

Dawn Campbell

[00:00:00] Jeffrey Besecker:

[00:00:00] Hello, Donna. Good morning.

[00:00:02] Dawna Campbell: Yay. Thank you for reaching out.

[00:00:08] Jeffrey Besecker: Well, I am excited to finally chat with you a little bit today. ,

[00:00:12] We talked about clearing subconscious belief patterns. Was specifically looking at focusing on subconscious, emotional patterns. So I want to start off then by looking at a basic understanding. Looking at how our energetic patterns in our energetic levels are established.

[00:00:34] And then also how we start to form that understanding. So often we talk of that idea of raising our vibration and that just becomes kind of a destination goal rather than watching and becoming aware. How our energy patterns are fluctuating constantly. We start to get some of that typical thing

in clients so often where it becomes that destination pattern of when I arrived here rather than being in that constant awareness of this is how my emotional state is interacting and evolving with that.

[00:01:07] So that's where I'd like to look to go today. I think even within the coaching circle, there is a lot of gray area there so often where others view it in that way, where, they're coaching and speaking to that level of, understanding, you know, how that vibrational function works.

[00:01:24] So I'd like to go back a little bit from your perspective and establish how we start to understand. First, where is this vibrational frequency from emotion to emotion from state to state, and then understanding how that interplay works.

[00:01:39] Dawna Campbell: So how do we start forming our energy vibration? It actually starts the moment you were conceived. Because when an egg and a sperm join, it creates a spark of energy and then it starts replicating. So that energy vibration, imprints stuff.

[00:01:54] From that very moment. And then you have DNA from your, uh, your mother, you have DNA from your father and it starts to replicate. So we ask about where does our subconscious patterns come from? Some of it comes from the DNA cause that's our operating system. And then what happens from that moment forward is that every thought feeling and emotion, your parents feel through the DNA.

[00:02:17] And then of course, anywhere in the. The mom goes, it starts creating an energetic pattern that also influences your frequency. So if there's a very happy environment, you feel it in the will. If it's a very angry environment, you feel it in the womb because you are strict. Mostly hear vibration at that point.

[00:02:38] And then after you're born, those patterns will tend to replicate and continue. And then anything that your parents teach you, siblings that teach you teachers, anything that you absorb from your environment, that also goes into that blueprint and combines with the DNA to give you those subconscious patterns that replicates it gives you your automated response system, but that's all where the

energy vibration.

[00:03:03] Start. And that's why children, even if they're born of the same, parents can be completely different because the time energy and space are different when they were born. And that's where it all starts.

[00:03:16] Jeffrey Besecker: No, I like to look at that and think about so often how we view. picking up on sound, picking up on light in the wound.

[00:03:25] But so often I feel like there's a disconnect in realizing where that vibrational, emotional energy interacts and connects right there in, you know, we start to pick up, you know, like you said, on those patterns from others and we start that habit of our social conditions. Of what those vibrations are.

[00:03:44] Let's look a little bit at that area of how we start to form an interact. Some of those conditions once we're born.

[00:03:52] Dawna Campbell: So we're connected by an umbilical cord. And of course nutrition and all of

that comes down to the baby that's in the womb, but also what's being passed down is every thought feeling and emotion from the mom into you.

[00:04:07] And it's, it goes straight into the belly button, which is why it's called your intuition or your second gut or the second brain. And yeah. The very first organ that's actually formed for a baby is the heart, which is our feeling center. And it has its own little brain inside there until our brains are formed enough in the womb to take over.

[00:04:26] So everything in those first several months are strictly vibrational. Yes, you don't have the conscious awareness of it. This feels like this. This feels like that, but all of those vibrations are going in and then we start learning them because they are literally fed to them. From our mom. And then of course, through the DNA connection with the father and it replicates and all of that goes into the cell.

[00:04:49] So then the cell replicates it replicates that energy code as well throughout the entire body, until you are fully formed and are born in that. And then from there that gives us that initial automated

response system to operate from and creates the environment. Because it's mostly energy when the brain does form there's five main brain, patterns, that we have.

[00:05:18] Hmm. From the time that we're born to the time we're till about 6, 7, 8, right in there, we're predominantly in a theta, brainwave and innovative brainwave. This is where you're awake, but you're sleeping, but you know that you are awake, but you are dreaming type of state. And it's in that, that the child energetically learn.

[00:05:36] So when they reach out and grab the keys, they can grab the keys and they keep doing it and practicing. That's how we learned how to walk on. Maybe get stood up. We take a couple of steps and it creates that pattern. So in that theta brainwave, you don't necessarily have to say one plus one equals two to a child for it to know that there's more than one.

[00:05:58] They absorb all of that energetically after they're born.

