

Courtney Starkey - Episode 784

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SPEAKERS

James Geering, Courtney Starkey



James Geering 00:00

Welcome to the behind the shield podcast. As always, my name is James Geering. And this week it is my absolute honor to welcome on the show. hypnotherapist and author, Courtney Starkey. Now I was introduced to Courtney via Ken correct Leanna, one of the most high performing human beings I know. And she was kind enough to offer me a session and I can say hand on my heart that since that single session, there wasn't an immediate noticeable effect, but for days, and then a couple of weeks after, I've watched my mind become clearer, my discipline to be a little bit stronger. I've written more of my new book and drank less. So in this conversation, we discuss a host of topics from her own traumatic upbringing, her journey into hypnosis and the role of Empath, tapping into souls and powers outside of ourselves. And even this present life, the concept of genius, her books, and so much more. Now, before we get to this incredible conversation, as I say, every week, please just take a moment, go to whichever app you listen to this on, subscribe to the show, leave feedback and leave a rating. Every single five star rating truly does elevate this podcast, therefore making it easier for others to find. And this is a free library of almost 800 episodes now. So all I ask in return is that you help share these incredible men or women's stories, so I can get them to every single person on planet earth who needs to hear them. So with that being said, I introduce to you Courtney Starkey, enjoy. Courtney, I want to start by saying, firstly, thank you to Ken cogliano for connecting us and secondly, to welcome you to the behind the shield podcast today.



02:06

It's my pleasure knowing you both.



James Geering 02:10

So where on planet earth are we finding you this afternoon?



Courtney Starkey 02:13



Courtney Starkey 02:13

Washington State today. But if this was happening two days from now,



James Geering 02:18

Hawaii. So let's talk about that. What's drawing you to Hawaii?



02:22

Oh my gosh, oh, well, do we start with the normal version of the conversation or the weird version of the conversation? Okay, well, the normal version is that I used to live there. And so it's home no matter what my street address technically is Hawaii is home. And so that's a good segue into the weird version, which is you know, people are familiar with the concept of soulmates and they think of those in terms of romantic relationships. I think that we have a wide variety of soulmates, including geographic locations. And for me, Hawaii definitely feels like a soulmate. And it also feels like an incubator. Whenever I spend time there, there's some massive growth and potential that opens up and blossoms when I'm there, and I'm about to be there for a full month. So June is going to be really interesting.



James Geering 03:10

Brilliant. All right. Well, then I said this morning, I mean, it's actually your sorry, this afternoon. It's your morning at the moment as well. So I would love to start at the very beginning of your journey, because I'm sure a lot of people are familiar with your work, obviously, that you that you know, but I'm intrigued as to how that journey began for you. So tell me where you were born. And tell me a little bit about your family dynamic, what your parents did, and how many siblings



03:35

okay, it was on a Friday. Battle Creek, Michigan, and I actually only lived in Michigan for the first two months of my life. And then we almost immediately moved to Appalachia, which is very interesting. And a lot of people ask me why I don't have much of a southern accent. And I think it's because the first words that I was hearing growing up, didn't really have a southern accent. So I grew up in Appalachia, and then made my way to UVA for undergrad. And when it comes to siblings, I find this I find to be really, really interesting. I have one younger brother, he really has a southern accent. And he and I have done almost the exact same path except for I've done the weird spiritual version of it, and he's done the very traditional version of it. So he is an ER doctor, and I'm a Hypnotherapist. So we've both gone into healing in a way that is highly effective for people. And then he is very religious, and I am very spiritual. And I remember one time he completed the Appalachian Trail, he was a thru hiker, and then not long after I did a seven week meditation retreat. I was like, Oh, this is my thru hike. Because it's just it's so extreme. So he and I get along really, really well even though we're so different Um, yeah, it feels like a very interesting parallel path.

J James Geering 05:04

What do your discussions look like when you go back and forth in a very positive way, spirituality versus religion?

o 05:15

Well, it is very positive, but I seem to see the overlaps more easily than he does. So I get a lot of funny looks from him, while we're talking about it, and I give him a lot of giggles while we're talking about it. But basically, we're both very open minded and believe that being kind and being loving is really the most important above all of the other things.

J James Geering 05:41

It's a conversation I have a lot on here with all kinds of people. But I grew up in the UK and Ireland, Northern Ireland had a lot of troubles and people of the same faith are murdering each other. And then you look at, you know, some of the more recent wars, and to me, that's exactly what I'm I consider myself spiritual, but there's so much wisdom in and common denominators and a lot of these ancient texts. And yet, for some reason, the core values of kindness, compassion, gratitude, seem to be lost. Even though you know, that's what's should be preached all the time. So you get these people, some people that align with some of these religions specifically, and then they're out, you know, putting bombs at other people's cars, or hanging people a different color from trees, or whatever it is. And it's, it's strange to me that when that common denominator surpasses all religious boundaries, which is kindness, compassion, love, etc, that that's still a hard sell to some people within a religion itself.

o 06:42

I did theory about that, you know, how 2020 was a little weird, a little bit. Yeah. So that had me doing a lot of deep thinking and what we saw in 2020, and also what you're talking about, I would refer to as something akin to tribalism. Right? So this is my belief, this is my tribe, I'm going to cling to it really, really tightly. And for me, it feels like it all goes back to our evolutionary process. And if you belong to the community, to the tribe, your survival, odds go way up. And if you're ostracized by the tribe, then your odds of survival go way down. So I think that sometimes people are so extreme in their belief systems to stick with that tribe, because underneath all of it, is that they just want to live.

J James Geering 07:30

Yeah, it's interesting is this a parallel to a lot of the professions that are listening, we have a tribe in the fire service in law enforcement. And you know, tribalism can be extremely nurturing, but sometimes has a negative connotation to it. And when we transition out, we get hurt, we get fired, we retire. There's that spiritual, emotional feeling of abandonment that a lot of people struggle with. So whether it's a religion, whether it's a profession, there are so many parallels to exactly what you're talking about.



08:00

Yeah, yeah. The sense of community is amazing. Whenever it's healthy and functioning and full of love. I mean, I'm sure you're familiar with the blue zones. And that one of the key components of the longevity of the Blue Zones is a strong sense of community. And that I think there's research on that you live longer if you get more hugs. I mean, it really is so important to everything. And it's just nice to remember the kind, compassionate, loving side of that, that you can be within a loving tribe, rather than a defensive tribe.



James Geering 08:31

Educate me if I'm remembering why the Blue Zones are the areas where people have the most longevity, is that correct? Exactly. So one area that I talk about a lot heard about last scuze me that I then discussed because I lived in Japan is Okinawa. And yes, that they have, you know, some amazing, healthy food. I mean, a lot of stuff is from the ocean, and you've got seaweed and rice and all these things. But if you actually watched documentaries on it, the elderly men and women are like children, they've never lost that sense of play. And I think that's a huge component as well, aside from the nutrition and the exercise.



