

# THE *Spirit* OF YOUR BUSINESS MASTERCLASS

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## Metaphysics of Mindset

### *Call #1*

There we go. I got something in my eye. I'm so excited. All right, Collette. We are live. Oh my gosh. Woo. Hey everybody. Oh my gosh. It's so wonderful to see everybody. I'm so excited. We have 700 people. It's so amazing. I'm, I'm like beside myself. I have wanted to teach this to you guys for a long time.

You know, it was kind of in the back of my mind. I'm going, I wonder if, I wonder if they'd want this, because it's what I did for many, many years working with some of my, and actually most famous clients too, which I'm not allowed to say because they had to sign NDAs. But I have great stories and a lot of,

well, 35 years of full-time experience, and you're gonna be, have a great class tonight. So I want to thank all of you from the bottom of my heart for joining us for the first call of the spirit of your business masterclass. I wanna introduce my co-host, Elizabeth Finn Cannon is our wonderful marketing director at, is that what we call her?

She's head of marketing. She's like the best Mark. Yes, she is. And Elizabeth, since you are the host, can you let people chat in the sun? Yeah, They're chatting. They're chatting, huh? Right. Awesome. All righty. We have lots of cameras and everything. We've got my husband here, we've got the whole fam family here for you.

And anyways, so Elizabeth is going to be hosting with me for all of these calls. Oh my God. Next week. It'll blow your mind when we talk about money. But first we've really gotta get in that preparatory mindset. This is all about the

metaphysics mindset. So Mark has a slide and I'm gonna talk to you a little bit about the flow of today's call.

So obviously right now we're gonna talk to you about an introduction and I'm welcoming you. And then we're going to move into the metaphysics of mindset teaching. So I'm gonna talk to you about, and what, and, and I'll explain metaphysics cuz I know we kind of think we know what it is, but it's important that you understand. And everything I teach after today is,

is gonna be set on what we anchor today, right? So then we're gonna slide mark slide, baby slide. Yeah. You Know what I just, okay, Ready now? No, there we go. Next one. Are we on the submitted questions? Yeah, go ahead. Okay. So what we did was we had hundreds and hundreds of questions.

So we went through them and picked the, the top ones that are similar. So we kind of looked at what is everybody asking. So today we're going to be going through those and then we're gonna do a live q and a where I'm gonna coach you. I'm gonna bring up some people who volunteer to get up and ask questions. And I'm gonna help you as best as I can.

Then we're also gonna do a metaphysics of mindset exercise. That's going to be really cool. And then of course we're gonna close up and have a recap. You are getting the videos, remember that. So I really want right now for you to grab a journal or a notebook to take some notes and write down any reflections. Okay? That is that good for everybody.

Now I, you're gonna notice sometimes I might look over there just to, just to make, actually I don't really need to look over there anymore. Do I mark? No. Cuz Elizabeth's not in there anymore. If you only saw, like, there's all these little computers everywhere and everything. Like where am I supposed to look? So I'm just gonna look directly at you Anyway,

what is this that we're doing and what isn't it? Well, this is a metaphysical masterclass, which means we're looking only at how you relate energetically to your business. All right, Colette, can I interrupt you first? Yes. Before we jump into that, Plus the card To share the card. Yes, yes. Oh my gosh. Okay, you guys,

right? Of course we pulled our card. So Elizabeth and I decided we were gonna, we always pull a card. I do that. You know, for those of you who know me, I always pull cards for basically everything. And we're like, what is it that everybody really needs to know tonight? So what did you pull, Elizabeth? And I want you to read the card.

Yes. So I picked a card from Collette's Wisdom of the Oracle deck, and I got observer in protection. So this is the observer card, just a little, but it was upside down. So I'm gonna read it for everyone cause I my guide Right here. And it's important that we talk about this. Go ahead. So it says, ever think sometimes your life options are suction cup to your face and you can't see beyond yourself.

There's a big world out there, a multitude of potential realities that you're unable to perceive at present. So you're a little stuck. It's time to get advice from someone you trust, someone who has a better perspective on your circumstances. Other points of view are needed. Now, before you move forward, take heart. A beautiful vista is waiting for you to drink it in.

You just need a little help widening your scope beyond your small self. Right? And you wanna know what, that's exactly what we're gonna go over today because the small self. So I want, we're gonna talk about the small self and then the larger source with the capital S, soul source spirit, small self contracted, stuck hairball, right? And then the larger source,

it's the, it's causality. So, oh, and right now too, if you have not watched the bootcamp videos yet, you get those for 90 days and they represent the exercises that I want you to do often and they will change. So I, you say, well I, I've already met in the spirit of my business, but every time you do the exercise it morphs a little bit and you'll get new information and stuff.

So those are the foundation exercises that I actually worked on with my most successful clients who came to me not as beginners by the way, but as multi mul. I mean business owners who were in a transition burned out by what they were doing and needed a spiritual approach to what they did next. And I am not talking about clients who were just starting out.

These people had business portfolios, were worth hundreds of millions of dollars. Now they could connect to the spirit of their business by doing this

very thing. So can you, it doesn't matter how you begin, we want you just to begin. All right? Doesn't matter where you are, it's all relative. Believe you me, if I tell you which I will over the next four,

four classes, I will tell you some of the stories that I have permission to tell and they're pretty wild. So in this masterclass, I'm gonna show you a very different way to approach a business. And especially when you're struggling, I mean, every single person that signed up here, we know that we've bumped up against some kind of glass or membrane.

You can't get past it, right? So when you're struggling or when you get caught in trying to determine, and I want you to listen to this really closely. When you get caught in trying to determine where you are, by staring into the mirror of outer conditions, comparing yourself to other people and looking around for human grade answers, this is what you need.

Now we're not going to, we're not going there at all because we know it doesn't work. We don't care about the human grade answers because that's not why you're here. You can get that somewhere else, but that's all about contraction. So I wanted to create something that no matter where you're at in your life, in your business, I'm gonna give you tools to help you stay open and be expansive and move beyond the constructs of what you think this should be.

And by the way, all of us live inside the constructs too. We are hypnotized and seduced by the constructs. Okay? So what we are gonna do is, is exercise that metaphysical muscle where we can go beyond that. Cuz when we get contracted, we forget that there's an expansive universe. It doesn't follow manmade guidelines. Think about that. There is an expansive conscious universe that does not follow manmade structures,

guidelines versus systems. So the point is to get you into the energetic alignment with the spirit of your business so you can make the best decisions because you're gonna be coming from a very different vantage point than if you're struggling to figure things out intellectually in a very narrow scope of what you think is reality, not your fault. We are all programmed to see the material physical world as the only reality.

It's our five sensory experience. But we know that there is a vast intelligence that informs this one. So what this is not is not a one size business, a one size fits all business training. Not at all. Where I'm gonna give you a formula to be a business unicorn. And people have asked me for that. I don't do that.

Yes. Oh my god, I'm gonna tell you something. Oh my God, I just sat here going, I'm about to kick the spirit of my business's ass right now. They, oh gosh. And at least you've got a few people sorted out, which is great. Okay, so it is Mercury retrograde and we do love launching things in Mercury retrograde,

do we not? So let's go back and talk about why didn't I freak out? Because I know source is in the mix and it's kind of a challenge if I were to look at this as a learning experience for everybody, right? You know, when we think we're going somewhere and it, we think it's going really great and all of a sudden we get a snafu and we go,

oh my God, what do we do? Now, obviously we don't just pray, we didn't just sit here and pray, mark had to scramble 14,000 ways men loose. But I had to trust that, you know, I wouldn't freak out cuz I know we can fix it, right? And so that energy, the frequency of it's gonna be okay is a very different thing than what the hell,

right? We all know this, right? So, so what's like the bees to the honey, right? Anyway, thank you for your patience. Let's go back a little bit to what we started talking about was the question was where is source in the mix of everything, right? And we do tend to close off and get into fight, flight,

freeze, unattached, whatever that is, or really blinders on with our ambition and willfulness, right? So I want us to go back to the very, very beginning when you were gifted with an inspired idea about having a business, right? I know if you're an entrepreneur, if you're a solopreneur, even if you run a business, because none of all my clients that I worked with over those years,

it was like three years when I was just focusing on that were heads of very large companies. But they, they, they started it or they were in the entertainment industry or whatever, right? So they were at a position where they'd already had success, but then they were like, what do we do now? And all of them got, came to me with a big giant hairball.

And the only way out was spirit. So go back to your initial idea where you were inspired, okay? Not the problems you're having right now. I want you to go back, oh, I, I feel the calling. I know I'm supposed to be doing something. I have this inspiration about this business. So I want you to use your imagination that the inspiration was gifted to you by spirit picked you,

okay? Picked you to do this, right? You're the one that gets to do this. So you feel called and an inspiration from spirit comes to you in the form of a magical acorn. Okay? Look at a teeny acorn starts small, right inside the acorn. Every acorn has an oak tree blueprint in it. So if you want to unravel that blueprint,

that's what we're, that's what we're asked to do. But that's not what any of us do. That's not what, I didn't do that in the beginning either. So this is all stuff that I had to learn along the way. And then my, then I realized, wow, this really works and I've done this now consistently. And here it is,

right? You ask the spirit of the business, you don't go, oh thanks, oh I got this. Thanks a lot, I got the acorn. Awesome for the magic acorn. Great, okay, bye. No, but we, we don't ask, is this alive? Does it have answers for me? No. We tell it what it is.

You're gonna be this kind of business and these are gonna be your clients and this is how we're gonna do it. We're gonna take that course, we're gonna learn how to make shitloads of money and we're gonna be famous too. All of that stuff, right? All of that stuff. We'll get to that. So let's move on. So you understand the basics of what we're doing with the metaphysics of mindset.

I think you have a slide mark, but who the hell if we have no slides? I don't care anyway, just in case. So what is metaphysics, right? People think, oh, I know what metaphysics is, but it's actually a branch of philosophy that explores the nature of reality, the nature of existence, causality, and the universe itself.

Now we can talk about quantum universe and it may sound esoteric and sometimes scientific depending on who you're talking about. But it's actually a rigorous discipline that asks big abstract questions like what is the meaning of life? How does the quantum field work? Is there a higher power? What is



my purpose? And what's my part in this? So when we examine metaphysical questions and ideas,

we gain insight into the underlying principles and structures that govern the universe. These are not people created systems. And when we can apply the spiritual principles specifically to our businesses, we actually then create a more aligned, purpose driven and successful enterprise. That's the way it goes. There is no way you are gonna fail at this as long as you remember what goes first.