[00:06:02] Jeffrey Besecker: I like looking at that. Of the fate of brainwave. In that regard, we're also looking at various levels of various understandings of vibrational patterns.

[00:06:13] Dawna Campbell: Yes. Yes. there was a, brain scientist. Her name is Jill Bolte Taylor, and she wrote a book called my stroke of insight.

[00:06:21] And as a brain doctor, she worked in, did a lot with stroke patients until one day she had a stroke herself and she talks about how she was in the hospital and that the various doctors would come in and look at her and assume that she wasn't there. And just talk to her mom. But yet she knew and understood everything that was going on because she could feel it vibrationally.

[00:06:46] Why? Because she was more in that predominant data brainwave because of where the stroke was in her brain, until she relearned just like a child. All of the same motor capacities to, you know, to remember how to eat and to how to talk and how to walk. She had to go through it all again, but it was because she was in that predominant data brainwave

and she said it was so frustrating because I'm here and I understand it all.

[00:07:11] I couldn't verbalize it back, but they would like act as if I wasn't in the room. And that's exactly how it works as a child learning the exact same pattern.

[00:07:21] Jeffrey Besecker: to me that, uh, an interesting conundrum to look at, you know, we still fall into so many of those patterns, even when we are in a disconnected state like that.

[00:07:32] So much of that process continues on. So that opens us up to me to a whole new awareness of how these systems function as a whole.

[00:07:44] Could you give a little insight? How those interplay start to connect and start to interact as we evolve and grow throughout life.

[00:07:53] Dawna Campbell: So your subconscious brain records everything from the day that you're born to the day you exit this earth.

[00:08:00] Yeah. Honestly, it probably starts when you were in the wilderness at some point. but it records everything as a literal event. And then what it's doing is it's just like a record is keeping track of all of the things that happened in your life. Well, because we're also emotional beings. This is the wave side of us.

[00:08:18] The part to our particle bodies, they are recording is putting the emotions in the field. To those events. So moment by moment. Well, the problem is, is our awareness of how we're feeling is only about 10%. Scientists measured. Albert Einstein's in his awareness level is 10%. So 90% of the time we don't necessarily then know the emotions and the feelings that got stuck to a particular event.

[00:08:45] But then the subconscious creates that automated response system and gives the pattern for that energy to replicate because it's designed to keep us safe. So, so you might've been. say too, and you got in trouble for something. Well, that didn't feel good. So it associated not feeling good or I wasn't enough or I'm not worthy, because my mom or my

dad was angry or upset with me.

[00:09:09] And then it started a response system. So you would know don't do this, do this instead. Otherwise it doesn't come back and it doesn't feel good. Well, then that pattern will. Replaying over and over and over in the subconscious, because it never rests. It's always recording. And then. You know, later in life, you're like, how did I get here?

[00:09:29] Well, it's that pattern? It's the snowball effect. It grew. And it magnified to give you the wake up call, Hey, something needs to change. And it might've been that you were trying to get a cookie or something like that. And it wasn't that you weren't good enough, but that's how it came across. And that's how a pattern got created for us to live by.

[00:09:45] So what I do a lot of times working with clients that I teach in my programs that I write about in the books that I've put out is how to start with what you feel. With the emotion. Then we can associate where it got stuck in the body, and then we can find the originating or one of the originated events so we

can change the frequency of the original emotion.

[00:10:07] And we put in. So if we put in frustration, well, we don't need frustration. You might have needed a sense of pride or accomplishment. So we can change that frequency in the subconscious cause like subconscious doesn't know any different and it's like software. And it will create a different pattern for it to live by.

[00:10:26] And so that's what I do today. And that's why I get called the mind whisper because we can change the frequency that got stuck.

[00:10:32] Jeffrey Besecker: No, it's so interesting how that whole process kind of actually. The soundtrack to our lives, you know, we're taught, how we're supposed to respond when we're sad, how we're supposed to respond when we're happy, how we're supposed to respond when we're stressed or anxious. And that's the dance we do.

[00:10:51] Dawna Campbell: is, it is absolutely until you can stop yourself to say, what does this really feel like? And what do I really need and how would I

rather feel? And then we can put that in there.

[00:11:06] Jeffrey Besecker: No to me, that's so brilliant. Once we move to that understanding, we can simply change the record or change that state.

[00:11:15] They are not necessarily changed how we feel about it, but change our response to that feeling.

[00:11:20] Dawna Campbell: Right. Well, and you can change how you feel about it too. So I was on a tour of the east coast and I was over in Connecticut and I pulled a gentleman up from the audience and I asked him, I said, what do you want to change?

[00:11:33] And he goes, I want to create. Okay. More what? Well, more money. So I had to find out why, why do you want more money? Well, it turned out that his two boys were in high school. A couple of years, they're going to be off to college. There was some things they wanted to do as a family, which required extra income.