09:09

Yep, Yep, definitely have fun. What's interesting too, with hypnotherapy, particularly the spiritual variety of hypnotherapy is I'm finding for myself, my clients, my students, my students, clients, that a lot of us are reverse aging, and it's that that playful spirit really starts to come back. Once you've connected to these things that are so loving and are within you, but also feel like they're outside of you like it's something that's greater than you and has such a loving energy. And so it's like you're allowed to become a childlike, playful spirit again, because you feel so loved and secure. And what's interesting is in addition to that internal D aging, that youthful spirit returning, a lot of us are looking a lot younger than we used to and Some of the students, it only even takes a few weeks before they start to glow and look younger. And I've had so many clients, I have this picture on my website of me and Brian Weiss, because he's like such a heavy hitter in the hypnosis community. So of course, it's featured on my website. And it's from nine years ago, and I look younger now than I did nine years ago. So it's such a good testament to you, if you have that youthful energy, and it's not just on the inside, it helps you with your, your glowing as well as your bodily longevity, it really is an important factor to be happy to have fun to play.



James Geering 10:39

See, I've seen it myself. I've been out the fire service for pretty much five years now. And at first one of the biggest things is I've forgotten how to be not not happy, but literally playful. I've lost that. And I've always had that little cheeky little bugger and most of my life, but, you know, you lose that because of all the horrible things you see. And ironically, I just was with my wife yesterday, and there was a fatal motorcycle wreck on the other side of the road. And she were in two different cars, she saw the body covered, and I didn't and we have this conversation about in the how do you guys deal with that, etc, etc. But I told her there's just different modes.

But the problem is, I think you get locked in that ability to see trauma. And that comes at the cost of that innocence, that playfulness that I've been able to start to refine again. And then more playful now at 49 than I was at 39.



11:35

Yeah. I have a question since you guys see so much depth. Is there anybody who counsels you on the beauty of what it's like on the other side? Is there anybody showing you what the silver lining is?



James Geering 11:48

No, no, I think the closest that you get to that which is consoling if you subscribe to that particular religion is the whole God has a plan, you know, but if like myself, you don't subscribe to a particular religion. That's not in any way shape. Or appeasing. Actually, quite the opposite, almost angering in a way and you've just lost your three month old child. Oh, well, God has a plan. You know, I I'm not sure. But anyway, that's me. But um, but no. So with that, you know, that understanding spirituality and what's next? And everyone's different kind of perceptions of that? That's not really I mean, we're so far behind. We're not even having the most basic conversations and I would consider that a more mature conversation. And we're still kind of white belts in the mental health world and in first responder communities.



12:39

Yeah, for me, I completely understand that notion of God has a plan. And it's just like, there's the beauty to it. And then there's the this is a terrible plan aspect to it. Um, one thing that's nice as well as just feeling in spiritual hypnotherapy, getting to feel the energy of the spirit realm yourself firsthand. So it's not this, somebody telling you secondhand Oh, there's a plan. And trust me, it's great, you actually get to feel it yourself, which is really, really nice. And then for me, even with knowing about the silver linings, and the souls path and all of that and feeling the energy of the spirit realm firsthand, I still, if a three month old passes, I still think that is sad and awful. But I allow myself to feel that deeply, quickly. And then allow all of that to process through me and then move back into the happiness so I don't avoid the feelings. I think that the feelings are very important. But the deeper and faster I feel them, the easier it is for me to get to the other side and go back to the remembering how beautiful everything is.




James Geering 13:44

So speaking of that, when I was young when I look back now I would consider myself an empath. Like I had some very strange perceptions like I used to think as a very young boy. I'm looking at everyone now but behind me is the world stopped is everyone an actor, which is a very kind of deep psychological concept. And I'm talking about single digit child had a lot of as we discussed in our session, a lot of negative spiritual experiences in my home, whether it was actually spirits or whether it was trauma from childhood manifesting as that but definitely felt

very connected to the world and nature and had that kind of kindness and compassion from a very early age. You found yourself in this profession. Now when you look back, you know, how sensitive What was your perception when you were a little girl?

 14:36

I love this question so much, because a lot of people think oh, Courtney, you must have been like this as a kid. You must be somewhat psychic. You must be like No, I was a bit of a doofus as a kid. I don't remember anything like this. I mean, I do remember having some prophetic dreams. That happened a couple of times. But other than that, it's really a goose egg for May I just I didn't have anything that would happen, which is actually a nice testament to, you can just feel like a pretty average normal person, and then start experiencing spiritual hypnotherapy and blossom very, very quickly. It's not something that you necessarily have to have as a gift all along. But that's fascinating that you were having those thoughts when you were so little. And I would say that you're onto something. I think you're accurate.

 James Geering 15:26

It was weird. But with that, then so so many people that come on the show, I'm just I'm blown away by how much trauma there is in the world. And again, we'll talk about not looking at things purely negatively, but things that at the time, people felt very vulnerable. They were hurt. So much more than I think people realize so much more specially people in uniform. When you look back at your childhood, were there any elements from that side?

 15:52

From the traumatic side? Yes. Oh, loaded up. I mean, basically, wall to wall. Yeah, I had a really rough childhood. So I can get into it if you want.

 James Geering 16:03

I'm gonna assume because you had the microphone on me. I'm gonna flip it around on you. So there's something that a lot of people do open up in there. Yeah, they're expanding this is this is the safe place. Because I think sadly, that's something that we kind of brushed under the rug and and makes people uncomfortable. But these are the very conversations that people do need to hear, because it's most of us are actually experiencing the same thing.

 16:24

Yeah, it is a really good conversation, because sometimes I will have clients that that are not quite as happy as I am. And they'll say to me not knowing about my history, they'll say, Oh, well, things must come easy to you. You must have really nice parents and like, no, actually. And then what's interesting is as soon as they find out that I had a rocky upbringing, it's almost like I get credibility, instantaneously. And people will say to me, oh, coordinator, are you always

happy? And the answer is actually, no, I'm not. I'm just really good at compartmentalizing. So all of that trauma still lives in there. And I think that it still has a purpose. Have you ever heard of the shadow self or shadow work? Are you familiar?

 James Geering 17:08

I have actually, Deepak Chopra co wrote a book on that. And I remember reading it.