And so why the metaphysics of mindset and why, why am I teaching mindset? There's lots of people who teach mindset, but I'm coming to mindset from a spiritual perspective as in what we think about what we accept, where our attention is, how our emotions are engaged, and the energy that we match ourselves with. That equals mindset. So causality changes cuz when our mindset is narrow and contracted and we don't,

we don't know, like, so the old school version of mindset doesn't necessarily take into account that each of us also has different life experiences. Our nervous systems could be wired differently as we're impacted by our ancestry and all kinds of patterns we might not even be aware of. So, you know, we wanna approach this content, these next four classes with a lot of self-compassion and do not compare yourself to anybody else.

You are very unique and there is no one size fits all, anything that fits everybody. But we can give you a, a concept which you can apply and then it will apply to you personally and it always works. So we then, when we develop a conscious contact to our higher power and we are exercising that like a muscle specifically for our business,

obviously we do that in our life, but most of us, you know, it's really funny, people in the spiritual world that have businesses like coaching or healers or whatever, they go straight from I am inspired to like, oh, I better do this all myself, right? I mean, we forget, we absolutely are the forgetters. Like it's,

it's, it's wild. I, everybody that I have talked to or coached that comes from this world actually says, oh wow, I completely forgot. You know? And that's normal. So we have to just be okay with the fact that we will fall pray to

spiritual narcolepsy and we move our mindset from I have to do it all to, I have a partner,

I have to do it all. I have a partner, very different vibe. One is busy and nervous, the other one is relaxed and trusting. So we have to agree. That's why tonight's class is all about the agreements that we're going to make to make the other, the other works, the other the part of the business work that we need to work.

Then there is a higher power. So think about that. Why did you get the inspiration? Do you know that the conscious universe needs a person to experience itself in the world? And that is fundamental to metaphysics that we are here on behalf of that, right? That's why, you know, you'll see all kinds of things like greater works than these,

shall you do. We screwed it up when we forgot, right? That's the great forgetting. When we look at the original blessing, for example, instead of an original sin, if you look at sin, it means miss the mark. And that means you have missed the mark that you are a spiritual being first, human second. And it got all caught up in weirdness in religion.

But even in the Bible that Jesus says, and greater works than the shall ye do, you know, the, the spirit that God is in you, right? So this is what we have to remember when we are consistently and constantly being seduced by the opposite in the world. Like, so we have to work hard at this. It's not easy,

I'll tell you right now, it's not easy to be an entrepreneur, but it works. And when you get the hang of it, eh? Yeah. Once, do you do it perfectly? No, I don't do it perfectly, but I do it way more, way more percentage. Maybe 70% of my world is run like this and 30% I fall on my face and then I have to get up and I'm the suction cup card that we got this today.

You know? And that's just the way it is. You're, you're here for progress, not perfection. And your purpose is not intellectual. It's a feeling. Elizabeth, do you remember the, the feeling you had about getting hired here? Yes. Okay, I love you to share that story cuz it's so good. Yeah. So before I worked here,

I worked for nine years. I was the director at a marketing agency and I was unexpectedly laid off in a round of layoffs. And when I went back out to find a



job, the first job that showed up, Wait, wait, wait, wait. Go back. Yes, go back. I want you to tell the part, the part of the story that you wanted.

You hated it. You were wanted another job. I did, I did want another job. I had updated my resume, but I just was hanging around About the universe. Yep. I was, I had got all my ducks in a row, but I wasn't really let ready to let go. I am a Taurus. I do like my comfort and sometimes I'm okay with change for most things in life,

except like my personal life. I want things to be steady. You Wanna be in charge. Yes. So it was very unexpected when I got let go, even though it was exactly what I wanted. I will say I stomped my feet a little that it was not on my terms, but I, the first job listing that I saw was for here working with Collette and it,

I was lit up as soon as I saw it because it just aligned with my spiritual beliefs and just being able to be a part of something that helps make the world a better place instead of just like convincing people to buy more toys, you know, like that has its time and place too. But this, this just called to me. And so I applied and that was the first job I applied to and I didn't hear anything right away.

And I had applied to some other jobs and got job offers immediately. And I would not take them much to my husband's. Yes. Because I had a feeling I said, well I really wanna hear back from Collette's team because I, I think that's, that's the job for me. He was like, well, but this, you know, they're ready to hire you now.

And I was like, yeah, no, but they're, they're gonna get back to me. And then they did. And it's just, they did, I just knew, I knew it was going to happen and that it did seem, it seemed wild to me to say, no, I'm gonna turn down jobs. I mean, I've got kids,

I've got a husband, like we needed my income, but I just trusted and I knew. Yeah. And it was such, such an interesting feeling and to just anchor that like feel that in my body. That knowing Yeah. In that trust. And that's that kind of reference point too, right? So when we're connected to spirit, like our detours don't make sense,

right? It, but, you know, and they could even create challenges for us. Like Elizabeth was not planning on getting laid off even though she was, you know, already inspired by, I know I'm supposed to leave. I've got, well, who puts the a resume together in a job they're happy for, right? So, right. So when,

when we're plugged in to spirit and we think we're supposed to go on a straight line, but we go like this and like, why is that working? And, and like, why am I being challenged by that? But they're there because you have to become the person that has the business that you say you want. We cannot, every single person in business who,

who is either a solo printer, an entrepreneur, or even like somebody like Elizabeth who come, who w works for us, you know, you go through that personal growth moment of surrendering or do I do this most obvious thing when your body tells you. So I, I wanna segue into, talk about what sabotages us because I, I really think it's important to address this tonight.

What is the nature of our contraction? So where, where all of a sudden we become amnesiacs and we forget that we have a partner who has the blueprint for our success and we think, oh, oh, I I'm not worthy. Who am I to do this? Who do I think I am to do this? Like that little dealing with imposter syndrome as an entrepreneur by the way was one of our top questions.

Can you believe it? Hundreds and hundreds of people and imposter syndrome is like, I don't wanna admit it, but I have this, what do I do? How do I do this? And it is such a common experience that many people have, especially entrepreneurs who are just starting out and especially in the spiritual space. Can you believe it? Of course.

Who am I to do this? Who am I to help people? I'll tell you something, some of the, those clients that I can, I can go back to them too. And when they were moving to uplevel into a different version of themselves, they also suffered from the same thing. They, they were super successful, they knew what they'd done already.

When it comes to walking into uncharted territory, here comes the imposter syndrome. So it doesn't matter who you are, the feeling that you might not belong, that you don't know the terrain, you might not be good enough. And

even at the worst that you're a fraud. It is a challenging thing to overcome, but it's totally doable. And it's just important to recognize that's a normal part of the process when you start to do something different because you are stepping into uncharted water.

So instead of seeing it as a negative thing, I want you to see it as a sign. You're pushing yourself beyond your perceived limits and taking risks. And then you recognize that everybody feels like an imposter at some point in their lives. Like I said, even the most successful people. And I'm telling you, it's for everybody. So if you've ever stumbled on that,

there's a reason. There is a reason. And so by aligning yourself with the spirit of your business, you can remind yourself that your work is not just about you and you doing it right. That's, that's a human old school way, but about something greater you are contributing to and that you are being used. So that spirit, the quantum universe,

whatever, is actually able to experience itself through you. That's what it wants you to do. Otherwise, you wouldn't have got that magic acorn, right? You wouldn't have got that. So who are you to not say yes, right? Who are you? Yeah, it's not you, it's not the small self that we talked about in the beginning.

There is no small self here on the chess board. It's your higher self. It is your partnership with spirit and yes, that small self, you need the small self, the ego self needs to help out here cuz it's gonna be the source of your will. But that's energy too. And it's gotta be clean. So once in a while you'll fall into that and that's okay.

So Colette, yeah. So you said ta connecting with the spirit of your business to help. Yeah. But then what is the most important step after that to working with like, or working through imposter syndrome? There's one main step and one only. Seriously, it's radical acceptance. Well actually that's, it's, it's a, it's a two ti two-part step.

It's surrender, it's radical acceptance and surrender. And I, and I wanna really underline that cuz people always say, how do you surrender? What means you let go of the branch? But surrender does not mean to give up. It means to see things as they are. And actually first acknowledge, I cannot control this,

but I can ask from for guidance from a source that doesn't play by these rules or tell these stories,

right? So there's something greater than me that's gonna have to come in because I'm scrambling, I'm struggling, I'm, I'm feeling these feelings. But if it's not me, then oh, then I am being used. I'm, I'm a, I'm basically a tool or I'm the, I'm the paintbrush, I'm the paint, you know, it's the great artist.

He's using me. Wow, we're partners and wants me to be successful so it can experience something, right? And and that's the thing. So, so we have to assume, remember back to that about the inspiration that synchronicity is gonna bring you what you need. Not plans that you made, not a course that you took, not if I did this,

I'm gonna get this many people on Instagram or any of those things. You're not gonna play by manmade rules where we think cause and effect again means if I do this action, I will get this outcome. And this is why we struggle, why we hustle so much because we're, we're coming at it from a very narrow, limited space and we have no way of plugging into the expanse.

And that's when we completely fall asleep to the fact that we have a partner. So the spiritual mindset, the metaphysics of mindset has to be number one. I trust that what I need is 100% there, even though I don't have a clue where it's gonna come from. And that alone is a frequency that is so attractive to making things move in our favor.

It's a surrendered thing. Were you gonna say something, mark? No, no. I surrendered met him, but he's not my, well actually we have a business now together. There you go. But the point is, is that I, it's not, I give up. It's like I'm gonna turn it over to you because this, my, my part is the deciding that's what your part as an entrepreneur is to make a decision that you're gonna follow through and listen attentively,

attentively to what the spirit of your business is trying to tell you and follow the crumbs. Follow they're small steps. They're not that you will be driving yourself mental if you have this giant goal. And if you don't surrender that goal, that idea in your head about who you're supposed to be, you're going to constantly be unfulfilled every single day. And you will not put out the frequency that is attractive to making things move in your favor.

So you can say, this is the truth of where things are, but I can co-create something else for myself with my partner rather than fighting against what we think reality is. So we have to choose to get aligned with something else. And it doesn't mean that we're bypassing what's in front of us. We acknowledge that it's there, but you'll quickly discover that you,

you can't control this. You can't change it going at it the way you are. You can't pound the pavement, you can't bang on the doors often enough. It's to get where you wanna go. The most extraordinary option is I'm gonna surrender. I'm gonna ask my partner, show me the next step, show me the door that's opened. And that means that the spiritual mindset is that God is primary and for those of who have a problem with the word God,

the quantum universe is the quantum intelligent universe is primary, but it is also neutral, right? I know I, I have a benevolent relationship with my higher power, but I also know that if I keep telling my higher power that I'm scrambling, scrambling, scrambling. I don't have enough time, there's not enough money, there's not enough this, there's not enough that so and so did this.