[00:11:48] He goes, we're really comfortable right now as we are as a family, but we don't have the extra

and I want to have that. So I asked him what it felt like not to have the extra and he goes, I am so frustrated. Because everything he did did not happen. It just went the opposite direction. So frustration was a blocking energy.

[00:12:11] Well, he felt it in his stomach and the gut and felt like it was all knotted up. Well, when I go back to an originating event, I asked him, when was the first time you felt that energy there in the gut? And he said, well, I was like nine or 10. My parents got divorced. the more, the extra got divided up.

[00:12:29] Each family was comfortable, but because he was also an only child, he was like in the tuck of working between the two parents. Well, he didn't need to feel frustrated about it. So when we unstated uncovering what he really needed in that scenario, he said, I just want to know that, , I have a sense of pride and that my boys respect me for what I've been able to do.

[00:12:50] So we changed the frequency to that. And then I had him go back and look at the events of the parents getting divorced. And he goes, that is so

weird. He goes my parents. Yeah. They, they still got divorced. The events don't change. He goes, but that was them. I'm like happy. And I'm riding my bicycle down the street.

[00:13:11] I forgot I did all this other because it's the subconscious stuck on the frustration. And he couldn't see beyond that. So when we put in the right frequencies and stuff, he's like, oh no, no, that's all gone. So I asked him then how the stomach, the Gutfeld. And he goes, they're not as. And he really did look like he dropped 20 pounds in front of us because of that energetic weight that he was holding on to in that area.

[00:13:37] Well, his boys graduated high school this last year, and they're going to college this fall. Who do you think created the more without changing what they did, but the frequency behind what they were doing? He did. He did. So it shifted the viewpoint because it's a feeling and an emotion, the events, the events don't change because that would be like rewriting history.

[00:14:00] Jeffrey Besecker: So often we get caught in those notions of projection where we assume, especially as a child, that we're supposed to be caring for others. We're supposed to be nurturing when logically as a child that is beyond our scope of responsibility. Exactly. Get that projected energy. Sometimes it's even an act of the parents projecting their own trauma connection to it, where they're looking for that other mate, that other lifeline from somebody outside of themselves. And it's conformed that rope to climb up.

[00:14:37] Dawna Campbell: And it's all how the brain works, because if we're predominantly in a theta brainwave, a lot of times with little children, that's also associated with the survival brain. So up until about age seven ish and it's all about survival. And then the limbic system will take over.

[00:14:52] And that will go to about age 14 or so, where they start understanding compassion and empathy and sympathy and, and all of those different emotions and how they play out. Well, that's only the center part of the brain. The frontal lobe, which is here is the higher order thinking that doesn't usually

kick in for a lot of people until like 19 20, 21, 22, and there's gender differences and things like that as well as about how that part works.

[00:15:19] But here we are, as adults in our twenties expecting the child to have the emotional intelligence of a part of the brain. That's not yet developed.

[00:15:27] Jeffrey Besecker: There's an interesting connection there with that frontal lobe processing and that notion or theory of the mind's eye, you know, we're kicking back into that more intuitive awareness of where we should be thinking of, not necessarily the expectation of where we should be thinking, but that kind of, as you mentioned, get connection to that higher knowledge, that higher state of vibration and function.

[00:15:54] Yes.

[00:15:57] They start to send some of these things out of balance or when we're guiding someone else to start to form that understanding of when the states are out of balance, how do we start to realize where that disconnect is and forming that new understanding to

reconnect with it? I

[00:16:16] Dawna Campbell: think the easiest thing, the best thing to do is to understand awareness and.

[00:16:22] Just check in with yourself. Every couple of hours and I've even set timers on my phone to remind me, how do I feel in this moment? And if I'm feeling like a stress or a worry or a pressure, or maybe there's anger or sadness, anxiety, I stopped myself and I asked to see. Is the opposite emotion of what I'm currently feeling.

[00:16:48] And then I can look at that and say, what do I need to have in order for me to experience the higher emotion? And you can start consciously working through that without going through the whole process I described earlier. Of how to shift and change the vibrational frequency of a pattern that started back then.

[00:17:07] But you can certainly ask yourself some key questions. Oh, I'm feeling stress. Well, when was the first time I felt the stress in this part of my body and what really happened and what did I need then?

the mind will start working through that. But the key is you have to have the awareness because if you don't have the awareness of how you're feeling, you're not going to stop yourself to start looking.

[00:17:30] Making a change and shifting and changing that vibrational frequency within you. Vibrational frequencies also. That tie to the emotions also get associated with the brainwave patterns as well. So when we're in a high beta brainwave, our brains are running anywhere from 14 to 21 cycles per second. And it's in those higher states where we have the stress and the pressure and the anger we're in a beta brainwave.

