, and putting together your boundaries, which are your, your ethics and how you wish to live your life.

[00:13:07] Then you have a look within and find. If there's any limiting beliefs that are holding you back from believing them that are holding you back from living in alignment with that truth. And often that's where you're going to find a little bit of stumble, you know, like you said, that's, where you're going to be holding yourself back when you don't have the clarity.

[00:13:26] So it's almost a matter of sitting down. I like to say, like there's a journal and just get all of these ideas out there. Put it all on paper. Right, but figuring out who you are, what it is that you want in this life and how you can make the steps to actually gain that world, that creation that you wish, because exactly it is within your fingertips.

[00:13:49] You can create the life that you want. And the only person that is stopping you from creating that life is you. So you just need to find. What it is that you want and what's holding you back from doing it, and then finding that solution, finding that missing piece. And that's, I guess, a big part of what personal development and spiritual philosophy is.

[00:14:07] It's, it's just working through your own, you know, our own, our own self and the soul and the ego, and just balancing these two things together. And,

[00:14:19] Jeffrey Besecker: we have to confidently. Place our trust in faith, the faith in knowing that our inner voice knows our inherent inner truth. From that perspective, how do we start to tune in to that inner voice of in tuition we spoke of to lean into that voice and trust.

[00:14:38] Phoebe Garnsworth: So for me to, to listen to you in a voice, my favorite is meditation, meditation, and journaling. Then my two go tos. I think that they're the two things that had saved me in so many different ways in terms of also mental health, I find that they're the, they're the two things that I need to do to harmonize my own energy flow.

[00:15:01] So. Meditation. I do it every day. Doesn't necessarily have to be that long. I say at least about 10 minutes. And that is just a way to clear all of your mental blocks and it's helping, you know, bring through that voice so we can hear it really loud. Journaling actually does the same thing. It's a matter of just allowing all of these Ella of these questions or anything that's stopping you from being who it is that you truly are.

[00:15:27] And it's just shifting that energy. I look at it all as energy and then my third favorite is actually getting out into nature. And I think that the more that we connect with nature. The louder, that voice about Avast soul and out and a lot within the comms, because that's essentially what it is. It's a reflection nature as a reflection of the love within us.

[00:15:46] So the more that I do these three spiritual tools, that is how my intuition. Always clear, it's always focused and I'm always able to live with peace with self-love and knowing that I'm making the right choices in my life,

[00:16:02] Jeffrey Besecker: so often we're listening to those external voices. So often we're filled with that cluttering chaos that is just living life.

[00:16:11] I loved it. Embraces practice of intermittent silence, where you simply release the things around you. You simply go inside, you simply quiet those voices and say, these are not me. Allowing yourself then to become more grounded, you know, that place where you are simply releasing those things that are weighing you down.

[00:16:33] you mentioned that act of grounding to some, I feel that can be a confusing thing. What does this mean to ground myself? As you mentioned you that some of those simple acts of going back, quieting those voices, taking time for yourself, self care, you know, that's big buzz word, but so often that's the crucial step.

[00:16:54] Just taking care of yourself to now, to listen to your voice, journaling out what is meaningful to you, meditating, finding that inner peace and that inner silence. Allows that voice, the space to speak and reach out to me. That's such a crucial role.

[00:17:11] Phoebe Garnsworth: Yeah, definitely. Definitely. And I think it's the funny thing is that a lot of these things we can do naturally without even realizing, you know, meditation or clearing the mind.

[00:17:23] Yes, it definitely is amplified when you're able to sit down and really focus on doing it. But every time you have a shower, you can just, for that moment, you're in the shower. Do you not think about anything else? And imagine that this water is cleansing you and it's dropping down within you and just taking it.

[00:17:40] A few moments, you know, finding little areas that you can invite more peace and mindfulness into your life because we're surrounded with invitations all of the time. It's just a matter of us opening our eyes to perceive this and to stop thinking in a different way to stop

thinking. So to speak in a different way and allowing, you know, that moment of clarity to come to us.

[00:18:02] Jeffrey Besecker: No, we're allowing that key emphasis to be on what we often deem as the soul connection. We're connecting all of the elements of our being, mind, our body, our spirit, our intuition, with the universal energy. No, I feel that integrity is such a crucial factor. In developing our self-concept in uncovering that steadfast sense of confidence.

[00:18:33] I'm not confidently leaning into my words today, you know, from that perspective, how do we integrate. Mind body, emotional relationship, spirit, and soul, and that notion of intuition. How do we begin that process from your perspective?

[00:18:49] Phoebe Garnsworth: So I believe that it just takes a small step each day. I've for me, it's all about having a moment of a ritual.

[00:18:58] So I do rituals, every day as well, and it, and it's, supports my meditation. But for me, you know, I sit down, I burned some Sage. I burn some incense. I have my crystals and it's a moment of peace and moment of Zen. And it's just checking in with myself, asking how do I feel today? What did I do yesterday?