They're so mean, blah, blah, blah. Look at that. Look at the, that's what we're gonna get more of because those are the marching papers. We're basically saying, okay, reflect this back to me please. So anything that you are going over, over and over and over again is going to keep repeating because that's the law. So,

and that's why so much awful shit can happen in the world. We see a lot of organized because it is so it is like that is the higher, it's not a higher vibration, but it's the louder one. And so that's why you see so much turmoil and why you're not supposed to look at that, to identify yourself. You say, okay,

this is true, but this is also true. And then you can actually handle whatever that hairball is presenting you with in such a better way because you're also trusting that the answers are gonna come and they're not gonna come to you because you're staring at it. They're gonna come to you when you least expect it. So what again, whatever we keep putting out in the field,

we're gonna see it come back. But it's not about blame. No one is ever meant to be blamed for this. It's not about self blame, it's about accountability. Accountability. We don't wanna struggle, struggle, struggle. So the universe is gonna say, struggle is the frequency, let's give them more of that. You have to get neutral regardless of where you begin on this journey.

Regardless of the fact that you may actually have very good reason to see yourself in a struggling position. It is all about, yes, this is true, but this is also true. So I am going to surrender 1000% and see, so I wanna talk about the law of praise right now when we radically accept this and that is true, we get a chance to call things in to our business,

right? So it's, it, it applies to life too. But I'm talking specifically about your business cuz you want your business to go right? Thank you in advance for receiving. Let's say we, you're a client-based business. And I'll tell you what I did. Like, I had no clients for a couple of weeks and it is a story I left to tell my parents had lost literally everything.

I was freaked out about money. I did not know, you know, that I was gonna make the money, but I had the calling. I knew that I had to do readings even though I thought that I was only doing them to pursue a career in music. This was the only way I had cash. This is it. I, after I painted on clothes and whatever,

this was it, it was doing readings and I kept saying the perfect amount of clients are in my life now, perfect amount of clients. And they were, and then I then for some weird reason, I had to learn a lesson and I was being tested and guess what? I had paid my rent, I'd done all this. And then I had no clients and it was a transition from moving from aromatherapist into full-time readings,

right? Because I was doing both at the time. Nobody was coming. And I was like, oh my god, I'm doing it wrong hall. So then I was like, well I don't have any options so I'm gonna have to pray cuz that's all I have. And I had gone to Unity Church and they taught me about tithing and I had small amount of money.

I had a shoebox. Yes indeed. I'm one of those weird people that was freaked out by banks and way back when, not now, but I remember saying, seeing



that I had to give 10% of that, it didn't have a lot. And then, I mean, said I didn't, wasn't sure if I was gonna get food from my dog.

So I went outside, I gave this money to one of the neighborhood homeless people who was there all the time anyway. And, and anyway, the bottom line is this. I didn't know how I was gonna feed myself literally. I came home and I said, okay, God, I'm surrendered. And I had done it before. Didn't the doorbell rang?

Well I didn't have a doorbell, knock, knock, knock. It was my neighbor from down the hall who I was super pissed off at cuz she had a super noisy party the night before. Anyway, I couldn't sleep. Bingo. She brings me a whole big giant tray of food. This huge thing of lasagna. I have so much food left over.

I'm so sorry. I made noise like, do you need some food? I'm like, oh my God. And then the phone rang a couple days later cause I and a and a guy who was had heard me speak in an AA meeting and yeah, I'm Blake breaking my anonymity, said, I really wanna tie it to you. Can I come and paint your apartment?

I'm like, yeah, all right. And so a lot of my needs were being met without the cash, all right? So it was like I had to surrender and trust that some weird thing is gonna happen. And it did happen. It did happen. Now what was my effort went out and tithed, I I, I did make calls, you know,

to people, but I didn't wanna come from a, from a place of scarcity. I'm like, you know what? So I, so the effort was that I was going to go and tithe and do these things. So bottom line is there has to be some action. So, but you have faith that opportunities are gonna come when they're supposed to come.

And I'm gonna tell you something, I learned something huge in that, in that experience and that I learned about the mindset of spiritual abundance. That everything that is possible exists in the universe. Does. It's my job to align myself with that. And actually at what was in, in my head the whole time is how am I gonna eat? And then you can eat,

right? Like where's the money gonna come from so I can eat? Cuz I, I bought all the, you know, my, my dog had I b s and so he had special food and stuff. It

was crazy. So what was the effort? It again, it doesn't mean that we sit down and do nothing. Thank you universe, bring it to my house.

They're gonna ring the doorbell at any minute. That's not at all what was happening. But we, we practice this concept that spirit is the source of my supply spirit is the source of my supply. Okay? I'm gonna, I'm gonna trust that, but I'm gonna align now. I did that without knowing that I was aligning, I was aligning with food originally because it was all,

that was what was in my mind how I'm gonna eat, right? Then I went to, you know, I ate in the church basements and stuff and that was fine for those two weeks. That was very humbling. Very humbling. And I was charging \$20 an hour for a reading too, so, right. Get put it together. But when we take one step towards the do the gods,

we have to expect them to take 10 steps towards us. Right? Elizabeth, you and I talked about that today, right? Yeah, that's what I was just coming on with. Colette said that to me earlier today and I had this light bulb moment because anybody that follows Colette hears her share that quote from Joseph Campbell often. And I love it and it's really inspiring.

And so many times I've done something like this is my one step and then I kind of sit back and hope that the gods take their 10 steps toward me. But I've never expected it. Yeah. And so that was a big mind shift when you said that today. That just really resonated with me today to actually expect it. Yeah. And we,

and we get what we are. That's the other thing. If we are putting out the expectation of grace, that no matter what, and that's surrendering, I'm giving that ju that's my spirit of my business. That's your job, right? Or you know, universe, it's your job to, I can't do this. You can. So I have to let you and I have to expect that whatever form is coming to me is correct.

I thought I needed money back then and that and that again, I didn't have, then the food came right? And I didn't have money to paint my apartment. It was like this really bit awful crack and everything and stuff. There was a flood from the apartment before and it was really disgusting and gross and I couldn't have afforded to do that. But somebody came and did it for me and it would've cost me a few hundred dollars.

See? So it's like, so the universe will meet you with what you need and not always what you want, often not, right? So I really want you to think about this and just jot it down. Do you have a reference point where you surrendered and then all of a sudden the thing starts showing up in your life in a form that you didn't expect?

My husband's a perfect exide example of that, but I can tell you that in my business it's been like that since the beginning because I was literally dependent strictly on word of mouth too. That's a huge one we'll talk about in the marketing piece. But I had to, I had to literally trust that the clients that were perfect for me were gonna show up.

And, and it was all word of mouth, no business card. People had to tell somebody about the experience with me and give them my phone number. That's what I had to expect that would happen. That's crazy. Today we have internet, everything. Right? That's how my career took off. Then I then I started saying, you know what would make me feel good?

Like that's probably, I, I have, I don't have any Taurus in my chart, but I must be a, a Taurus on demand. But anyway, I, well I am a cancer, cancers like to be safe. So I just kept saying I have, I'm, I'm booked six months in, six weeks in advance. I'm really booked six weeks in advance.

And I used to tell people that it was my affirmation, oh wow, I can't take you this week. I'm booked, I'm, it's next appointment is six weeks out. Do you know what? That was a real tricky thing. I don't know what possessed me to say that out loud, but I did. And I started booking clients down there and then all these other people came and I literally was booked six weeks in advance within the first 18 months of doing this.

Like, it was crazy because I said it and I thought, I'm gonna expect this nothing less than this. So this is the point you say like that, that even when you have the reference point of you remember how that felt and the best time to do it is when you are at like, you're bottomed out. Like, I can't do this.

Like I, and I'm scrambled, I've tried everything and nothing's working. I'm surrendering. Cuz that's typically what any of us do. Surrender is when we're screwed, right? Let's be honest, like, oh, I can't do this. Nobody wants to

surrender cuz they have the thing in the back of their head, oh, if I just work harder or scramble more,

get the right hack for the business, oh I'll be just like this, boom, here we go. Or if I met the right person or if you could introduce me to your publisher, blah blah blah. Right? Okay, so I'm gonna ask you this question. What's the balance between effort and surrender? It's a practice. There's, you have to have effort and you need will.

So you need, you need that unique, you, you can't get rid of your ego. Why would anybody want to? You need that. But you can't let it run the show because it doesn't recognize the partner cuz it thinks it's the boss. So it's like, aha, okay, I need the will and the effort to take the step. Then I,

and then I need to let it go step, let go, step let, it's a dance. And I will tell you what my dance is like. I'll take 10 steps forward, maybe four. I'll follow my face. I'll get back up, I'll just go backwards a few and whatever. And who cares. The idea is that you never lose sight that your partner is spirit.

And especially hard when you, when you're getting graspy and you want something, the, the spiritual mindset is to release attachment. Release attachment. So the concept behind the spiritual mindset is about one thing and one thing only. It's that spirit is primary. So if we can recognize I am in partnership with spirit, I feel like I'm at church that I can meet my challenges with grace,

right? Colette? Yeah. I've seen some questions in the chat. Sure. And just people asking like how, how do you surrender or are there practices for just anchoring in that trust? Yes. You know what, first of all, well yeah, there's the, the best thing to do over and over is to say the serenity prayer. God grant me the serenity to accept the things I cannot change,

the courage to change the things I can and the wisdom to know the difference. We are asking spirit to give us the courage, give us the wisdom. We don't have it. We don't have the courage, we don't have the wisdom. We're scared to let go and then we hear, let go of the branch, right? And it's, and it,

yeah. And to and I and like be okay with, I'm a little scared. It's okay to be scared, but our way doesn't work the way of spirit with our way dancing

together is the answer. Now we are gonna be giving you an exercise that we're gonna complete later, also called get on your bird. That's another way that you can get into the state of surrender cuz you have to move your mind cuz you can get super caught in.

Also your nervous system can get super active, et cetera. And it's a way to calm down your nervous system in less than three minutes and to move your mind from whatever is freaking you out to a space where you can see it with neutrality. But first we're gonna go through the questions you submitted and we're gonna answer the most common questions. Then we're gonna get to bringing some of you up.

And thank you again for your wonderful, I mean, I know it was a pain in the ass to see us like, but if you had seen the studio and all the, everything going off and we're like, oh my god, what's happening here? You would, you would feel sorry for us anyway. So here is one. Do you wanna read the questions for me Elizabeth?

Or do you want me to? Oh, you Did. Sorry. The first question you got was how do you stay in the trust and belief that the business, that my business really is possible for me? Yeah. So, and by the way that, that is a question that was, it was like the top question like for tonight's, right?

So I want you to think about me and the I am so the I am is spirit in you, right? That's connected to the spirit of your business. Like this is, it's, we're not separate, we're only using the concept of separation. Cuz that's how we see things. And we see the world is to see and meet something that's appears to be outside of us.