 17:12

Yeah, yeah. So I'm actually even Okay, with all of that still remaining as a part of me because you just never know when you're going to need that side of yourself to come to the forefront and protect you. So I really appreciate an honor everything that I went through as a kid and would never want to get rid of any of that. But I do think that it's a far happier and healthier life, to, to move into the the understanding the purpose of why it happened, the positive aspects of why it happened. And also, like I was saying earlier about emotions, feeling them deeply, but not staying stuck in them, allowing them to be part of you, but not become your identity. And so for me, I don't like to malign other people, I think they probably did the best that they could that whole thing. But my parents just weren't ready to be parents and didn't really know how to handle a strong personality. Like me. I'm one of those kids that came out of the womb, just really assertive and very confident cocky, maybe a and I remember learning the word belligerent for the first time when my father said that I was belligerent like, Well, I'm gonna have to look that up. Good old dictionary, right? Find the BS, look it up old school style. And yeah, I was just very, very assertive about my opinion. And I'm actually a lot like him. And so I took the brunt of his abuse, because my whole life had felt like this wild horse that he was trying to break. And I just simply couldn't allow it. And my brother has a much more palatable personality. So he didn't take the brunt of it. It was always me. And so it was, it was interesting, growing up that way, basically, just being told that you were bad and getting physically abused for what was your innate personality.

 James Geering 19:06

So when you look through the lens that you have now, where did that trauma come within your mother and father, if you go back a generation?

 19:16

Well, it's really interesting, because I don't know that much about my family actually, don't I do still have a good relationship with my brother, but I don't talk to my parents at all. That feels like a healthier choice for me. And so I really don't know that much about their upbringing. I know that my father stopped talking to his father. So clearly, there was something there and my mother doesn't even know what happened between the two of them. So it's just this big mystery about what occurred and then with my mother, she was always her mother's favorite child. And as she gained that reputation for always being so appeasing, and so you Got this one personality, my father who's very aggressive and domineering. And then my mother, who I think is kids, you hope that your mother is going to protect you. But she just didn't have it in


her. She needed to try to get along really well. And so I was the problem child and my brother wasn't being abused and my mother wasn't being abused. And it was just me. So understandably, it looks like I was the problem. And let's be honest, I was pretty sassy. So

 James Geering 20:28

well with that, as far as outlets, were you playing sports? Were there any other passions that you had?

 20:33

Oh, yeah, for sure. I love athletics. I think that that's so much fun. So I was a softball player temporarily not that good at it. And I like to say this, I think that oh, and volleyball also temporary, not that good at it. What I actually excelled at was cheerleading. And I always like to say it was the athletic version of cheerleading. You know, sometimes cheerleaders are extremely cute. And they're all like glammed up. Yes, we were cute, but we were the ones that were in the gym every day and running labs every day and seeing who can max out on the bench press. And so that was the type of cheerleaders that we were. So I thought that that team feeling as well as having all that pet getting to dance, and you know, run about and jump and do choreography and smile and emotes and yeah, so cheerleading was a really, really wonderful outlet for me. And the girls were so great. They were really, really great. Like there were multiple times when I would have to leave home. And I would end up staying with one of them, which is really, really nice to have that support system.

 James Geering 21:34

Beautiful. That's good to hear. Because I mean, sadly, cheerleading is one of those pastimes that has a negative connotation. You know, if you look at any, any 80s movie, for example, it's always the mean cheerleader. But again, as we talked about before, you didn't feel that sense of belonging in the family specifically. And now it was cheerleading that became your tribe.

 21:54

Yeah, we were really nice. It was actually our graduating class that seemed to shift that paradigm, because all of the classes before us would never invite us the younger ones to anything. And so we just made a decision that we wouldn't do that to the younger cheerleaders. And so our class was the one that brought everybody in. We were pretty nice.

 James Geering 22:14

Now, what about career aspirations? When you were in the kind of high school age, what were you dreaming of becoming?

 22:20

11 22:20

Instead, this is a really funny story, which again, should inspire a lot of people that you don't need to be great in any way shape, or form when you're younger, to be able to achieve amazing things when you're older. So I actually wanted to be a psychologist. And if you pay attention to anybody in the mental health profession, probably 10 times out of 10. They all have some stuff that they were dealing with while they were growing up, hence their interest in psychology at such a young age. And so I thought that I would be a psychologist that I would I really lucked out. This is a miracle story in itself. I really lucked out getting into UVA. I don't know how much you know about that school. But the year that I gained acceptance into UVA, it was tied with Berkeley for the number one public university in the United States. I did not know that when I applied. I just applied to the University that my boyfriend at the time was going to I applied to one school, I had no idea that it was number one until I was there and saw in the college or university newspaper that it was tied for number one, that's how I found out so um, I thought that I would be a psychologist almost immediately failed out of the psychology classes, but the classes where I did well were my literature studies and so I became an English major by default. So yeah, growing up wanted to be a psychologist UVA had other plans, which I am extraordinarily grateful for because if I had gone the more mainstream traditional route of education and getting into psychology, I don't know that it would have been able to stay so open minded to alternative types of healing such as spiritual hypnotherapy. But yeah, growing up I thought I was gonna be a psychologist wanted to be a veterinarian also, but had a lot of allergies to animals. So that one got scrapped. want to quickly say because I'll regret it if I forget to getting to experience spiritual hypnosis has alleviated all of my allergies, food allergies, yeah, food allergies, gone, pollen allergies, gone, animal allergies gone. I used to be loaded up with so many allergies. And I think it's pretty well known that stress is an exacerbate, or of allergies because stress is so inflammatory. So it makes sense that if you have a more peaceful existence, that your inflammation is going to go down as a result of your stress going down. So you have almost no allergies, who knows maybe my next life I can still be a veterinarian.

J James Geering 24:46

So we're just having a psychologist. What's that? So what you're telling me is if a virus sweeps through the world, it's probably not a good idea to lock them in their houses, keep them away from their family and send shit you food and alcohol to them.

24:57

You got it? It's probably not Got a good idea? That's so if you want to, we can talk about that as well. Because again, being a difficult kid, I am still a difficult adult. And when all of those rules came out in 2020, I was just like, Yeah, that's a hard pass. For me. I'm just gonna add to live in like it's 2019 this whole time?

J James Geering 25:17

Well, I mean, going to the trauma side, we know that the mental health has got worse, we know that obesity has got worse, and this is my thing. The camps got divided. You're talking about tribalism in a negative way. But the the underlying truth that should have emerged was, firstly,

what the environment showed us. And it was amazing that, you know, the Mother Nature repairing herself for the short time until that was completely disregarded. But it was, you know, the underlying health in some countries of Sweden, and a lot of the other Scandinavian nations did very well during this because they had healthy people. And they took that message, and they carried along with it. A lot of the other places, this is my personal specific perspective and opinion, the takeaway was make healthier people, what actually was done was the opposite. The takeaway from leadership as you pull people together in a time of crisis, what we actually saw was division of people. So you put that into a mental health side, the stress the trauma, destroyed people's immune system and made them even more more vulnerable. So talk to me about your experience.