[00:17:57] If you were to lower that and go into meditation, you can go into a theta brainwave or an alpha brainwave. And then in those states, you're generally not okay. I've never seen a person angry in a meditative state patterns you can live in, in a daily thing. and that was one of the things a Buddhist monk taught me how to do was how to live more in a theta, alpha theta brainwave.

[00:18:18] And when you're in that state, you're more at peace. You're in balanced, you have generosity or kindness or happiness, which is how we should be living. So it's also, there's multiple things going on here to increase and raise vibration and increase your frequency. So a lower frequency increases a higher vibration.

[00:18:39] Jeffrey Besecker: I feel it's so important that we focus a little bit of attention on that notion of bringing those states into integration into that integrity, because we are operating emotionally at one level, our brains operating at another level. And so often we think of aligning the two as climbing that ladder, you know, to reach that level.

[00:19:03] Yeah. So often, you know, what really is happening is it's that pendulum of shift back and forth, bringing things back toward that common goal.

[00:19:14] Dawna Campbell: Yes. To bring everything back into balance, and then those are all the components. Within you and how it works. And then we also have all of our environmental

components.

[00:19:27] So everything, our computers, our phones emit frequencies and our brain and our bodies emit frequencies. So it's about bringing those into balance. We talk about the 5g network. We know that there's satellites up in the sky, all of that. Creates shift and change as well because we're vibrational beings.

[00:19:45] The earth has an electromagnetic energy field as well. And the Schumann resonance, which is 7.86, but then we talk about these, which is kind of right between a delta and an alpha brainwave. But then we talk about all the gamma waves that are coming in, in the height of that. And what's happening there. If we stay in a gamma brainwave too long as people we would seizure, honestly, because our brains are not meant to run that run fast, but not super Sonic fast like that 24 7.

[00:20:13] So then you'd still have all of the outside world environment and everything. Right. Working with, and every person has a different frequency, a different energy imprint. I call it a soulprint measurable with those different cameras, where they

can measure your energy field and share with you what colors they, they resonate to.

[00:20:30] and so we're constantly interacting with all of it. There's a really great book called the holographic universe. And really when you look at everything from this wave point of view, with frequency, vibration, how our brain works is subconscious. Really it could be a hologram.

[00:20:45] Jeffrey Besecker: Yeah. That's just the tip of the iceberg that you learn of itself can become emotionally overwhelming.

[00:20:54] If we don't keep that reality in check, if we don't find that awareness to stay in bounds with it and say it simply is what it is. Yes. That can be such a hard state to get to and reach for a lot of it.

[00:21:08] Dawna Campbell: Yes it is, but the awareness is the key and it's just stopping and assessing your emotional state for that awareness.

[00:21:16] And then it will start sharing with you telling you, knowing, all right. I'm, I'm, you know,

kind of angry. What do I need to do shift? I did an experiment with this once, because. I lived in an Austrian for a year. I studied with the Buddhist monk. I studied with yoga killers. So I got pretty good at, being in a meditative state, but there was a period of time.

[00:21:37] I had five children and they weren't always have this interaction between the kitchen and the dining room. And it would always be at least three, maybe four of the five children. And I would look at them and I would get so frustrated. Well, they were used to having that frustration, emotional charge come out of me.

[00:21:55] And I can't remember what the interactions were about. I just remembered it happened like almost on a daily basis. So one day I had the bright idea that I would put me in the timeout. Cause obviously I was the one who had the problem, right. So I went into my bedroom. I almost walked into the bathroom and I went.

[00:22:14] Children always find you in the bathroom. I'm going to go in my closet. So I did, and I shut the

door and I started going into a meditation and it took me 40 minutes to get deep enough into a theta brainwave without thought of, oh, how dare my kids did it. Don't they know? Nope. Nope. Breathe, go back. Let's start over.

[00:22:35] And it took me 40 minutes to get fully connected without thought, well, then I, I don't even remember why I was mad at them. So I leave in a couple of days later, it happens again. And I'm like, I think I'm just going to go to the closet. And I did it again, and I continually did this and I would get down to 20 minutes and then I got down to 10 minutes and then I got down to two minutes.

[00:22:57] This was a very long process. So it was about two months later. And the children, how their interaction in the kitchen. And I just took a breath and I was there because I got really good at it. They did not feel the emotional charge of the frustration coming out of me. They were used to feeding on, they felt a different energy.

[00:23:15] They instantly stopped and never did it again. But it was happening because they were used

to pulling that energy out of me in that preparation and frequency until I changed me, took me a couple of months to do it. Those really low. When I work on myself, going to the clients, we can usually get it within an hour and have it changed.