But it's actually part of us. You, the I am and you is not your me bubble, right? Your little me bubble will tell you you're not good enough. You know it, it's not possible for you. So the I am doesn't go with human rules. It doesn't give a shit about how society runs. It doesn't care. It picked you,

it gave you an inspired thought. It wants you to succeed. That's what it is. So the, so you c you stay in trust and belief by a discipline of doing it. That, and the business is already possible for you because you got the idea, right? It and, and you follow through on it. If you're just gonna sit there like an armchair astronaut,

the business is not for you cuz you're not willing to do the work. There is work, right? That's why entrepreneurship's not an easy thing. It's, it's a, it's, you go back and forth. I have to surrender. I have to surrender. Then I have to take an action. And how many actions do I take? Well, you take the one step and then you wait and see it.

Everybody wants to get there fast because that's what we're told is the right thing to do and it's not necessarily, so gimme the next question. I'm gonna have some water. Yes. I hope everybody's enjoying themselves so far anyway, I know Colette can't see the chat, but it, there's lots of love and appreciation for what you're sharing. Okay, good.

The next question is, how do you control the overwhelm of all the necessary steps to creating and establishing a successful business? Especially as a solopreneur. Okay, you cannot control it. The very fact that you say, how do I control the overwhelm, right? That's, that's like, how do I control the overwhelm? Nobody can control overwhelm right there.

It sets up immediate resistance, right? Think about that. How do I get a handle on it? And that's something else. Like, you know, hack that overwhelm, feel good. No, no, you cannot, right? Y y you have to recognize that overwhelm means too many things at the same time. And you gotta get granular and you have to trust that the greater synchronicity of everything in the field is,

is in alignment for you, right? So cuz right away it's like, how do I establish all the things to become successful? Entre a solopreneur, I'm gonna be successful. You're already successful in that you listened and got the acorn in your hand and being overwhelmed means that you are not paying attention to each thing at a time. And I can tell you that from my own experience running,

I mean, we have 20 employees, it's a big company now, and it was never something I had planned. But you can get to a place where you, you move your, your, your attention to too many things and, and then you don't do anything right, or you don't do anything at all. Like I'll just, I, I sometimes have too many things and instead of picking one at a time,



there have been days when I'm like that too. I have to go for a walk when I'm in overwhelmed. It's like, okay, what is the first necessary step? We'll be giving you some worksheets, et cetera too on this, but you just can't control it. So stop trying to control things when you're overwhelmed, it means you have to narrow down your focus and trust that spirit and ask,

say what's the right one on the thing here? And your intuition will tell you, you just have to trust it, not the thing you think you're supposed to do. In case No one will see you on the, on the internet, right? No, no, no, no. I've gotta align myself with spirit first. That's the first thing that you always do when you're an overwhelm.

First thing's first. Am I thinking I'm the one that's doing everything? Or am I in connection to spirit? First Spirit. You second next. Elizabeth, I can't hear you. Yeah, I didn't know if Mark was gonna share the slide, but the next one. Oh, is there Slide? Oh, you know What's, Let's not worry about slides.

Yeah. I'm just gonna go. Okay, now Mark is gonna put a slide. Okay. How do I change my mindset of being afraid to be seen and heard? Think about that. Right? How do I change? It's like the how, being afraid to be seen and heard. Oh my God, that is for so many of us. So you have to start with the why.

This is a big one, by the way. And it's a big one because there's a lot of reasons to be afraid these days to be seen and heard. What if you say the wrong thing? What if you have trolls? What if you know, like, what if my persona is not this or that, or like, it's not gonna look like the way it should?

All of this stuff. So you gotta ask yourself, what is your why? Look at the core of your fear and make friends with your fear. Never ever blame yourself for feeling afraid, ever. If it's fear of reprisal, fear of success itself, or fear of being bullied, fear that you're not enough, right? It, you know, it could be based on your past experience as a human being,

but you have to add spirit into the mix because spirit is enough. The spirit of your business is the enoughness, right? It's the light. You're stewarding forth and not you doing the thing that you're doing. Right? And listen, not everybody has to be shining on a big, giant bright light. Not everybody's got that personality. I mean,

there's a lot of really successful introverts out there that you know, aren't comfortable about being so much in, in the eye of the world. And you have to decide what works for you. And then you just do it one tiny step at a time. Okay? One step at a time, and then you get more and more comfortable, right? It's not about doing it all at once.

There's no such thing as all at once, right? It's gonna hurt you if you do it that way. So ease your way into it and be really, do an inventory like, you know, I maybe your ancestral patterns, you know, it's in your nervous system. So doing some somatic healing, et cetera, can be a really important step.

I've never lost that, by the way. I know. Can you believe that? I have that too. Surprise. My mom was a Holocaust survivor. Didn't tell us that it was Jewish in our family. She raised us as Anglicans. And there was always this fear in the house that if we were to ever reveal who we really were, I never knew what that was from that something bad was gonna happen.

Well, of course, my grandfather was killed in a concentration camp for being a Jew. So it's like, that's, that's in my DNA that's in me. I never understood why I was, had the personality to be an entertainer and be on stage, but have this terror still that lives in there. And I live with it, and I deal with it,

and I've made friends with it, and it's not running my show anymore. And, and I'm not afraid of being wrong anymore. And I had took a long time, but I did the work. I went to therapy. I, I did somatic healing around that, and I actually dealt with the, the direct relationship to some of the ancestral patterns.

And I don't think that way at all anymore. So, but it's in me. So when I say that, you know, every once in a while it's like, ooh, you know, I, I'd like to be a little hermit, but call, call on me and I will get on that stage because I'm, I'm not afraid, cuz I know I'm there as the emissary and I'm gonna do the best I can to translate what I'm supposed to be doing.

Right? So you can do it. Ooh, this a are you gonna ask a time question, Elizabeth? I bet you are. Do we have another slide? Yes. Do you see the slide? What can be done with the perceived notion that there's not enough time to run a second business? Oh, I love this question. It, you said perceived notion,

the perceived, no, everything you say in a question by the way that we read means something. You have an oracle right there that I can, I can help you with. You said the perceived notion, right? You said that you didn't say it's my perceived notion. So you're already a step ahead. What if you could practice the concept of stretching time?

So ask for more time. Now, I know this is gonna sound crazy. You say I have all the time in the world, cuz listen, time is a currency. Manmade time, manmade time with clocks and bells and whistles. And this is all the time I have, okay? Is something completely different than actual time. The metaphysics of time is the experience of time versus time being measured in minutes.

If you wanna experience time as expanded, you have to practice it and it works. I was so worried I didn't have enough time on my oracle, and that was my old Collette self. Like the, the, the, the me bubble self says that. And the other part of me is going, oh yeah, right? I know how to do this.

And sure enough, I, when you and you don't scramble, you are focused on the one thing and you surrender to the experience you have twice as much time as you thought you had. It's an incredible thing and people teach that. So it's, we are also giving you a time management bonus and learning platform, by the way, things that I've done like with actual manmade time,

because we do have to take that into account as well too. Like tonight we did start on 7:00 PM time. It wasn't colette's version of expanded time. And any time I felt like coming, right? So both, and it's, I'm talking about when you are called to something that's being called and inspired for something, you have access to expanded time if you're doing it from your ego.

And if you're doing it to push forward, you don't have access to expanded time. All right? The next question is, how do you know, sorry, I had, if you give up and move on or keep going towards your goal, maybe what you think is the goal isn't really for you. Where are you now? I, It's, it's next.

I missed the slide. Oh, mark missed the slide. Okay. Cause I'm all that not what's going on? Can we go back? Yeah, I'd like to go back. Please. Thank you. Because that's not the question that I wanna talk about. Okay. Because there's a magical, magical Question. I didn't know if Mark was skipping ahead,

so I was comfortable With it. No, no, no. That's a very important question. I know what it is. How do you, How do you make sure there is more time for the magical over the mundane parts of running a business? You make time. I wake up at 5:00 AM to meditate, feed my dogs. I make time to get in alignment.

That's my priority. Like every day. And I'm gonna tell you when I don't make that my priority, cuz I'm, I lose my, I I'm my mark will even say get on your bird, time to meditate. I wanna be very angry at him in those moments. But he's right, right? If you don't get into alignment first, you can't expand time,

whatever. So you make time for the magical and, and, and then you have to ask yourself what's your priority? So there's this thing called a 1% room rule, right? So due to explain the 1% rule, Elizabeth. Elizabeth, Yep. The 1% rule, like what you talked about, I think in the third video of your bootcamp Yeah.

Where, you know, if you just took 1% of your day to be better the next, each day it just compounds over time. And really only 1% of your day is less than 15 minutes of your day. So could you dedicate 15 minutes of your day to being better bettering yourself in some way or in this way? Even like incorporating the magic in some way,

right? Yeah. And like, and aligning. So a lot of t you know, it's okay. One of my clients took a long time to launch something and, and she was like, ah, I'm taking, I, I I don't know, it's taken so long and whatever. And I'm like, you know what? All you should be doing right now is aligning yourself.

Just get aligned, get aligned, get aligned, get aligned and get, and then we worked on her money stuff too, cuz she had to grow her container cuz she was only allowing herself to accept certain amounts of money too. I said, well you're not gonna get there unless you do these two things. She goes, yeah, but we're not working on my business.

I said, no you're not because you're not ready to work on your business cuz you gotta get into alignment first cuz you're right back into hustle mode. So it worked out that even though it took longer, she actually was that much more successful in a shorter period of time when she started because she was so sure, you know, and so aligned in that sense of peace in herself that I know I meant to do this.

I am not pushing myself anymore. And bingo, there it came. So just a little bit, a little bit at a time. Now you can do a new slide mark. All right, so how do you know if you should give up and move on or keep going towards your goal? Maybe what you think is the goal isn't really for you.

Well there's two questions that both are very interesting. So how do you know if you should give up? Well first of all, you should always give up surrender, right? It's not, it's not. If you haven't practiced the alignment, surrender effort, surrender, then you're not ready to move on. You're not because you haven't done it yet. So I would say give yourself the gift.

If you were really inspired for this and you wanted to do it, then you can surrender the form. Cuz you're right, the form, the goal and the form are two different things. Like, your goal may be very defined, but if it's an intention to experience something, I'm gonna intend to experience success in my business. You don't know what that's gonna look like.

You have to let that go. So I would prefer, rather than you think about, well, how do I know when it's time to quit? That you quit doing what you're doing and try it this way before you decide it's not for you. And remember, I listen, I banged on doors for my music career. I did eventually get record deals the whole nine yards.

I was actually very talented. But this was the door that opened. This was my goal, was music. My, my intention. My intention was to serve. I saw myself in front of thousands of people with a microphone. That all came true. But it was talking to dead people. And it was, it was doing this, you know,

it wasn't that that failed. I mean, I, I, do you know what I'm saying? So the, that wasn't for me, but I was already, spirit has a plan for every single one of us. It's gonna show you what it really wants for you. Cuz eventually it's gonna say like, are you not gonna listen to me? Or what?