[00:19:16] What would I like to do better? What are my goals for today? And it doesn't take very long. The more that you do this, the more you get back into this mind frame of, okay. My life is about me. I'm the priority here. Whereas people don't even take those five minutes to themselves and instead they're just rushing around.

[00:19:38] Pushing all about energy externally, trying to please everyone else. And it's all about just turning that back inwards. And however long you can give yourself to do that, honestly, even just five minutes is enough to start making a difference in your life. But it's all about repetition. I think the biggest key is repetition because the more that you do it.

[00:20:00] You go and the easier it is for you to connect with your intuition, the easier it is for you to make decisions. Because with each five minutes that you take each day, you are growing that huge strength within. And that's when you know the real aha moments come in. That's when the wisdom really speaks loudly.

[00:20:18] So my advice is just start anywhere, start somewhere, find something that you connect with, find something that you enjoy and just do it.

[00:20:27] Jeffrey Besecker: self compassion and self empathy for ourselves in our relationship to others in the world around us plays such a huge part in it. There again, we're looking at that notion.

[00:20:38] What is it? Self compassion, self empathy. What do we do? We honor the self. From that perspective, how can we engage our relationships with a sense of genuine love and with acceptance, you know, from that perspective, we're embracing that notion of genuine love.

[00:20:56] Phoebe Garnsworth: So, I guess also you're looking at the relationships that are around you.

[00:21:00] If you have these deep and meaningful relationships, it should be coming very naturally. If you're realizing that you're struggling with how to communicate with someone or you're struggling with being able to be there fully yourself, present and acceptance, or maybe the other relationship. Is taking a little bit more energy.

[00:21:20] It's sucking more energy out of you. So it's, it's also becoming very well aware of what kind of environment you've placed yourself in. Now, once he'd realized that these environments, that you've placed yourself in needs to be changed. That's when you kind of go back to yourself, you're looking at your boundaries and you'll be getting very crystal clear on what your boundaries are and your boundaries are going to be okay.

[00:21:44] This doesn't make me feel good. Why does this not make me feel good? How can I change that? And you need to communicate this clearly around you. And from that place, you're able to really create the life that you desire and create the life that you want. It all comes back to putting yourself first and making sure that whatever environments and whoever is around you, that it's complimenting you, that it's bringing out the best in you.

[00:22:11] And of course, this is a two-way street. You need to make sure that you're also showing up and you're presenting yourself for someone else when they need love. You, give them love. But you also need to be able to give and take in equal measure. So if you're finding that anything that's in your life right now is definitely draining.

[00:22:29] It's not bringing out the best in. You really have, have a serious look and see does this need to be in

[00:22:35] my life

[00:22:36] Jeffrey Besecker: truth to look at sometimes, you know, there, again, we're drawing back into this notion. We keep returning to simple acceptance, we're free of judgment, right? egoic projection and validation for ourselves again, and also for others.

[00:22:54] Now that can be a tough card to wrestle with because so often we feel that need, as you mentioned to feel that sense of being understood you, I know from your perspective, you shared not only in your personal journey, but in your business journey. How you struggled for that sense of understanding in others from that perspective, how can we start to preserve black?

[00:23:19] How then we can, we start to persevere in those times of doubt and Challenge. I'm going to spit it out yet today.

[00:23:34] Phoebe Garnsworth: So to, to pass the via, it's all about coming back to self it's listening to within it's listening to that voice. It's having confidence and it's being sure about who it is that we are and what it is that we're doing in this life. And the more you build that confidence and the more strength you have with your own, self-love the voices outside you fade away and they don't matter because you also know that.

[00:24:03] Whatever it is that your, your gift is whatever your purpose is on life. It's there it's meant to be. It's there for a reason. Not everyone in the world is going to resonate with it, but

there's always going to be someone. And it's just a matter of you finding those people. And that's what it was for me with my creativity.

[00:24:20] Maybe I didn't find the right people to begin with, but over time I didn't stop and I kept pushing and I kept finding, and, and then. Just to find my people. I managed to find people that understood me and got me, but it's, you know, it's, it's having faith and it's knowing that. How uniqueness and also as being raw is what attracts other people too.

[00:24:42] I think there's a beautiful, a beautiful, um, element in being vulnerable and showing each other, our true self. And that's actually how we find each other more. That's how we find out our soul connections and have deeper relationships and deeper meanings with everyone around us. So. The more that you learn to live from that place from authenticity, the right people come into your life and it won't, people just simply melt away.

[00:25:10] They simply just start going somewhere else because you're not attracting that vibe. You're not attracting that energy. So to keep going, it's just a matter of. We coming back to yourself, sitting with yourself, listening to yourself, and just knowing that you're on the right path. And knowing that this is, this is your path for you and, you know, trusting, surrendering into the universe and knowing that in the divine time, it will all come through.

[00:25:39] It will all make sense. And at the end it always does everything always

[00:25:42] does.

[00:25:43]

[00:25:43] Jeffrey Besecker: So often we struggle for that vulnerable space to be open and available to us. To truly connect with us. So often we struggle with that vulnerability to be open, to simply hear those words. I understand you. I'm gonna go off on a tangent with this human me, if you will.