[00:23:37] And then people around you respond to that.

[00:23:40] Jeffrey Besecker: No, that to me brings to mind my own parenting observations, my own parenting experience it so often we can witness others where, you know, they're constantly running with the child and constantly don't do that. Stop that, stop hitting your brother and stop hitting your sister.

[00:23:55] Don't do that rather than taking that awareness back and say, okay, I am the adult. I am the guide. I am the example. When we shift that also we can change that awareness in every relationship, every interaction we have throughout our life, not just with other people, but to everything we energetically connect with, which is every loving, single thing in the universe.

[00:24:26] Dawna Campbell: Exactly. Exactly, but it always starts with you and it starts with the people around you first. And then it affects just like a pebble being thrown into the water, the ripple effect going out and what was so interesting with children. And when we tell them, no, what's the very first thing they go do. They go do what you just told them not to do.

[00:24:49] And the universe works the exact same way. The child, if they're, you know, up to seven air in that beta brainwave while the universe is also returning everything to you. So when you say words like don't, can't, won't the universe doesn't hear it. And it brings you what you don't want because it's.

[00:25:07] Recognize necessarily what we call exhilarate verbs, and that's exactly what the child does. So when you say don't touch that hot stove, they're like, oh, let's see what this does and they'll touch it. So one of the things I caught on when I was living in the Ostrom, I had my two children with me and they were young enough that I was learning how to I call it empowering them.

[00:25:27] So instead of telling them yes or no, when they asked for permission, I would ask them a question back. So, oh, why would you like to go do that? Or what do you think you might get from having this? Well, do you think it's wise to have a cookie before dinner and I make them think through it or understand why they were asking for it?

[00:25:48] I didn't tell them yes. And I didn't tell them no. I allowed them to make decisions based on asking questions guided by me that usually got the result that I want. Instead of me to say, no, you can't have that or no, don't do this. And they never ran out and did anything that I didn't want them to do. And even in high school, they would say like, well, can I stay out longer?

[00:26:11] Well, why would you want to do it? then we would go through the same process , they learned to make their own decisions that way. And, my one son, he's almost 22 he's in the military. and as an active duty and my daughter who was with this as well, she's 17 finishing online high school and works full-time as a CNA.

[00:26:29] So. I don't really have any issues like teenage years. I didn't have the normal battle because the approach was different.

[00:26:39] Jeffrey Besecker: And that is such an amazing tool, such an amazing state of awareness to be in as I sit and consider that I have to pull back a little and reflect upon that statement do, as I say, not as I do.

[00:26:55] Yeah. Yeah. We're automatically subconsciously aware how we're out of integrity when we're in that state. Yes. And we're vocalizing it yet. So often we don't make that awareness in that shift in how we're presenting ourselves

[00:27:15] Dawna Campbell: the awareness is the key in everything and everything. Absolutely.

[00:27:21] Jeffrey Besecker: So when we find ourselves in that state, in our energy has out of alignment.

[00:27:27] What are some of the more productive tools, some of the more effective tools to bring us

back to that state of aware.

[00:27:35] Dawna Campbell: The one that I like to do is assess my own happiness and happiness comes from the inside. Not necessarily outside of you, but from your inside. So you could always stop and check. Am I happy in this one?

[00:27:49] Well, if you're not happy, how come? this is something that I learned from an employer years ago and it got to the point that anytime I saw them automatically, I would start thinking, oh crap, am I happy? Was I happy today? Was I happy yesterday? I haven't seen him in like three days. Where's my happiness meter.

[00:28:05] And I had all kinds , of answers. Well, I'm happy today, but I wasn't happy yesterday or two hours ago, it could have been better like this, or, you know, I might, you know, 79% happy. How can you quantify happiness? Right. And what was happening was I was asking myself, why wasn't I a hundred percent happy?

[00:28:26] And I was looking at all the times. I wasn't happy to see what needed to change. And then I went. I'm focusing on the wrong thing. I'm focusing on when I wasn't unhappy, rather than focusing on where I was happy. So I started keeping a happiness journal and I wrote down things that allowed me to have happiness or where I found out.

[00:28:48] And for me, they were mostly based on relationships, not about money, not about things I could have in the outside world, but mostly it was about the relationship I had with myself. And then when I started focusing on that, I started generating more happiness internally, which brought more happiness externally for me.

[00:29:05] And I've thought, well, if I could stay in a happiness state, the majority of the time, these other things, the stress, the depression, the anxiety, they don't exist. I am happy and a happy frequency is much higher than a depression or an anxiety frequency every single day. So stay focused on your happiness.

[00:29:25] Jeffrey Besecker: , that act of joy is so crucial that act of simply loving your energy and where it's at brings us into that present instantly.