26:20

During that very strange time on the planet, yes. Okay, so I am, I'm very hard headed, I did not wear a mask, even one time, I wouldn't even wear it around my chin or neck. I was like, I refuse to believe in this nonsense. I refuse to participate in this nonsense. And I know a lot of people also thought that we were being fooled things that were maybe a bit exaggerated. And we're also counterproductive for health, and they would still participate in it because they didn't want to offend anybody. And I'm like, I'll go ahead and offend people, it's fun. Somebody, somebody has to be out there breathing fresh air and showing other people that it's okay. And I've been healthy the entire time. Right. So um, so that was part of the experience just continuing to be me, what was also very interesting during that experience is I have a home office. So I facilitate sessions via zoom, but also in person. And so I would be one of the only people still opening up my doors being like, yeah, come on in and have a session doesn't matter to me. And in almost every single client felt the same way that I did, but they were not as outspoken about it. And what was also very interesting during that time, is the people who were maintaining a very healthy positive perspective, during that time when lots of people were very, very worried is that our lives kept getting better. So we were getting job promotions, we were getting like it just in every metric, everything, our health was getting better, our happiness was getting better, our relationships were getting stronger. It was very interesting for those of us who maintain that healthy, happy perspective, that we saw those positive shifts. And what was interesting was, in the beginning, the first handful of months is my clients would say to me almost the same thing every time. And I felt it first too, we felt kind of guilty about how well we were doing when it seemed like the whole world was burning around us. But then eventually, everybody just got used to it. And we're like, yeah, we're thriving. Hopefully everybody else will catch up soon. So it's actually really positive period. And if you want to get real weird, um, are you familiar with the concept of timelines? Do you know what that is?



James Geering 28:35

Educate me. I mean, I've got a basic definition of my habits probably know what you're talking about.



28:40

Okay, everybody buckle up. I'm about to sound really crazy, though. So. And actually, what's very interesting is that quantum physics really does support a lot of the weird things that I say. So there's usually the spiritual terminology that I use. And then quantum physics has their own,

like scientific version of the terminology. So it's really not that outside of the box, in terms of certain areas of science. So there is this idea that everything is happening now. Right? That time isn't actually real. And there's also this idea that there are infinite versions of us that exist out there. So there's the version. Exactly, I'm not well, so you're probably going to be able to fill in the gaps where I don't know, I haven't done any research on this, any reading on this. This is just me experiencing a lot of hypnosis, and then coming to these conclusions from what I've experienced myself. So I would love to hear any supporting data or evidence that you have. And so knowing, knowing in quotes, that time isn't real. And there are these infinite versions of us. What you can do is shift timelines. And so you can say, Well, if there's a version of coordinate that is experiencing this positive thing, the current version of coordinate would like to move into quickly. Why not asked to shift timelines, right. And so I was in Hawaii, I was sitting for a friend, she was on her way to Morocco. And it was March 12, of 2020. And you know how it is because you're a meditator, not all meditations are created equal. Some of them, you're like, yep, sat there for a couple of minutes. That was about all I did. And then others, you feel like you moved a mountain, right. And so this was one of those mountain moving energetically, versions of meditation, where I asked to shift timelines where I moved to Hawaii, happier, healthier and faster. And so I've noticed that whenever I do a powerful timeline request that it only takes about one or two hours, and then the world will change and like a really, really significant way. And so for that one, about two hours later, my friend messaged me, and she said, we've made it as far as Canada, they're turning the plane around, they won't let us go to Morocco. Is it okay, if I swear on this podcast as much as you want? Okay, thanks. I was like, What the shit timeline is this. What I was hoping for, but of course, it ended up being perfect. Because what happened is I actually aborted my trip to Hawaii, I stayed there for far shorter than I was planning, because Hawaii shut down so much faster than Virginia, Virginia actually never really shut down. That's why I was able to not wear a mask because I had all these places I was used to going to and they would just let me in no problem, because they already liked me. And so so I just shifted this timeline from I think that I came from the timeline where they did the usual scare tactics of, you know, swine flu, avian flu, et cetera, et cetera, news cycle for like two or three weeks. And then a scary with like, the next new thing, I think, actually came from that timeline, and then shifted into the shutdown timeline, which is why I was so confused. For the first, honestly, it was a few months where I kept thinking like, tomorrow, everybody's going to regain their sanity, right, two weeks next day. I know, right? I know, I know, I know. I'm talking about the psychology behind that, as far as Have you heard of the foot in the door favor, that they ask you for a small this is a psychological technique where you ask somebody for a small favor, knowing that what you're really aiming for is a bigger favor, but you started off really small, really discreet, you get that easy, yes. Which then actually opens up the pathway to the bigger Yes, later. So that was a psychological tool that was being used for that. But yeah, so um, ended up being grounded for a couple of years. Because if you don't wear a mask, you can't get on airplanes, right? And so it allowed me to focus very, very dedicated amount of time and energy to my business. So finishing my book, you and I published in the same year, we did No, I published Yeah, I published cornflower in June of 2020. Were you July of 2020? September? Okay. I think maybe in your book, you mentioned that it's currently July, I was like, Oh my gosh, like we were finishing our books, at almost the exact same time. That was also the year that I launched my very first Certification Training Program for my students. I've been asked for years, to teach people in the style of hypnotherapy that I've perfected over the years of being a hypnotherapist, and every time they would ask me to teach it, I would say, oh, you know, I will in a few years, I will in a few years, and 2020 happens. And I'm like, Well, I have nothing else to pay attention to. So it was this beautiful time period of finishing my books during the certification program. My clients were not

afraid of anything. So they kept having sessions. So that was really blossoming as well. And so yeah, because of all of that, I got to move to Hawaii much faster. Because my business grew so much, I was more independent and able to, to do what I wanted. It's perfect. See, and

J

James Geering 33:59

this is the thing, there's so many positive stories that come out of that. And just to be very clear, it was a real virus, there were people dying. But again, going back to my initial point, the answer was making people healthier, that was the thing emotionally, spiritually, physically, etc. So it's always good when you hear these positive stories, it's not Pooh poohing. It's not saying it was some conspiracy. It's just as you as you talked about, every single person I know, initially said we didn't know what was going to happen. This thing was real, every everyone, whatever, wherever they are on the spectrum, but then there was a point where people go, yeah, then we realize it wasn't as bad as we thought. And it was from there on in that I think the mishandling happened and the UK is a perfect example. You know, my beautiful British people were locked in their homes. They discover these politicians are having a party and all of a sudden they're like, Yeah, okay, it's over now. Okay, well, then it obviously wasn't at that point, a real thing. Otherwise, you wouldn't have let that you know what I mean? So this is what's so good. So yeah, so here any success stories of people that have thrived during during COVID but also its impact? We carry on these conversations. Because at the end of it, people are like, Oh, we just want to forget about it like, no, no, no, no, no, you don't get to forget about it, what you did to the people of the world, we got to learn from the people who did it well. And we've got to, you know, punish the people that didn't, that we were paying taxpayers money to put in certain positions. So I think that the healing and growth from people is a very important lesson. I mean, no story to hear. But also, the lessons that remain unlearned. We've got to revisit, we got to make our young and an older people healthier and happier. And that's not anything that's come out of the last two years.