[00:26:02] Let's look at the meaning of understand, meaning very literally from its Latin origin to stand under in Latin. It's actually. Ego intelligus I found that very curious to understand starts from some perspective of the ego in Latin. What is the root intelligence there? We use that in intelligence. What is intelligence becoming aware of?

[00:26:31] Something? understanding starts, not from that sense of self, the ego, but by putting the app by pudding, the other first to stand under the other, in some senses, to understand is also to comprehend. The root of comprehend is the Latin appre hindrance. Which means to grasp. I hope I pronounce that.

[00:26:59] Right. Perceive comes from the word to take hold F. So when you bring those two together, the very concept is to grasp and take hold of something. And that is an authoritative action to understand, to comprehend. Requires that authority action. It requires we take ownership. Not that we seek justification and validation in ourselves and others.

[00:27:28] Not that we meet expectations, not that we entertain judgment, but that we become the confident creator we exercise. Self-awareness embracing self-confidence and we exercise the choice in our thoughts. And actions

[00:27:48] that I dug through that that just inspired me to look at that, meaning that meaning of understand. So often we look at that as an outward notion rather than simply opening up to be vulnerable, to allow others the opportunity. Without judgment expectation, ego in the need for validation. That's so powerful to me, you know, I had to sit and think about that for a while.

[00:28:18] Phoebe Garnsworth: Yeah, definitely. I'm still thinking about it. No love.

[00:28:23] Good. I love when we break up and we look at it, it changes everything. You look at where it

[00:28:29] comes from.

[00:28:31] Jeffrey Besecker: So often we're afraid of that very task to simply become vulnerable, to open up the email. And allow ourselves to understand we're standing on top of ourselves. So often, you know, we're looking at that notion of ego being the horse and rider, the authentic self so often becomes a horse in that situation.

[00:28:55] And the ego is simply writing us with that. Self-doubt

[00:28:59] sometimes we just get to get off the horse and stop the ride.

[00:29:02] I don't know where we go with that yet. Today

[00:29:20] I'm going to reel that back in. And I'm gonna, I'm gonna try to figure out where do we go from here?

[00:29:31] I got off on my own tangent on that one and I'm just kinda thinking, huh? What more do we add? You know, how then do we look at that and start to release in ourselves? Any sense of lack and need to create that self-confidence date?

[00:29:50] Phoebe Garnsworth: Yeah, look, I think that you could apply it. Like you said, we're looking at ourselves and we release any lack of need.

[00:29:57] And the only realized we would be thinking that we've got a lack of Viet is by comparing ourselves to us. So that's almost what we w when you're bringing it back to withstanding under another away grasping and perception of someone else we're not owning it. We're not taking that on and taking it on as ourselves.

[00:30:16] We're just understanding we're standing under someone where we're looking at it from their point of view, we're stepping into their shoes, so to speak. And I think that that's one of the key things we have to. Remember in our life is to never compare ourselves to each other and know that we're on our own singular journey, you know, and, and that's how we're going to succeed in our life is by raising each other up, supporting each other, having empathy for one another and, and admiring and appreciating each other, but never having that comparison or never wanting to have what someone else has in a way.

[00:30:53] Jeffrey Besecker: so often we're all struggling our way through that journey. You're writing your books, speak to so many different levels in angles of understating that journey.

Where can our listeners go to reach out to you Phoebe and follow along that path to find their understanding?

[00:31:14] Phoebe Garnsworth: Definitely. So my books are available worldwide. Um, you can go to my website, which is Phoebe gums, webby.com. And I'm also super active on social media on Instagram. I'm under. Lost underscore nowhere. And I've also just started to do YouTube as well. So I'm sharing a lot of my spiritual tools and techniques of how I connect with my intuition and how I bring Mola spiritual practices into my day.

[00:31:46] And a lot of rituals and meditations are on YouTube as well. And that's under my name also. So. Yes, but there's lots of different ways. And I guess that's, that's another big thing. It's about putting yourself out there and, uh, and learning how we can connect with each other. So please feel free to reach out to me through any of those mediums.

[00:32:05] Jeffrey Besecker: I want to thank you today for being such an inspiration and allowing me to open to this conversation. Thank you so much for that.

[00:32:13] Phoebe Garnsworth: Thank you. Thank you so much for having me. I really enjoyed this chat. It's very interesting.

[00:32:19] Jeffrey Besecker: Likewise, you know, you truly brought me to a point of understanding this from a greater level.

[00:32:24] And I think, you know, we just did that in such a way today. I don't know what more to say.

[00:32:33] Thank you. There's sometimes that space. Is the space we need to simply allow the confidence to say it is what it is and it will be what it will be. So thank you for that message today. This was such a fun talk. I would love to do this again soon.

[00:32:57] Well, thank you. I appreciate you so much now, namaste the like me acknowledges the light in you.

[00:33:06] Thank

[00:33:06] you. Thank you.