So it was like, slam the door in her face until she really gets it. Guess what? You're supposed to do this, right? So why are you doing the thing you're doing? Like, you have to ask yourself, what is your motivation? When did it go off the rails? Was it because you were so attached to the outcome? And was there a point where you decided it was all on you?

And the only way you would be happy or successful is if this one outcome was true. You know it in your body by the way. And you ask, is this an ego thing? Are you sabotaging yourself? Talk to the spirit of your business. Why did you pick me? Go back to the beginning and maybe you are the one trying to translate for the spirit of your business.

I had the most outrageous experience recently when I, I did it for myself. I, because I put together the course, I'm thinking like, I think I'm gonna do this again. I hadn't done it in a while and I got a complete thing that I wasn't expecting whatsoever. And boy did it ever teach me something because I was hanging onto something that I knew was like,

oh, I don't know. And it was saying, I'm coming in there and swiping it outta you. And I'm like, what then? And I'm like, oh, I'm trying to dictate what this wants me to do and be. I have to let go now I have to let go. Right? So ask the spirit of your business, okay?

You have to assume it picked you for a reason. It's like you're, it, right? There's a specific thing that you're here to do. Your unique blueprints in that magic acorn. They're not giving it to your cousin. All right? So is this business for me? But maybe the form of the business, you need to let it be a little more flexible and it'll show it to you like you're cl you're the,

the clients you think that are for you May not be those clients. Might be somebody else, might be somebody else. And then you see who comes surrender as it is and ask the spirit of your business to show you. And maybe as I said, the form could be some something else. Okay? All right. Next question, Colette, how do you stay positive when clients don't enroll after you really put yourself out there,

like with free calls, posting on social media, answering people's questions. How Do you a shame? Yeah, I have been there. Oh my god, I had a thousand people in an audience. I was offering a course with my friend Lisa, and we were on buyer and we gave them so much information and I sold one person, okay, that's a one person.

And where was the energy behind? Where's the energy behind it? So I can tell you where our energy was. We were just like over amping on everything.



We confused everybody. We gave them so much, they were so overwhelmed. And that's the feedback we got. So it's like, okay, but then where was the energy? What was going on in the world?

Well, at the time too, that day there was a huge thing in the news and people were super scattered. That was also part of it. And I had to learn, you know, in that moment, okay, so I could do a forensics after the fact. So you've got to get neutral to be able to go first. And it's normal.

It's normal to feel disappointed. We all have periods where no one comes. Oh my God, I, I had this big event that was supposed to happen in Maine and 12 people showed up. And I was like, oh my God. But what do you do? You show up anyway. There's gonna be periods where no one comes in, periods where lots of people come.

And I guess the other question I have to ask you is, how willing are you to fail? I have failed so many times. I've made so many mistakes and by thinking, oh, I have it right. And I've been on actual detours that I know today that the spirit of my business wanted me to go on till the end, until I let go the branch and realize what I was supposed to be doing all along.

And yeah, you know, you can feel bad, but then feel fast and get up, get up, get a hug from the people who genuinely love you. Talk to somebody who knows better that may have done this before. And they can sit down with you and take a look at it and say, but remember this, the spirit of your business has to be by your side.

They have the blueprint for your success. And maybe they, maybe you, you were doing all these things like free calls and all that stuff cuz you bought a formula for a lot of money from somebody who told you that's the formula and you're gonna have a kick ass business. And that might not have been the right formula for you. That's the other thing.

Now I've seen that so often, so often with solopreneurs and it's, it's sad. We've done the same thing too. We've told you know, when maybe this is gonna work better than that. And finally we're like, no, it's gotta work for what, right? What's right for me and what's right for the people who are coming to me. And that's what we have to discover.

And so again, don't ever take the fact that no one comes as a, as a complete failure. Take it as, Hmm, I wonder what the energy was going on that day. What was it? Is this really, is this really the format for me? There's lots of questions that you can ask but don't give up. I think we have one more question,

right? Do we have a slide? Yep. There's two more questions. Two more Questions, okay. And then we gotta get to, this is A little bit of a long one, but it says, I've been a solopreneur for 17 years that has taken many forms and expanded in different directions. I am at the place yet again where I am reinventing myself.

How do you truly know what your gift is and how to share it with the world? So it serves being so it serves being able to provide for myself and my family abundantly, while also contributing for the highest good. That was a very well thought out question by the way. So, and, and something that's really important cuz a lot of people think that when they start their business,

that's the way the business is gonna be. Or when they set their sights on, I wanna be successful like so and so, or I'm gonna do this thing, or I know I meant for this. I meant to write books, I meant to this, whatever. You're gonna evolve. You're gonna, you're gonna mature. What you offer today is not the same thing you offered 17 years ago,

right? So, so today you're discovering a new evolution and spirit's going to give you, that's the other thing. What your gift is, is you are gonna be told what it is cuz you'll be inspired towards something. And if you're not yet, then you just wait for the inspiration. It's like, not yet. Not now. So really important to recognize that,

especially for solopreneurs and entrepreneurs that are service oriented, you have to evolve according to life. Like life evolves, society evolves, et cetera. You're still serving in this manmade universe even though your source is going to be spirit. So you ask for the inspiration to come and you discover, who am I now, how do I serve now? And the outer world will engage with you and then the download will come next.

Last one Mark. Before we Get to people out, great. Then we have, can you help me to identify push energy from action steps in the art of allowing, That's

almost like somebody studied Abraham Hicks cuz they talk about the art of allowing. But anyway, it doesn't really matter where it comes from. So let's talk about push energy. Push energy is push.

Think of push. There's push which is action. And then flow is surrender. I'm gonna just flow. I'm not going to push. So it's push and flow. They're a dance action and surrender. The mindset of allowing is I've done all I can off it goes. And then you have to walk away. And that by the way, is the hardest thing,

the hard thing for me to do too. I'm definitely a canarian and everything has my claw marks on it. And if I get too attached to something, I have to literally pry, pry myself off of it and then do something different. Nothing at all. You say, you know what, I'm gonna turn this over. It's meant to be, it's meant to be.

And the way it's gonna come is gonna come back to me in the correct form. So right now is in surrender mode. And then I can take action again. I can do push, but push and allow must go together. One does not exist without the other. And you, and, and, and that's exactly how you should do it. So I'm gonna take water and then it's time for you.

You're gonna come up, right Elizabeth? I'm here. Can you tell them how to raise their hand please? Yes. So to You have a slide for that too, mark. Yeah, we have slides. Isn't that great? Yeah. So if you'd like to ask Collette a question about mindset in the, or the spirit of your business, you can raise your hand.

So to do that, just tap raise hand at the bottom of your screen and then I will be randomly selecting people to come on screen and ask Collette their question. If you are picked, you'll get a notice in Zoom that says you are being invited to rejoin the webinar as a panelist. So you'll accept that invite and then you will wait until Collette says your name to turn your camera on and your microphone to ask a question.

And we're going to try to get through as many questions as possible. Now, did we like disappear for like full of five whole minutes? Cuz then we'll have to stay on for five whole minutes. Of Course. Yep. I'm keeping an eye on the time, so, okay, good. Cause so, and here's the other thing guys. So I'd love to hear how you feel about what's been happening so far,

cuz I, I do wanna mention to you this, this is theory tonight. Tonight is the alignment evening, right? Where the mindset is about trust and developing that relationship and asking yourself do you trust it? And when don't you, and it's okay to admit that you don't some, it's fine cuz it, the whole idea is that we wanna inventory this and especially when we get to the money part next week where I'm gonna give you some,

you know, real, real practical tools on and after you realize that maybe you're not, you don't have the big enough container like when talk to you about the things that the patterns et ceteras. But we have to first trust spirits. So this is why we're doing this tonight. And by the way, I know a lot of you probably going, I know this,

but you forgot it and you aren't doing it. So this is why you're here because you forgot. You got into that great forgetting and now you've gotta stop scrambling and hustling and get into that relaxed state of trust and acknowledge that all these other things are true too. But then you can have a better understanding of what to do next. All right, Colette,

so we've got our first person and yay. Hello, It's Barbara. So Barbara's going to unmute and hi Barbara, question. Hello. Hi. Are you having fun? Oh my god, what a, what a thrill to be able to talk to you. I mean, mean it's been years I've been following you and I, I keep hoping during spirit jam.

Please, please, please. Anyway, oh, there you Are. Please, please, Here I am. Thank you so much for this pleasure. Everything you offer is, is filled with wisdom and magic and pearls of, of, of wisdom that I just carry with me forever. And I find myself, you know, repeating some of the wonderful things you say and then people think I am so freaking smart.

And I'm like, I know, isn't that great? Oh my gosh. Okay, well that's very cute. So so let's talk about you. Yeah, Yeah. So I'm in a situation where I retired from a 30 year career in film and I thought, okay, well that's done. So I've been taking all of your courses and studying all kinds of other therapies and I thought,

okay, this is what I'm doing. I'm reinventing myself, I'm gonna go forward with this. So that's where I was going. And then recently outta the blue, I get two

calls trying to pull me back into the film industry. So now I'm going, oh my god, oh my god, what do I do? Okay, which direction do I go in?

Okay, okay. Okay. This is good. So, so I have a way that that'll help you decide so you don't have to pick one or the other. Okay? So sometimes you get an opportunity to do something because you actually need to take your attention away from the thing that you're taking a million courses on and doing all these things. And you're trying,

I'm gonna do it. And then it's like, oh, how do I feel about going back and doing this? Like, do I actually like it? Is, is this something I would enjoy doing? Cuz it's actually not a bad idea sometimes while you're trying to get one thing off the ground to actually do something else temporarily, so you're not staring at that thing.

And then all your ideas that you really need are gonna come when you come back to it, right? It's like going for the walk and not thinking about it and all of a sudden you get all the downloads or driving in your car and, and all of a sudden, oh, right. So I think you have to check your body to, to ask yourself what those two things,

which of these two do? Does this feel good to me? Like, would this be fun? Yeah. Because it wouldn't be a long term thing, it would be a temporary thing, right? Correct. And and there was, there was part of me that always felt I wasn't finished. There you go. Well, hello. Part of me says I wasn't finished.

Can you listen to that? Yes. Hello? Part of Me isn't finished. Who said that? Right? Which part? Well, the spirit of your business that's getting you ready to do the thing you really, you feel called to do, says, oh, I heard you when you said, or maybe it's telling you. I always say that like,

that's still small voice knows better than us. I'm not really finished. Oh, God bless you. Right? So give yourself permission. I think this is what everybody needs to hear. You need to give yourself permission. Because I think what happens when we, I've followed this, I've decided I'm gonna be this healer and I'm gonna do these things and I,

I feel so called to help people and I've taken all these amazing classes. I'm learning so much. Look at that. Oh, I owe it to that to stay there. Yeah. Oh, I

better not make a move. Look at everything I've done. Look at to of course you'll come back to it when it just, you're not done yet.