[00:29:36] Dawna Campbell: Yes Happiness and joy is really the opening or the gateway to the energy we call it. It's the doorway has to be. There's three other emotions. There's five main emotions and all the feelings stem from those emotions.

[00:29:51] So we have fear, anger and sadness. They're all designed to awaken us to love. So fear is saying, oh, there's not love in the moment. There's an absence of love. So we have to find the love to see. Otherwise we wouldn't be in a fearful state because it's the opposite. Anger is saying something needs to change about this situation.

[00:30:11] So I can feel the love and sadness when held on the inside is unexpressed love that we didn't let out. So we hold it inside and we feel the sadness and the sorrow and the grief. Cause we're not sure. In the love. And then the other two is happiness and joy, which is the doorway to opening up, to love.

[00:30:30] So when we use those lower three emotions and we understand what they are and how it's designed to get us back to the happiness and then to the love, then that whole model works.

[00:30:41] Jeffrey Besecker: So has we find ourself in a state of presence where we're not in that state aligned with that happiness of love? How do we start to form some understanding to reconnect with our past, to bring us to the present.

[00:30:56] Dawna Campbell: So when you realize and recognize that you're not in the happiness and love state first I do this, I take it out on a piece of paper. How do I currently feel? Oh, I have stress right now. Okay. What would I rather feel if I don't want to feel stressful? I'd rather feel plus. For example. So, all right.

[00:31:20] With the stress where. Do I feel the stress in my body. Most of the time people are going to say it's in the heart chest area or in the gut. Most people don't say I only have stress in my little toe. No, it doesn't work that way. I usually fill it to the whole body, but blood barrier or maybe to where it's

predominant.

[00:31:39] And then you can ask yourself, well, women, the first time I remember feeling that energy there, oh, I was, uh, 20 and I was working and I didn't have enough money to pay me. Yeah, why didn't I have enough money to pay my bills? Well, because I overspent here, which created the stress or whatever it was, and you could start looking at it.

[00:31:58] Well, what did I need in that moment? What did I need to feel? Well, I didn't need to overspend because I was trying to compensate for something emotionally inside. For example, I needed to feel at peace or. In balance with who I was. And then when that happens, it starts making a chemical change and reaction in the brain.

[00:32:19] So if I was still looking at that moment, back in my twenties, where I overspent and didn't have enough money to pay my bills and it created stress, but what would happen if I looked at it from a peaceful stamps? What would it look like if I looked at it as if I was imbalanced and it was exactly how it needed to be, and you start overriding your own brain,

the operating system creates a different chemical balance in the syntax between the neurons in the brain.

[00:32:43] And it will start shifting to the new frequency and then. You can go back and then feel, go back to where you felt it in the body. It's going to start feeling different and then you can reassess your current situation to see, is the stress still there or do I really have peace and balance or do I have the pleasure that I was looking for?

[00:33:05] So on a real. Easy surface level. Those are some quick little questions you can ask yourself and actually doing client work. We dive a lot deeper because there's always an emotion under the emotion or a thought under the thought under the thought you dive way down deep. And really for that, that would be either session work.

[00:33:23] Or we would be doing coursework here at the house.

[00:33:27] We really like to hide our issues. Issues

[00:33:33] so we can start with this and at least start changing. You always ask yourself, well, what's under the stress. Well, what's under the pressure. Well then what's under the worry under the pressure under their stress. And that you can keep asking yourself those types of questions as well to get to the heart of them.

[00:33:50] Jeffrey Besecker: So I've got an interesting one for you today. You mentioned we don't feel that pain. So often the pain we feel in our chest, the pain we feel in our stomach. In our little toe, I have been dealing with a case of gout for about the last week and a half. Now let's look at what that might be signaling.

[00:34:15] Dawna Campbell: You really want to know because it has high acid cracks.

[00:34:20] Yeah. Yeah. So uric acid goes back to your associate excretory system. So what is happening inside the body is, is that you are holding onto, um, Well, the wording, isn't very pleasant. What, um, tied to, yeah. That anger and you're holding it on the inside instead of allowing it to release out of the body

through the excretory system.

[00:34:45] So it's creating a wake-up call in the body to have the gout with the hierarch acid. So you said in the last week and a half, so I would go back about three weeks to see what was going in your life to see what the trigger was, to why that energy, the emotion stopped processing. Out of the body because it takes some time to create into the density.

[00:35:04] Yes,

[00:35:06] Jeffrey Besecker: that's an interesting one. That's an interesting one at about three weeks ago. Let's see if there might be another connection here. I experienced a traumatic biking injury, fractured, three ribs and three vertebraes. I've been dancing. In my mind for about three weeks where I'm not operating at full capacity, I'm dealing with that kind of mental distraction where I don't feel I'm fully able to engage my mission and purpose.