35:35

Oh, for sure. Also, I'm glad that you mentioned that because I'm definitely not one of those people that thinks that the whole thing was made up. I don't feel that way at all. I like you feel like the way that it was handled was actually counterproductive. And what was interesting, too, one of the reasons that I didn't wear masks is I actually really close with somebody who used to travel to Asia all the time. And so on occasion, over the years, he would Google Why do people in Asia wear masks. And all of the research studies pre 2020 would say the masks are not actually very effective. It's more like, like a social signal, a social cue to say like I'm under the weather, go ahead and keep your distance, I want to make sure that I'm not accidentally getting you sick. And that was the primary purpose for them. And then as soon as 2020 happen, all of that was scrubbed from Google. And you could only find that information in books in the library, which is really, really interesting that it still existed, but it was in hardcopy in physical brick and mortar libraries. So for me, I really care about taking care of people. And I know, that's the other thing that I think people should talk about a bit more. Everybody, I think came from the perspective of wanting to take good care of other people. Now, some people felt that that came by way of hand sanitizer. And then people like me, I'm like, well, but let's pay attention to what works in the blue zones. And it's actually being able to talk to people, it's actually being able to hug people, it's actually being able to go outside and receive sunshine and vitamin D. So I kept doing all of the things that up until 2020, I was told worked, and I

believed worked. And so I just kept doing them. But I do really respect that a lot of people did the opposite from a good place that their heart was in the right place. But I do hope and like you were saying, let's not forget about what happened. And then can I segue into something really nice and weird. Yeah, that's okay. Absolutely. Okay. I think that I've had multiple lifetimes that happened during World War Two. So you don't have to incarnate is just one being at one time. Again, time is not real, and our souls are limitless. So you can have multiple incarnations happening at the same time. And so I know of four and this is actually really extraordinary. For me, I don't have any other time period where my soul decided to incarnate and so many different beings. This is this is an outlier. So I had four lifetimes happening during the World War Two era, and one of them was actually, as a very ignorant, very ignorant fell for the propaganda young woman in Austria, who believed in the positive things that the Nazi Party was saying. So I know that one of my lifetimes is me falling for the propaganda, and not understanding about the atrocities until after they had already happened. And so for me, when 2020 happened, there was this distinct feeling of the I am not going to fall for the propaganda, again, that that word again, was such a key factor where I was like, No, we don't do that again. And so that learning of the lessons is so key, we all make mistakes, you gotta learn the lesson.

 James Geering 38:47

Absolutely, ya know, we've talked about before, I mean, I've definitely had reoccurring dreams that seem to connect me with a previous life. And, you know, when now it's an interesting time now, because when, especially these veterans, and some of the first responders are starting to jump into the kind of five Meo DMT, and some of these psychedelics, they're having these awakenings, this awareness of being energy, this, you know, this, this Conversations with God and all these things. So this conversation now, in the world of psychedelics probably seems a lot more a lot less woowoo than it would have been, say, 20 years ago.

 39:21

I love it. And you know what I have to say, even like, a few years ago, because luckily, since I've had my finger on the pulse of spirituality and pretty mainstream areas, I mean, I was in Washington, DC for a really long time. And what's been happening over the last several years is I used to have clients that would come in and say, Oh, my gosh, thank God, you exist, because I can't talk about this weird stuff to anybody else. Those sentences aren't really said be more. It feels like there is much more of either a spiritual awakening or at least his spiritual openness. I call it weird, friendly. Like at least more people are weird, friendly. And so for those who are listening, we're like, oh, Lord, I started to Leave in some weird stuff. Just know that you're not alone. Like there are a lot of people who are weird, friendly. So you can be more open about being yourself like it's a really good time to be spiritually aware and an outside of the box.

 James Geering 40:13

Absolutely. Well, let's kind of get to that point where you walk through that door, then you're an English major, walk me through how you found yourself in the world of hypnotherapy.

 40:23

Okay, great question. So what is interesting is also at UVA, and I'm so I really do like the way that I grew up. I mean, it was rough. And I wouldn't wish it on anybody else. But I think it made me who I am. And part of that is also growing up in the ignorance of Appalachia, like nobody knew about hypnosis there. Nobody knew about past lives or reincarnation there. It just wasn't a thing that anybody ever talked about. So I didn't have anybody as a youngster saying, this stuff is big, it's not real, or it's bad, or you know, all of these things that you might hear. And so my first exposure to the idea of reincarnation, or hypnosis, even existing, was in my first couple of weeks at UVA. Remember, we used to have televisions and things like 20/20. And so it was some news program, kind of like 20/20. And there was this lady who had been regressed had a past life memory of a bizarre, somewhere in I don't know, if it was necessarily the Middle East, it may have been Middle East adjacent. And so it was one of those communities that hasn't changed very much over the centuries. And she happens to be an artist also. So she was able to draw out what this bizarre look like they put her on a plane because she knew the name of the town. All of these details, they put on a plan. They're like, Okay, let's go, let's see how you're drawing your representation of this bizarre compares to the actual place. It's itself. And it was almost identical. And so me as a teenager, I'm watching this, and I'm just like, whoa, that's amazing. So I love the universe got me from the very beginning, where they're like, just go ahead and believe in it. So you don't have to have that hurdle later on. And so fast forward a few years. Little Oprah, she had Dr. Brian Weiss on her show. And he's really interesting, because he was a massive skeptic about all of this. And he's a Yale slash Harvard, Columbia, I can't remember which of the but he's like very Ivy League. And so he was the lead psychiatrist at one of the university teaching schools in Miami, and he had a hypnosis client patient. And he used to take them into hypnosis to help them with relieving their phobias. But for this one patient when he would try to help her with relieving her phobia via hypnosis, she wasn't getting anywhere like session after session after session, she's not getting anywhere. And he said, he's the sweetest guy ever. And he said, he's kind of embarrassed to admit that it was actually out of frustration that he said the thing that he said to her next, which is just go back to the time, go back to the time when it started. And she goes back into a past life. And he was like, this lady did not seem crazy up until this moment. And so she starts having these very vivid past life memories come in. And this frustrating phobia that they have been working so hard to alleviate, suddenly was gone. And, you know, I love that skeptics are also open minded. And so he's like, I don't know what just happened here. I don't necessarily believe in it. But I know something worked. Right. And so then they start to heal more and more and more of her traumas and phobias by way of her going into these past lives. So then he gets curious, and he starts to wonder, is there any research? Is there any peer reviewed research on this? It was very interesting. It's the research was actually done at UVA. Go figure. And so Dr. Ian Stevenson has a lot of research on reincarnation. Anybody who's curious in the topic, Dr. Ian Stevenson, look it up. It's very interesting. And so Oprah has Dr. Brian Weiss on her show. And he talks about all of this. And you know, I'm already a believer. I'm like that so fascinating. And then he mentions his book, many lives, many masters and I'm like, I like reading. So I went ahead and bought the book. And what's interesting is I figured it out later, but the universe sent me to Hawaii, I got notified that we'd be moving to why the same day that I bought that book. And so I took just a handful of books with me to Hawaii, that was one of them. And then it was the one that I felt drawn to reading first. And he's only ever come to Hawaii one time. And it was about a year and a half later, and he came to Honolulu. And he had this one nice lady stand up in the crowd. He introduced everybody to Jamie that he said, I trained Jamie a year ago, get her business card. So I got her business card and had a session with her a week later and I've never been the same thing. And I would like to talk about that just a little bit. For those who are listening, I think this is really helpful information. Um, it's one of those great stories as far as like never giving up. I worked so diligently for about five years straight. I started right