Take one of those two things. Pick the one that you think is the most fun, the people you like and go do it. Well interestingly, I I distilled what it was that I loved so much about what I was doing in the industry. Okay. And it was the connecting with people Yeah. And, and establishing these really good relationships. And I realized that reinventing myself offers me the exact same thing.

Right? So it's very fulfilling no matter what I do. But I think yes, you're right. I think I I will, I will go in this new direction when the time is right and Yeah, but you're not giving it up. No. You're just putting it on temporary pause and you can still like, you know, and your mind, you,

if you're in the film industry, you don't have a whole lot of spare time. So, but in your spare time you might still, you know, do something, come to spare jam. You're like, oh, I'm having so much fun then. And then you give yourself a break from the thing that you're fixated on, right. Because that,

if you have the opportunity to do that, I really think amazing things happen. Oh, thank you. You're welcome. Love you, Love You back. All right, Colette, the next person that we have joining us is Lisa. All right. Hey, Lisa. Hi. How are you? Good. I'm good. Are you in the, are you in tomorrow?

I'm in, yes, I am. I'm in your future. Could you pick up Me? How's the future? How, what's it like tomorrow? I literally post incredible dream right before I woke up and I'm like, it's five to seven and I jumped out a bit and I'm literally Oh, That's so cute. It's okay. It's all right. You know,

sometimes I've done the, the, the, the nice top, the nice Camilla on the top, my pajama bottoms on the bottom, so I totally get it. So what's happening? Yeah. Oh, thank you so much. I've, I've been teaching reiki for 19 years, great teaching and practicing. I've created a very successful business where I've combined intuition channeling and the traditional practice of reiki.

So my sessions are active, I've taught thousands of students in this new way, and I feel like I'm always on the leading edge, pushing boundaries and taking what was, Oh yeah, Sorry, You mean you're my sister? You and everything that



you've said, it's, you know, it's not traditionally trained in psychic mediumship and just that feeling of judgment.

And my real passion is channeling, I channel a group consciousness, you know, her name is Anya, so she gives me one one name to work with. Yeah. And I've been teaching channeling classes really small for probably nine to 10 years. Yeah. And I feel like I'm ready to take the business into what my heart really is calling me. But I just terrified.

And Can I ask what you're afraid of? I'm, I'm af I think I compare myself to Esther Hicks and I followed her for years. And I then had an experience very, very early on when I first discovered channeling was a thing. Yeah. And right after I'd seen probably what was the most incredible experience of just, I, I knew in that moment that there was life after death.

Like I didn't Yeah. Ever change that I, it was so physical and real. And then after there was a group and someone that was very inexperienced channeling, and, and I'll be totally vulnerable, and I'm not proud of this, but there was a couple of us that sat snickering because we could see the dark difference. So I was the judge,

I was judging. Oh, So you're afraid people are gonna judge you and snicker? Absolutely. And guess what They are? Guess what happens every time all the, all over the internet, they snicker at me. Tell me I'm Satan's daughter, tell me I'm a fraud. Oh my God. If you wouldn't believe the shit that people say about me.

So it's like, yes, guess what we are going to be, people will look at us and be mad and jealous and, and whatever, and who gives a shit. You know what I mean? If you are meant to be doing this channeling, you know, then why would we care to spend so much time at wanting strangers to accept and approve of us?

And you know what? I, you need to go back to that, that little girl that sat in that chair. You and you need to forgive yourself and understand. Yeah. You might have some shame and maybe you need to make amends. Write a letter to that person. You don't have to give it to them. But really acknowledge that, wow,

I did this thing that now I am most afraid of. Yes. And you, you wanna know what judgment is everywhere. It is rampant in, unfortunately, and it is, and I am, I will be honest. I am so ask my husband, I can't even see anything. I just like think it's all my fault and I wanna make it better.

Oh my God. Like, it's like I'm a, I'm useless at this myself. Right? So it's like I can't stand watch reading those things. I, it makes, I'm an empath. It it People, People pleaser. Nevermind I have, I have Libra rising. I, I come to people pleasing. Like I have, I have people pleasing,

rising. Okay. So, so these are the things that we have to overcome if we're gonna be standing in public, you can't give. Yeah. I Love the I'm Leo too. So I love being, I come alive. I'm on stage, I come alive when I'm teaching. Yeah. I love it. Zoom it. But yeah, you Can do it.

If I can do it, you can do it. I have four planets in Leo. So I'm gonna tell you right now, recognize that the only people that count are the ones that you're helping. Yeah. Okay. I wrote down, it's so, it's about, and just is it small steps, because I got an opportunity to do channeling and straight away I looked for reasons not to and tried sabotaging.

And one of my friends said, Lisa, I call bullshit too. She, yeah. I saw bullshit too. So, and here's the thing, and plus you already know, but let me tell you something. I felt the exact same way when I changed artists. Like Jenna has now got her own brand. She's doing incredible. We both came to a place where like she couldn't do anything with,

with, while she was my artist. Like, she couldn't do work for other people, nothing. Right? So, and I didn't want to use digital art anymore. So I went to this bizarre, fabulous artist, you know, Japanese American artist, Hey, she's holding up their dream reader. Oh, she's holding up exactly that deck, right?

I was scared shitless. What will people say? They, and the people did say, oh, you know, you sh you know, oh you should have never left. Ja. And, but Jenna and Na and I are both better off because of it. And she's one of my best friends. And it's like, you know, yeah, people are gonna say stuff,

but there's other people who are gonna love it. And we are the ones that have to say, who are we to say no to Spirit when we get the inspiration to do

something different. So who are you to say no to? Anya, who we wanna hear from. Excuse me. Okay. And so, right, it's, yeah, I think,

I think divine timing, my book's taken me six years to write and it's just in being, being formatted. So it's about to come out. There you Go. Right? So it sounds like you, you know it. And I'm really happy for your vulnerability cuz I bet you any money, there's a lot of people on this call feel the same way,

that they're scared that people are gonna snuggle or they're gonna be bullied or something's gonna happen or their families will, will, you know, not talk to them or whatever it is. There's retribution that happens. But I'm gonna tell you something. The gift that you get back for being brave and being brave and stepping out on behalf of spirit, the gifts are so much more numerous than those sticky little things.

And, and the other thing as I should suggest to you is that every single person that you could manage in your imagination that's saying things to you, imagine that they're only an inch tall and in their underwear. Yeah. Sorry. I'm so yeah. Thank you. Thank you. So, ok. Alright, let's get another one. Right next we have Nikki.

Hi Nikki. Hi. Oh my gosh, here You are. Here you are. Hi. Are we having a good time tonight? Yeah. This is amazing. I'm so grateful for you even considering teaching this like, so grateful. It was perfect timing. Of course my Hot tub told me, I'm telling you the hot tub time machine. Seriously.

I was sitting in the hot tub, we call it our magic cauldron or cauldron of magic. My husband and I were sitting in there and all of a sudden I literally felt like the spirit of my business banged me on the head. And we were, cuz we were talking also about, you know, so many people are asking me business questions and then some of my old clients were like begging me to take them back and all this stuff.

I said, maybe I should be teaching people what I've been doing with these guys over here. And then Mark was like, yeah. And I went this part of your business. That's what came and here we are. Love it. My pleasure. Well, I'm so grateful and I so tell me What's happening. Okay, so my husband and I own a business together.

Okay, great. And so we actually did the bootcamp together, which was Oh, great. Amazing. However we do different things within our business. So I'm a body talker. That's very good. Yeah. Okay. And he's a massage therapist. And so I guess what I'm wondering from your perspective is aligning the spirit of our business because my spirit of my business is saying one thing and his spirit of his business is kind of directing him in another way.

And so I'm just curious how you bring them together or is it meant to be separate? So, okay, so you are, so you do two different things. So you are, you're in this together. Yeah. And each person can have, so are they, are you are both of your spirit of your business is telling you to split up or to not from each other,

but like to go in different directions In terms of mine kind of feels that way and it's really, well how do you feel? Really scary. I feel really nervous about that. Oh, okay. Yeah. So and then what does his say? His is just really interesting because it's almost like he needs to align more in, in what his spirit is saying for the particular practice because it's a massage clinic and then I'm kind of,

I'm, I'm doing all of the intuition part of the business. And so it's almost like he needs to take control of his element and Yes. So That's all that I'm hearing here. So if you go back to aligned with the conscious universe primary, and then you are dealing with directly the, the, the inspir inspiration that you have that isn't separate from his,

it's just the version of it that talks to you about what you need to do in order to make the full business work. Oh, See what I mean? So Mark and I did it. I had this crazy fire being Yeah, me too. You had a fire. Well mine is like this big ball of light and energy. Tiny little dill,

dumb dim little thing, you know? Right. We just told the opposites. Yeah, there You go. And Mark had some guy from the 18th century was super tall and had to like bend over to get in a room. It was just crazy. But at the end of the day when we compared the spirit of our businesses, we realized that both of us needed to do,

if we did what the spirit of our individual concept of business. Right. Like, because we are expressing spirit in a business we have together, we would

make the whole thing so much better. See what I mean? So it's serving the whole, but you are two parts within the whole. So you're gonna have two different experiences and that makes a lot of sense to me that you're both doing different things to up,

to uplevel yourself so that the full picture is served for the highest good. I love it. Isn't that cool? Thank you. You're welcome. I, I appreciate it. Cause I was like, oh no, no, I gotta find my No, no, don't Make, don't don't. Oh my gosh. What we make it mean. That's why I asked you like how does that make you feel?

Oh no. Scariest. But what? And then I thought, but that doesn't sound like that, that saying to split up, it means to split your focus. Like focus on what you need to do. He needs to focus on a different type of practice for him. And then together you still can coexist beautifully. Yeah. I love If you're more of yourselves,

you have more to offer. You're right. You're so right. And it's just there for everybody if we're together. That's Right. That's right. Yep. Awesome. All righty. Next person Very much. Oh my pleasure. I sincere. I love doing this class. This is my most favorite thing I've done in so long. All right, next up Colette,

we have Jazz. Jazz. Hi jazz. Hi, how are you? I'm good, how are you? I'm, I'm good. Thanks to a little nervous, but it's all good. How was I chosen? So it's super cool. Oh yes, my pleasure. My pleasure. So how can I help you? What's going on with you in your business?

Yeah, I've got a healing practice that I've had for a while and I'm on like, you know, social media and stuff. I don't have too many followers and stuff following my own heart and stuff. But what's coming up is I really wanna follow that. But you know, then there's how do I leave my working job, you know, making money to really jumpstart into just the healing practice,

which is what I want to do. Okay. So you have said a lot of things. So let me go back to everything you said. All right. So cuz everything you say means something. So the first thing you said was you identified that you don't have a lot of followers. I wanna tell you something. I have somebody that I know with 700,000 followers and can't get their business started.