[00:35:35] Dawna Campbell: Right. And that's kind of pissing you off.

[00:35:37] Jeffrey Besecker: Yeah. It kind of pisses me off because I'm not fully present.

[00:35:41] Dawna Campbell: Right, because of all the other things. So we would go back, but we would go back to the spine and the ribs to see which vertebrae they were, because each of them, them have an emotional component and we can trace that back even further too.

[00:35:56] And they can start also with your emotion and feeling when you had that biking accident and that broke, how did you feel?

[00:36:03] Jeffrey Besecker: I have to sit with that one, how I felt as a result of the accident or at the time of the accident where I was present. Yeah. I'd have to sit with that one a while because that's pulling me into that awareness. And I don't know, at that time I was deep in that subconscious with it on me.

[00:36:23] Dawna Campbell: Right. So after the accident, how did it.

[00:36:26] Jeffrey Besecker: Obviously, how did it feel was hurt obviously the pain level. Wasn't that great as a result of the accident? Surprisingly, for me, for having, you know, some of it was that admittance that I know I am hurt, but my brain is telling me I'm not feeling the physical pain that is expected. Okay. In this situation, the doctors even were astounded that having three broken ribs and three fractures forever.

[00:36:57] I can honestly tell them I'm only feeling about a one or two in pain. I didn't take any pain meds. I meditated my way through that situation and managed

[00:37:10] Dawna Campbell: portion and endorphins and, and, and that it overcame because you were in the right mindset and brainwave patterns for that. So, Because of the accident within the, the vertebrae and the broken ribs, and you're not allowed, or you feel like you're not completing what you need to, part of that is a wake-up call.

[00:37:29] There's some energy, there's some anger, there's some frustration. Cause you're not feeling like you're fulfilling your purpose. Now in that, if you had

to describe that sense of the feeling of not fulfilling your purpose, what would you say that is?

[00:37:43] Jeffrey Besecker: How would you energy, if not fulfilling my purpose?

[00:37:46] Expectation is there. I'll have to tell you. I can honestly tell you that I'm stuck in my own pattern of expectation, not only of myself, but of others.

[00:37:57] Dawna Campbell: Right. And what does being stuck in that pattern of expectation? Feel like to you?

[00:38:03] Jeffrey Besecker: It's frustration. Yeah. It's frustration that, I know. There's a deeper message.

[00:38:09] I know. We tend as a society to get stuck in the projections, in the judgments, right? Our missions, our goals, so often, are tied to generational patterning; in general expectation and generational judgment. Right. I get frustrated in knowing that -how do we step out of those patterns into our authentic truth?

[00:38:33] How do we bring messages? Yes, as coaches to step out of what success is supposed to look like to lean into what our own personal happiness and joy is.

[00:38:46] Dawna Campbell: So frustration is the awareness, the feeling that we need to understand when you close your eyes and you feel the frustration in your body, where do you feel?

[00:38:56] Jeffrey Besecker: It's in my chest and it's in my middle and upper back. Right. Where the injuries were. Right. It's bringing that awareness to it.

[00:39:05] Dawna Campbell: When was the first time you remember feeling frustration in those areas? How old were you really? The first time you can remember first time

[00:39:15] Jeffrey Besecker: I'm going to go back to. It's in childhood and I know exactly the source and it's exactly the traumas, my own personal traumas working through with a relationship with a sibling.

[00:39:27] Dawna Campbell: Exactly. So there was a point in your life that you felt this energy. It was there. The subconscious. Kept it in an automated response system or a mind loop tape, and it keeps magnifying. And now we have physical effects in the body to get your attention to say, we need to offer a different vibrational frequency back then to change it.

[00:39:49] So with some of those own traumas, what would you rather have felt? Not the trauma and not the frustration of it? What would you rather have?

[00:39:57] Jeffrey Besecker: It was definitely seeking that sense of acceptance for who I am for one connecting with a sense of empowerment, not power, because that to me is a very different state of struggle.

[00:40:11] Power to me usually is rooted in. That insecurity. So some of that then is also that sense of security surfacing, and that ability to find that self-love to return yourself back to center. I know this working through my own work with the trauma and doing the work that it ultimately comes back to seeking that sense.

[00:40:36] Authentic awareness, authentic alignment, releasing those judgments.

[00:40:41] Dawna Campbell: So what I hear is frustration is teaching you how to accept and be empowered through self-love. Yeah. That's what I hear. Yeah. So what I would do, I would ask if I could enter your space. Yes, yes. Would you like to have that acceptance and empowerment of self love without the frustration?

[00:41:03] Yes. Yes. And then I just witnessed that in you because we can share in an energy space cause that's all physics.