around my birthday in 2008. That's an interesting story, we could get into more if you want to. But basically, I had to have my employees, go to the CEO, and tell the CEO how awful I was to work for. And it's just one of those moments where you don't realize that you're the bully, until something like that happens. And I was like, Oh, my God, like, I'm the bully, I had no idea. And so then I had to figure out like, how to not be involved. And so I started to do a lot of meditation, do a lot of work and compassion. And so I was working very diligently from 2008 until 2013, when I started having these hypnosis sessions, and I just wasn't making very much progress, I was making some, I was making some progress from daily meditation, changing my diet, my exercise, reading a lot of self help books, but it was not enough of a change compared to the amount of effort that I was having to put into it. And then I had my very first hypnosis session. And even though it wasn't like, it wasn't anything to write home about, it was a fairly mundane, past life that I went into, I felt better. And so just a very short session, not that interesting. I somehow felt better. And I was like, I have to try to do this again, like something, something has changed. And I need to do this again. And so then I started having weekly sessions with her. And it went from mundane to super weird and super interesting very quickly. And Jamie, she did such a good job facilitating sessions with me, because she never got in my way. She let it get as weird and outside of the box as it needed to be. And I never gotten my way I let it get weird, even though neither one of us were expecting it. And that's how we were both able to grow and blossom so quickly, because we just let the universe do what it needed to do. And it worked.

 James Geering 47:07

So what was some of the things that you seemingly unlocked in some of those early sessions? You've had this in this kind of upbringing that you've touched on already? You know, was there anything related to that generation? Or as we touched on, you know, what happened to your father? What happened to your mother? Did it go further back in whether it was their lives or your life?

 47:30

Wow, there's a lot going on in this question, which is really good. Let's do the, let's do the overall universal version of why felt better? And then let's get into the specific with the parents. Are you ready? Okay. So this is something that would apply to everyone. So having probably everybody feels this way, even if they had a pretty good childhood, there in the world is kind of a scary place. I think that's a fair statement, like anything can get you anytime, right. So like there is there's this fear factor that happens just being here, period. And so, especially if you grow up in a traumatic situation, that's very heightened, you're pretty convinced that nothing is okay. Ever, even though everything in your environment says that you're fine. On the inside, you feel like things are not fine. You're, you're caught, you're constantly on edge, the anxiety, the depression, like, it's just always this thing that is surrounding you. And so, when I had that first session, I didn't understand it at the time, but I get it. Now, when I had that first session, what happened for me was that I was able to connect with something that wasn't this heavy, dense, scary place, I was able to start to open up to spiritual energy to soul energy to the universe's energy to my spirit guides energy. And even though at the time, I wouldn't have been able to use any of those words, because he didn't know them yet. That is what was happening. It was taking me out of this very scary 3d version of things and then opening me up into the soul version of things and letting me touch it and taste it. So that I had this feeling of

and this is this is the general takeaway from that first session. I just had this feeling that everything was actually okay. Such a simple sentence, it changes everything, like just that notion that maybe everything really is actually, okay. Total paradigm shift for the way I was perceiving and engaging in the world. So that's the universal takeaway, then if you go and this actually a lifetime in Ireland, um, it's an ancient Ireland lifetime, and I still I'm just maybe like 567 sessions in maybe a little earlier than that, but I still haven't necessarily cleared the stuff with my father. At this point. Like I remember one of the earlier sessions, I knew that my, my father in that life was in the barn and I was about to go see him and I felt so nervous because I was afraid it was my the soul of my current life father, but then in a being the soul of my best friend who was amazing. So it was fun. But I was very nervous at the thought of even like having to see his soul energy in that past life. And so what happened in the ancient Ireland past life, is I saw this man, and he was running to protect this baby that he was cradling while he was running from whatever it was, that was chasing them. And I entered into that past life memory, feeling the very strong love and protection like fierce protection that he was feeling for this baby. And so knowing that that was the emotional content quality of that experience, I then started to get curious about well, who is the man? Do I know him? Who is the baby? Do I know the baby? And so then the baby started to flash like as my face like when the baby's face my face, baby's face my face. I'm like, Oh, okay. All right. All right. I'm the baby. And then I'm paying attention to well, who was the father? Who was the man? Like, holy shit? Holy shit, no way, no way. And it was the soul of my current life, father, and it's one of those things we're like, Well, how do you wrap your brain around that? I mean, it's very easy for me to do now. But at the time, I was like, what, what, what I don't understand this at all. But I went with it. Because I didn't get my own way. Thank goodness, I went with it. I was like, Oh, my God, like he loved me at one point. And it just like, even though it doesn't immediately fix all of the things, it opens you up to the possibility that this person that you decided was a supervillain might be more multifaceted than than just being a, quote, super villain. And so then I opened up to finding out more and more and more about my history, Soul history, and connection with him. And I actually quite like him. I like him a lot. I probably won't talk to him again in the current life, because I don't really see any reason to, but as far as his soul, I really like him. And I also know about the thing that happened that broke down the relationship. And yeah, I'm at fault. So it's one of those things where like, okay, I get it, man, I get why. Why had the hard, hurt feeling? So yeah, yeah, that was really, really helpful. And then well, okay. When I hear about the mother, absolutely, let's do it. Okay, so this one's a totally different version of things where I think that he and I have a long standing soul bond, we don't always get along, but like, there's a lot of mutual love and respect there. And, and there's a long history there. And then with her, um, I think that she, and I don't like it when people casually toss around terms like this. So when I say this, I really mean, I think that she's a bit of a younger soul. I think that she has less maturity than some of us. And so the soul contract with her. And this is the thing that I found out about in this session, which was super, super healing and liberating for me, a lot of spiritual people will take the burden on themselves, where they're like, well, if I'm just more patient, maybe everything will be okay. Maybe if I'm more generous, maybe if I'm more compassionate, maybe if I'm more into the spiritual person is just constantly trying to carry the burden of the relationship because they want to be a, quote, good person. And it's like, maybe you're supposed to walk away, like, sometimes the walking away is actually the better thing to do. And so with her, I investigated what our soul contract is. And that's what you do, you know, you go into these lifetimes with each other, and you're like, Okay, I'm going to be the bad guy. Okay, great. Thank you. Thank you for being the bad guy, I'll get to learn a really good lesson, because the bad thing that you did, thank you, right? So that can be a version of a contract. Another version could be, we're gonna get married, and we're gonna have three kids. And by the way, let's make sure at one point, we move to Alaska, because we both really need to be near Denali for a few years, right? Like that could be in a contract. And so with her, um, I