All right? Yeah. So follow num, that's vanity numbers. The amount of numbers you have not, not necessary re relative to the clients that you have. A lot of my clients don't even go on social media. They're too busy. Right. My fr like, so don't even think about that. So yeah. So you wanna know what the transition could be is you have to ask the spirit of your business.

You have to get into that because I'm hearing the fear. Yeah. We just wanna do that. But I, but I make money here because then there's this contraceptive I'm thinking, ooh, she's not trusting that she could make money here. And I also don't believe in jumping. I know, I know lots of people. I know there's books out now,

you know, give your no notice and you're gonna make a fortune as your own person. But can I just tell you some people need the security of their job while they are getting their other thing off the ground. And there is nothing wrong with that. Right. Of identifying, you know what, for right now I need this money so I'm gonna bless the business that gives me the money.

Ooh, isn't this awesome? Instead of, yeah. That's the other thing. The worst thing that you could do is go, I don't like my business anymore. Cuz then it's gonna stick to you like gum on the bottom of your shoe. It is paying the way, you know, spirit's given you this opportunity so you can spend some time and figure out what is really your,

where your heart lies. And then follow the clues. They won't all happen at once. But I think asking, well how do I transition? Like I get it, I could hear your old being going like this and I'm like, give yourself permission not to transition for now. Yeah. And get information, do some due diligence. Like, Hmm.

If I have this healing practice, given that you're sound like an introvert too, right? You're not gonna be want out there with a foghorn. Yeah. Right. Like Right. Yeah. I believe in my skills. I don't need to toot my horn. Do you know what I mean? So that's also part of the issue, right? Like if you're on social media,

it's Listen to me love, listen to me. Okay, listen. Okay. And we're gonna talk about this in the week three. Yeah. Cause we're really gonna talk about this. Yeah. I started four years, the internet. When does the internet happen? Mark? 1990 something. Yeah, great. Okay. I started in 1989. No,

1987 doing this work. Okay. There was no internet. We didn't have cell phones. Okay. No cell phones, no internet pay, phones only. And I had a dial phone in the house that was hooked up to a very fancy cassette recorder that said hello, you know, said leave your name. And I had to, I had to let people,

I had no other option. Plus when I started doing this, this was so fringe like you couldn't tell people you did readings. Like you had to literally have the friends tell their friends like, you know, so it wasn't cool like it is now. Or healers, healers are like whatever. So you are right. You, maybe that's the deal that you are gonna trust.

That spirit is gonna have these people who love your service, who are gonna tell their friends. And that's what you tell those people when they come tell your friends, I'm not big on social media, I just went to this incredible clinic for some tr you know, work on my sciatica in my lower back with a clinic that's, you know, you can't find it anywhere.

And this person is booked solid cuz of word of mouth. I found out about her and flew all the way there. Right. Word of mouth. So don't think everybody here get it outta your head that, that you, that you have to do it the way everybody's doing it. No word of mouth is your priority that somebody has had an experience with you that they will tell their friends.

And yes, your business won't take off with thousands of followers and whatever right away. That's okay. Yeah. You have to establish yourself in a, this is a trust economy right now too. Do the best you and and if you're uncomfortable out there hustling, like when I say hustling, I'm talking about hustling, you know, like on the internet for like people and fans.

So be it Not Gonna hurt you, it will not hurt you. I know it won't. Yeah. I love that. Yeah, yeah, yeah. You have to remember, you might be, you might be hypnotized by that whole thing. Geez, I should have more followers. Yeah, I'm not, but it's Right. No, good you're not.

So I'm giving you the real bottle Line. I love that. Yeah, yeah, yeah. I love That. It's fine if you wanna do that. It's fine if you wanna get out there, but it's, it's, it's, you still have to trust that the people will find you. The right people are gonna find you. That's it. Yes.



Okay. Thank you so Much. Okay, so your transition. Wait before you go, let's go to a cap, right? Yeah. Especially for people in here who are gonna ask the same question as you First. Bless where your this, where your money is coming from right now. You gotta bless it. Yeah. Bless it. Find only reasons to be grateful.

Just grateful. Grateful, grateful. And I love my healing business. Wow. So I am so grateful for that. And I love this. And I will tell you that inspirational moments are gonna come and you're gonna know naturally how to move. Maybe you'll start, maybe you'll do contract work at the other job and you'll gonna slow down there and say,

listen, I'm really pursuing this now. It'll go more natural than to take the great big giant leap and give your two weeks notice. It's not for everybody. Yeah. I love that. Love is the way, that's love is The way and it's, yeah. Corny as it sounds guys. You're here for metaphysics. Not exactly, you know, not unicorn school.

Okay, Thank you. All right. Alright, bye bye. Think Colette. Next step. We have Tatiana. Tatiana, I need water. I could do this all night, but I can't. Hi Tatiana. Hello. Tell me what You're, what would you like to talk about? I have 17 years. What? Just second. I don't know if it's better way to hear me.

No, I can hear you perfectly. Yes. I have a 17 years of business be massage therapist and osteopath. And because I come from generational healer and I have intuitive coaching all the time, I just always nervous how I can build it together because it's very structural, very hard borders, but I'm not allowed to interfere. And same time because one of my businesses at home and itseparate by world or mouse and another two cleanings.

So I'm just wondering if I can have one website, but I can do this for voice, which just separate. It's like total v i p alignment, wellness, spiritual guidance and care type of things when they combine everything together on a physical level and emotional. Mental. Right. So can you tell the clients that you also offer this other piece Only for some if I in not first time if I see the into it because Yeah,

Yeah. Okay. So, so here's the thing. Remember I i it is a similar kind of a concept. So again, going back to the mindset of spirit first, right? And trusting this isn't an, you're asking me a question, there's an intellectual answer for it. And there isn't one you have to literally tell the universe cuz they already know.

Like if you, you know, what is, what blows what blows you away, you know this, right? You know, wow, this is, look at this when I put it all together, this is amazing. So you, it's okay to want, that's the other thing cuz desire is also part of our will. So I would suggest,

and Joe Dispenza does this actually, and he does more sciencey about it, but it's exactly the same thing. It's all metaphysical. So when you actually rehearse that, you're seeing all these clients coming and you're asking spirit cuz and you say, give me an inspiration and spirit is gonna give you the inspired vision. You've already got the inspired business, you already know this,

right? And you still have the other two that are separate. So you want more of that because that feels right to you. Cuz it feels that we're, you're drawn, right? But we can't, we cannot manipulate it. We have to ask for the guidance. So when we start manipulating it, then we feel the failure cuz it doesn't work.

So just seriously meditate, visualize this and then take the action and, and then you'll feel like this client might know this. But then the other thing, remember I said about the word of mouth, those people who have had the full monty with you should ask them and say like, you know, if you have friends and whatever, I'm starting, you know,

I'm doing a v i P thing. Or even have a, an afternoon where you do like a workshop, you know, for people who wanna know more about it, right? And talk about this or something. Or you put a video up or like one thing, but trust that, right? Like you, you're, we don't wanna cut off the flow by overthinking because the minute we start overthinking,

we're not plugged in anymore. Right. We're Not, it's wonderful what you say, because I using your Oracle cards and the spirit and the crystals. Yeah. And what is the crystal of my first business? It was crystals, like a quartz and a second is a diamond. Oh. And actually I just recently had a spirit, an environment in,

in, so the woman described how was my portrait spirit look like? And it was in the middle was a big diamond. So Wow. So that's what I, I assuming it's like, it was premonition for me that I can mute to go. And maybe that is more important than the first one. Exactly. And, and, but the first one will naturally evolve into the other.

Again, I'm going back to the idea that, you know, I wanna do this more. So yes, but then we have to let it go. Like, like here's an example too. So every year we have Oracle school, and every year we usually have a thousand students. But every year I have no idea where they're coming from. Like half of them come back usually.

But every year I'm like, I don't know where they're, same with my mastermind. I have no clue who's coming. So I, I say, okay, you know, I, I pray I talk to the spirit of my business. I say okay fine, bring the people who are meant to be here and I'm surrendering this completely. Show me what I'm supposed to do.

Now that is not, when you think you tell that to your accountant, that doesn't sound like, you know, planning well, but I have to do that first. Otherwise I go cuckoo. Like how do we do it? Are we, should we, should we do this? Should we do that? Should we do this? No, just like super trust that,

you know, you know how you're helping people, you know you can taste it. So why won't spirit deliver you? The people I like because of the business majority of times coming to this website, but my body doing everything to not go to the website. I don't know what is this about? It's like so much rejected. The website idea, The web.

Okay, so let me ask you a question then. So can you maybe spend a little time, maybe that's not the right choice for you, is to have a website. But most these days people have websites and that is kind of like the live, the life we live, right? Is they, they look and see, oh, this is who she is and that you tell people who you are,

whatever. And maybe that's not, maybe you've decided completely not do that and you just tell people about it and tell, call all the old clients same, having a special thing, bring a friend. You know what I mean? What you'll

figure it out because you'll get the inspiration and whatever that you're really resisting and rejecting, ask yourself why. But it's okay if you are.

Cuz like there's ways of offering things that I'm like, I don't wanna do that because my whole body goes no. And you gotta listen to your, no, Now I receive the answer. It's a rejection. Oh, oh, you you're afraid of rejection too. Okay, join the crowd. Hey, people will reject you. Just guess what all the,

you know the, we're gonna wait for the other shoe to drop. Well the shoes are all gonna drop. Okay, so, so let's get over that and go anyway. Yeah, it's okay to be scared and take that little part of you that's scared and give it a hug. Right? You gotta give that little part of you a hug and it's scared because it doesn't want you to get hurt and you're so proud of this and you've worked so hard to do this and it's okay for you to be scared.

And it's okay for us to be scared of being bullied too. I mean, it's a shitty world out there, but, but it's a beautiful world too. Both and this and that, right? Pick the one. Don't, don't not do it because you're scared of rejection And I using all your Oracle cards. I always, it is so accurate in how that it is just flowing with everything what I do when people asking me.

It's amazing. So no matter what I pick up, it's always right answer. Well that's good. Thank you very That's good. My, my pleasure. You're obviously meant to be working with them and it is my, my sincere pleasure that I, I listened to the spirit of my business and, and did those right. So anyway, it was so great to talk to you,

Tatiana, do we have time for one more or do we have Yes, We have time for one more Colette and we've got Erica And then we can move Into the exercise. Yes, she's there. Erica. Oh, sorry. Hi Col. Hi Erica. Hello. How are you? I am good. I am really, I've been having the best time.