[00:41:10] And then for you, we get to go back, look at the trauma. What would happen if you looked at it from acceptance and empowerment of self love and you revisit that it will start that whole event, those events will start shifting and changing in your mind and you'll see it from a different point of view.

[00:41:25] And then we would come back out. And go back to how the stomach, the back and then the gut would feel or the chest area. And then we would look

at the different points of when the accident happened. And then of course the gout, because that energy shift and change is going to start changing your vibration.

[00:41:42] As you review all of those things, the gout has no choice, but to leave because you're no longer a vibrational match because you're matching here with the frustration. Now we're up here with acceptance, empowerment of self love. Frustration is down here. It's associated with the gap. The gap will leave and it's the same with any physical level.

[00:42:02] Dis-ease so that's how it works. So awareness is the key. Okay. And going into, what do I really feeling? Yeah. Getting in touch with that. Absolutely. And that's probably one of the hardest steps, but the key step. And once you can uncover how it felt. Then everything else. It's easy.

[00:42:20] My own first client and I couldn't digest food for two years and doctors couldn't figure it out. So I turned to natural healing and natural medicine. And the lady said to me, well, there's something in your outside world. You can't digest. Well, after about three months, I was healthier and I could see what

was happening to my outside world, that I was hidden to me.

[00:42:41] And that was the infidelity of my marriage. And then I realized all the anger that I had been digesting, and it wasn't about the food I was eating or the exercise. I was digesting the emotion, anger, and it destroyed my entire digestive system. That to this day that if I have any anger, my food doesn't digest it.

[00:43:03] Feelings and complications and stuff inside. So I have to make sure that I'm in a different emotional state because if, especially when eating, otherwise my body breaks down, but that was the exact thing that started this whole process that we're talking about, about the mind-body connection, vibration and frequency and energy, which Nikola Tesla said.

[00:43:23] If you want to know the secrets of the universe, think in terms of energy, vibration, and frequency, and that's all, this is.

[00:43:29] Jeffrey Besecker: We're just simply observing the simple patterns of life and bringing

those patterns back into harmony.

[00:43:38] Dawna Campbell: Yes, absolutely. And it all goes back to childhood to the time that you can remember sometime between like usually between two and nine or two and 10, because that's when we can start recalling and that, but some of those emotional things.

[00:43:52] Probably started in the womb based on who your parents were at the time. And we can go back to that point in time to and change those vibrational pattern because time space, all of that physics center as an exist, you can shift and change the past, the present the future. It's all in this moment. So we can take our mind brainwave patterns to recall the past, change something there, bring it to the present moment and have it affect our future.

[00:44:19] Jeffrey Besecker: I want to thank you for bringing that awareness to my own personal pattern today and pointing out where some of that connection is drilling simply bringing that into my awareness. I am now able to look at how I changed that nonproductive pattern into a productive pattern. That's

simply okay.

[00:44:40] Yes you are.

[00:44:42] Thank you. Thank you for bringing that to me today.

[00:44:47] Dawna Campbell: For the next two weeks,

[00:44:51] Jeffrey Besecker: it'd be a quick fix for me because you start to see how that pattern connects, how those dots connect and how that energy wave simply starts to form itself. Right? It does. It's changing the shape of that wave changed the shape of our lives.

[00:45:07] Dawna Campbell: Absolutely. Absolutely. That's a really great way to look at that. And I have not thought of that way before, but when you shift the frequency to the vibration, that pattern will shift and change and it won't create the same thing. It can't because it's physics as law doesn't work that way.

[00:45:25] Jeffrey Besecker: Where can our listeners go to reach out to you, Donna, and start to uncover

some of this awareness and changing some of the patterns in their life.

[00:45:34] Dawna Campbell: , the easiest way is to go to my website@donnacampbell.com. And you can do with the contact form or my number's on there, or if you're in the United States, all you have to do is text the word, manifesting to 2 6, 7, 8, 6. So the word manifesting the 2 6, 7, 8, 6, that will connect you directly to me, to all the social media, you can set up a free 30 minute consultation with me, and then back to the website.

[00:46:02] Jeffrey Besecker: That is such a cool and amazing tool. Reach out to Donna and connect. I would love to connect with you again soon and share another conversation. This has been truly such an aware eyeopening and thought shifts.

[00:46:17] Dawna Campbell: Well, and thank you for having me on. Thank you, honestly, it's been a pleasure and yes, when we're first in with awareness.

[00:46:30] Jeffrey Besecker: Well, thank you. I would love to wish nothing but the best for you. And thank

you so much for sharing this awesome conversation.

[00:46:38] Dawna Campbell: Well, thank you. And I would love to be back on for another conversation, so yes.

[00:46:42] Jeffrey Besecker: Thank you.