actually was not supposed to stay bonded with her. Like she was supposed to be my mother. And we're supposed to have that 18 years with each other. And then we were supposed to move on. And my father did a great job of that when we say goodbye to each other. We were both like, never see you again. Right? Like dad never. So he separated out really easily. He made it he made it very clean. She clung. She clung really hard. And because I'm doing this whole spiritual thing, and I'm trying to be a really good person, I let the clinging happen for a very long time and it felt awful. And then once I realized, like, oh, like we actually we're not supposed to stay connected. It's really okay to let her go. It took a couple of years, but I finally did say goodbye to her and life is a lot more peaceful, a lot more peaceful and happier and I'm rooting for her. Same thing with her like I'm rooting for her. I want her to do really well. I don't think I know her that well. On the soul level. I don't think we're that close or bonded on the soul level, but I still want good things for her. And I got a lot of peace in my heart. about saying goodbye to her, where if I hadn't had that hypnosis session and found out about the contract, I don't know that I would feel okay. And I might still be in a very dysfunctional relationship with her. If I hadn't had that session.

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James Geering 55:12

It's just so interesting to hear it in the terms in the the lens that you have, firstly, when you talk about seeing that love, you know, have this perceived father daughter relationship, when you're a baby that mirrors what I talk about all the time when it comes to addicts, and prostitutes, and homeless and you know, bums, as people like to call them, these pigeonhole labels that we slap on human beings, because they have, you know, become less than us. And so we can look down on those on them. And the reminder is, if you look at, you know, a preschool, a bunch of toddlers walking around, they're not dreaming of becoming any of those things. They're not having an issue with other kids that might end up you know, becoming gay, or, you know, different religions, or they have different skin colors. They're just children. And they're all at that point, hopefully, feeling loved. And then life happens in it sometimes devolves so I think that's a really powerful perspective, because you can be loved by someone else. So you can actually just go and refund the love for yourself that you've forgotten through your addiction and the unaddressed trauma. The other thing with the relationships, within the or use an example within family, but also, I've talked about this when you're with a partner or whatever, you know, sex that you you have relationship with some, I was sad people like food, sometimes you hear these amazing, you know, people that are honey, and they met in high school and they die holding hands together, you know, that's the honey relationship. But there's some that are, you know, gas station sushi, where it's only supposed to be a few days. But that's okay, as well. But there's guilt and shame and this feeling of failure because your marriage didn't last, you know, 100 years. I love that analogy, because I think you can apply it to that too. You Had you met someone you thought it was perfect, you got married, you had a child, it all went you know tits up for lack of a better word. And now you're heartbroken, your marriage has destroyed you, your child now has to bounce from house to house. But that's what was supposed to happen. That's a hard thing to come to terms with. But I think you know, allowing that to just be what it was that this this starts at A and it ends and B and now you know what happens next is what you can write that next chapter. And I had that with my divorce. I grieved my son, not my my ex wife, but he's become an amazing little boy, it didn't destroy him. It certainly hurt him. It certainly adds some trauma to his life. But again, like you said, that trauma when a dress has become a strength.

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57:45

Oh, for sure. And then I also I would like to encourage Well, if somebody has made it this far into the podcast, they probably are believing everything that I'm saying. But there's some very diligent soul out there who's listening, and I like this might be BS. Okay, so let's consider the possibility that this is all BS. But there's still like so many good tech takeaways that can be very happy and healthy and healing. And part of it is considering the possibility that there is a plan, right. And overall master plan, there is an overall contract, even if you think it's BS, like allow yourself to entertain the idea for a bit. And here's why. Because if you think that there's a chance that there was an intentional plan, then you open up to the idea that there must be some positive reason, because your soul wouldn't do it. Otherwise, there must be some positive reason, within all of the hurts and the trauma and the chaos and the pain, there must be a positive reason in there. And so that's a key takeaway. It's like, even if you think everything that I've said is completely bananas, think about what are the potential positive reasons that anything has ever occurred. And that in itself is very, very healing. Because once you train your brain to start to find those positive things. They're everywhere, like it's all positivity all the time. That's really incredible. And I actually used to be very, very pessimistic, so much so that I had a boyfriend in college. And he said to me, and when one thing that's funny about is he didn't say it to try to hurt me. And I think that's why I believed him. Because he wasn't trying to be hurtful. He was just being very matter of fact, and he said to me, he was like hoarding. You're the most negative person I have ever met. We're just in a grocery store, looking at I don't know, bread or something. And that's what he said, I was just like, okay, that's something to process. And so then I became an elementary school teacher. And what's interesting is the reason I started training myself and positivity is because classroom management actually goes better with positive reinforcement, the negative reinforcement, so it was actually me just trying to manage a bunch of wild kids through positivity that got my brain to start to train and looking for the good thing. things that exist. And so that was really very helpful for me, as I, you know, get into this healing work and understanding that there are always these lessons, always these positive reasons, my brain luckily was already trained and looking for the positive. And one thing that's really nice about this, as far as like the scientific backing to all of that, one thing that they have researched is, if you score more highly on positivity, rather than skepticism, you actually will see positive things around you more easily. And one thing that they did is they hid, I won't bore you with the whole story, but they hid a \$20 bill, where people who were going from where they were filling out a Likert type scale to determine are they more pessimistic or optimistic, those who scored higher on optimism when they were walking from building A to Building B, to do whatever fill out a form, get their check whatever they needed to do next, the ones who scored more highly on optimism would actually see the \$20 bill lying there on the ground, and those who scored more highly on the negativity, they couldn't see it. So there is something when you're more positive, where it actually allows you to even physically see the positive things, the opportunities that are around you. So yeah, just opening up to the idea that, of course, everybody has a lot of hurt and trauma, but there really are a lot of positives within that. And if you can train yourself to start to look for them, the world really opens up in such a beautiful way.