I love talking about this, so it's been a long time and I'm, I'm, I'm really excited to help you guys with this. So tell me what's going on. I have had the luxury of working for a company for a very long time and so many different roles truly have been able to explore and try new things. And it's corporate, it's corporate America.

And I've nothing wrong with corporate be, I know I've made it through several reorgs. I'm still here. I choose to recognize that. That's a blessing. Yep. But I'm sitting with a question in my mind of, is this what I'm supposed to be doing. And so understanding where to be thankful and keep going and understanding where to try other things.

So this is a, you, you started out your question with a beautiful word, which is the luxury, right? Because you know that it's, that it's a luxury to be able to be, be respected by your employers in a corporate environment where, you know, people got let go, you didn't, they obviously see your value, et cetera,

and it's been good. So now maybe you are looking for another challenge. So going back to, first of all, life keeps going, right? So you're, you don't have to make plans to quit unless you really want to, right? But I would ask, you know, I would conjure the spirit of your vocation instead of spirit of your business so much.

Like, let's, let's twist it a little bit with you and say like, what is my vocation? So you ask the spirit to come in if there's a vocation, cuz you could actually stay in your job and end up really being involved with a charity that's still going to fulfill your purpose, right? You know what I'm saying? Because you're using the currency,

which we're gonna talk about next week. I'm, I'm jumping ahead. The currency of your per your time, your energy, your effort, et cetera. So I think you need to be kind of open right now to explore and find out what blisses you out. Like what do I actually like? Have you actually asked yourself that? What do I like?

Because that's where sky comes, is when you love something or like it, Yeah, I have so many things that I enjoy. So, you know what you do? You ask like, do like oracles, like write 'em all down, put 'em in a little piece of paper and then smush 'em around and then see which comes up and say, Hmm.

And by the way, I always like it when people have lots of things that they wanna try. I always get a kick outta it when people say, you know, I should just be focused on one thing. I said, why? Why be a tourist? Figure out what you like, you know, give yourself permission to try different things, right?

And that's what you have to do. Give yourself permission to explore because you don't have to quit anything. You have to make a good living there. People respect you there. But why don't you explore some of the things that you love and see? Hmm. Does this feel like this could be a direction? Is it calling me? Because one of them will call you if it's meant to be.

Can I show you something? Sure. I pulled this right before our call and it was all about the curiosity. Five, fire. The five of fire, five of Fire, five of fire, yep. From your tarot cards. Yeah. Be curious. But I was like, I was like, okay, thank you. Right? I just basically told you what the card said.

See, I said it out loud. It's like, And there's there, it's, there's that, that belief I had that when I was younger and I'm getting back to it and I'm enjoying that journey. Do you wanna know what? You said something. Now that's so meaningful. That's what all of us have to do. That's the same thing with expanding time.

Little kids know how to expand time. Like we know when we don't doubt that. You know, like when we, when we give away our doubt and we, and we trust implicitly like the implicit order of things, spirit, first us next. Incredible things happen. Incredible things. All right. Thank you so much for joining us. We are going to move into our exercise now.

I know you guys are probably tired, but this is a lot and you have lots to think about and write about. But I wanna talk about what could limit us. It's our stress response. So whenever we're worried about our business, we don't know what to do, et cetera, we immediately get into that state of uncertainty. And we've all been doused and sustained a state of uncertainty for the past four years.

Okay, let's get on. It's not getting any better. So it can make it hard for us, right? So when we are, when we are presenting this to our business, and then we get squirley. So we need to find some way to quickly get out of it because you'll get into analysis paralysis. So it's next to impossible to make decisions that are not somewhat guided by our need to address potential threats.

Think about that, right? Ooh, survival mode. The minute fear cuts you off, you're only in fear. You can't think your brain shuts off. You're not there. You can't, you can't possibly welcome what is unknown because you're

scrambling to hold onto what is known. You can't hear any of the subtle cues from the conscious universe. So I invented the envision,

which is called the total mind shift process, which used to be called envision. Some of you know about it. And I'm gonna lead you through part of that now. And I want you to start in the difficult feelings around your business. What is it that you're most concerned about that causes you stress? And I really want you to imagine that that stress actually shows up in his environment.

So Mark is gonna play a recorded version, which you will get, and I'll talk to you on the other side. Listen to your breathing. Take a deep breath and relax and pay attention to how you feel. Don't try to change anything yet. Just notice if you're anxious or stressed out, fearful or overwhelmed. Pay attention to where it sits in your body and just breathe.

We're gonna change this. Ask yourself this question, where am I when I feel these feelings? And allow yourself to imagine a place that symbolically represents the feelings. You might get a glimpse of a volcano or a swamp or a dried out desert. Maybe you don't see anything, but you know what the place would look like. That's okay too. Let yourself be there for now.

If my feelings were a place, what would that place look like? Where am I pay attention to this fact. If you are looking at a place you are separate from the place, you're the observer of this place, you cannot be both. Notice the subtle difference now that you are the one looking at it rather than feeling the feelings. You don't have to stay here.

You are chosen by a winged creature who is coming now to help you move away, to empower you, to go somewhere new, To rescue you from the place that may feel like it's holding you hostage. What kind of creature shows up for you? The first thing that comes to mind is always the right thing. Even if it's weird, don't try to change it.

Maybe it's an insect, a bird, a dragon, or something with wings that you don't recognize, but it's there to help you. Maybe it's an angel in order to leave. You're being invited to get on its back. Allow yourself to climb on the back of this creature and feel how comfortable it's, it's very different sitting on the back of this creature.



But it feels good. This beautiful being is going to take you now high, high in the sky until all you see is the color. Blue and white fluffy clouds up, up, up. You go away from the place that causes you anxiety or stress Up. You go so beautiful up here. Now you're 10,000 feet in the air. Completely safe,

soaring above it all. Notice how your body may have changed. How do you feel? Is it different than when you began? Where in your body do you feel relaxed now? Now look over the wing of this creature and take a look down and see how large or small the place where you began is now from up here. How does it look?

What else do you see? What lies beyond the place that represented those feelings? What Could you experience that's different? Isn't it amazing? We didn't fight, you didn't resist, you didn't change that place. You just moved with a magical creature that enabled you to do it. Your choices would be very different when you feel like this compared to how you began.

Now in this state of mind, you're going to land somewhere new, somewhere beautiful, somewhere where you could create something different. Smile, take a deep breath and trust that a new moment is calling you to a new choice. And when you're ready, you can open your eyes. I love doing those vision journeys. So I wanna reflect on something with you.

Am I not on uhoh? No, We can hear you Colette, but your screen is frozen. Okay? I don't care. I'm gonna keep talking. Why do I look silly? No, you look like you're meditating. Okay, good. Well, I'm now, I'm, I'm, I'm actually meditating. But speaking to you through, okay, when you moved away and then you moved up into the sky and you look down,

right? You didn't look at it to say that it was bad or wrong. You just moved away from the place, right? So why we do that? It's a way to recognize that it's a place that gets to exist in its entirety, right? It doesn't need to change. You don't need to make it change. If I move my mind,

that place doesn't cause me stress. It just exists. So right. You, you recognize you didn't have to fight against the initial place. So think about that. If that, if you move your mind, would you make different decisions now that you're seeing it as a tiny dot? So if this is no longer impacting you, what decisions could you make?

The metaphysical mindset has to be practiced on a daily basis. So you've got that meditation. I love doing envision every day I get on my bird every day. And when I actually ask my husband when I don't do it, and I'm like, it's, you know, life's gonna throw you stuff, it's gonna throw you curve balls. We have a lot to deal with right now with,

with things the way they are. So anyway, there's more reflection questions in the worksheet, so be sure to download them from the learning platform and oh my God, we have done it. So I'm gonna recap. Mark, you have a slide? Oh, am I still, am I, am I still frozen? Yeah, you're still frozen. And,

and Oh, who cares? Oh, It's Mercury retrograded. Everybody. We don't care. We're still doing it. Yeah. Okay. All right. Spirit is number one. This is what you learned tonight. Spirit is primary. Spirit is always primary. The causality of the universe is quantum and it's consciousness with a capital C. So it is the conscious universe and it is your partner.

Slide number two, right? Mark, yeah, you have been given a gift of an inspiration in the inspiration itself. Contains everything you need. It's got a blueprint for success. You don't have to do anything alone. You're always in this mystical partnership. And by acknowledging it on a more constant basis, you have more access to synchronicities and miracles as you can plan.

You cannot plan for them all. And you can't make them happen. They just come and then you're like, whoa. So anyway, this week I want you to continue to practice trusting the spirit of your business and making spirit your primary partner. Now, I know some of you're gonna be like, oh, but, but, but what about the stuff I'm learning?

Like, you know, like, shouldn't I talk to my business coach? And what about this and what about that? And like, geez, I'm gaining weight. I don't know what to do. Like, forget it. Like, don't even think about anything other than how do I make my partner or my partner and, and oh, if this is true and it's my primary partner,

now what? Right? It's a practice. And then keep doing the, get on your bird meditation if you need. Moving yourself out of any situation. So in the learning platform, if you haven't done so already and you have plenty of time

tomorrow or tonight, download your 16 page worksheet. Yeah, 16 pages. We, we put a lot in this.

Like imagine that we only charged you \$249 for this. Okay? So like, I'm just sitting there going like, wow, this is like really good. Anyway, it's the first time out. We wanted to gift you with something. So you've got reflection questions, mindset, affirmations, and Oracle card spread and recommended books. The books that I'm recommending,

by the way, on the topic of spiritual mindset, are all stuff that I started reading like 35 years ago. This is like that original, the og what? Mark Collette, why don't you come over here? Okay. Cuz I'm completely screwed. Yeah. Okay. And people can see. There you go. Hi everyone, this is Mark behind the scene working things,

but colic can okay, can speak to you this way. I'll be a better way to end the event. All right. Hey, sit there and talk to, okay. Hello? Oh, you see a, oh, mark, the thing fell off the wall behind my head too and everything. Oh, that's okay. All right. So I just wanna say next week we are gonna be talking about the metaphysics of money and it's gonna be really juicy.

So I so get in alignment this week, right? So we've talked about what you need to do. Simple, simple, simple. And then next week bring a paper and pen because we're really gonna be diving deep into, cuz people are saying like, you know, how do I make, how do I make a really good living? How do I be wildly successful?

And we wanna discover if your nervous system can handle it, what you say you want and what you can actually do. Practical steps to grow your container. I'll, and I'll tell you some interesting stories and, and you know how I've bumped up against the same thing and how I developed this for you. So bring your money stories next week and we will bust them anyway.

Love you all so much. Say hi, mark. Say bye, mark. Bye bye-Bye bye. Wish me luck. I have to get up at five to get on a plane at six or no. Seven. Bye bye. Thanks Elizabeth. Bye everyone.