J James Geering 1:01:23

Yeah, well, I see that myself when I'm in a darker place. And I've been very, very fortunate never been in a very, very dark place, like a lot of people that come on here have, but the world becomes myopic, and you're looking through a drinking straw. But when you for example, when I meditate, all of a sudden, the world opens up again. And your TV screen says for example, there's a virus sweeping through and there's all these images of you know,

sometimes real hospitals that are overwhelmed. And at that particular moment, it's absolutely tragic. But then you look out your window, and there's not war, there's not rockets falling in your street, there's not bodies laying in the road is actually beautiful, you know, maybe your neighbors are out, you know, your kids, the neighbor kids are playing in the park down the road. And it's a beautiful day, and there's you know, the trees everywhere and you feel listen to the wind and the trees and the birds chirping. And it sounds very kind of dignified. But it is that this is the incredible planet that we live in. But when we're sucked into our devices, when we're sucked into this clickbait news and was sucked into the, what I refer to as the bingo machine in your mind, those balls just bouncing around, you forget that you we are where we won the sperm lottery for a start, you know, we're having this amazing experience and whatever issue that we're completely focused on is point zero 0% of your human experience. And you're missing the other 99 point, whatever.



1:02:47

Yeah, I have to say cuz I've reincarnated in a lot of places. And I suspected for a long time that Earth is my favorite place of all of the places and my soul confirm one time Oh, my soul actually have more of a masculine energy. Which is interesting, because like, for me, I love being a girl. It's great. But like there's a more masculine energy. So when I refer to my soul, I actually will say like he, um, and so he was like, Yeah, Earth is definitely the best. It's the most beautiful, the nature's the most gorgeous. And I'm like, Yeah, it really is. It's so good. So yeah, being here is really wonderful. And I like the idea of more people opening up to that is a great place. It really is a great planet and to enjoy it more.



James Geering 1:03:27

Absolutely. So you are teaching young children, which is probably a great insight into, you know, the innocence and that blank canvas of a lot of us when we're younger. You are working with Jamie walked me through that kind of journey from student to teacher.



1:03:43

Sure, okay. And then also, there's a little bit of a gap in there where I was an elementary school teacher, sixth grade science was super fun. I was the teacher that allowed people to do experiments and get their hands dirty. It was a great time. But I left that profession and then became Director of Education for nonprofit. That's where the two employees said to the CEO. She's pretty awful. So, so there's that five year period, and then I get sent to Hawaii. And so what's really interesting is that journey with Jamie, I was only going to be in Hawaii for about six to seven warm months. And I want to say this anybody who's living in Hawaii, she happily will let me say her name. Her name is Jaime Fujimoto. The reason I want to say this in addition to her being amazing, she can take health insurance. I have never seen another spiritual hypnotherapist be able to take health insurance, knowing somebody like that is like winning the lottery. If you have health insurance, and you're in Hawaii, she's on a wahoo. She's in the town of Kailua. And so I knew that this was helping me to feel better. I also knew because the universe lines everything up perfectly that I had a finite period of time with her because we were going to be moving back to the DC area in six or seven months. And so because of the health insurance, I was able to have a session with her every week. For about six to seven

months, which is amazing. And so knowing that I would be leaving, knowing that I'd had that really nice experience with the Brian Weiss Group Hypnosis event in Honolulu just a little bit earlier, I knew that he would, he would do these workshops that were between five to seven days. And you could sign up to become a practitioner, so you could learn how to get certified and his method during the workshop. Or you could go just on the client side, like you didn't have any intention of becoming a practitioner, but these people need people to practice on. And so I actually signed up originally, to be in the client role, because I knew that I would want to reimburse myself back into the spirit realm energy and feel all of that love and connection again, and so signed up with the intention of being in the client side. I'm really self aware. I'm really, on top of my thoughts and why I do what I do. I did not make the decision to become a practitioner. I just woke up one day, and I was like, oh, oh, I'm taking this to become a practitioner. It was It wasn't me. It was just a realization. I was like, Okay, I get it. Good. One team. That was clever. And so yeah, so then took it as a practitioner in training, and really lucked out, I ended up making friends with this girl there who had tried so many times to go into hypnosis and to experience a past life. And it never ever worked for her, no matter how many times she tried. And I was like, why I've never facilitated a hypnosis session. So if you can't go into hypnosis, my feelings won't be hurt, because nobody else has been able to take you in. And so the very first session I facilitated was a success. And she went to her very first past life, we were both like, holy crap. And so it's just been fun ever since. Yeah, I got really lucky. I mean, well, I shouldn't I should not say it that way. I've learned how to train people so that the success rate is extremely high. So it's not luck anymore. But at the time, it was a roll of the dice if it would work or not. So luckily, I perfect the methods so that it's going to work. But yeah, I got really lucky. And so she and I are actually still close with each other to this day.

 James Geering 1:07:16

So walk me through the kind of spectrum of people that you've got to work with as far as clients and then just going to some of physical and or mental ailments they walked through the door with that you'd be able to help with,

 1:07:31

oh my gosh, wow. Okay. So I would say regarding the physical and emotional ailments, hypnosis is actually really good at addressing everything I know, that's such a blanket statement, but I've seen it work for so many different things, I'll make sure to tell you a fun story about hip pain, let's make sure that we bookmark that. And then regarding the client type, I think that a lot of times, understandably, clients tend to be drawn to practitioners that are a bit more like them. So because I put on my website, that I have my master's degree in education, and I'm a doctoral student, soon to be a doctoral candidate, I have a tendency to draw that demographic that really appreciates higher education. So my demographic tends to come from the more professional areas. So I get a lot of people who are executives, a lot of people who are in the tech industry, it also just so happens, I've lived in those geographic locations that have a high percentage of that population. So I tend to get a lot of over thinkers. Their brain has been a very good teammate to them. So it's been fun. And I think that's also why I've gotten so good at what I do, because I'm constantly in a loving way, sparring with dancing with an overthinker. And I to go figure, I'm an overthinker. So I would say that's definitely a pretty clean demographic that I get the Brainiacs. And so it's been really fun to help them realize that their brain is not the only resource that they have, they actually have a lot of

wisdom from other places. And so their brain finally gets a break, which is a really big deal. But then going back to the body, so we'll do the bookmark of the hip pain. And I mentioned this to you at the end of your session a few days ago, you know, how we were talking about what is the healing, like as a result of the sessions, and I mentioned that there are three primary versions of healing. There's that immediate version, like when I had my first hypnosis session, I was like, I don't know why I feel better, but I do. That was immediate. And then you also have the longer term version of healing where on day one, you might feel a little bit better. And then as the time passes, especially if you have more than one session, then you can get a lot of exponential growth and healing from your sessions. So there's that long term version of things too. And then this is one of my favorites because it's so weird. There's the Feeling that you do behind your own back. And that one is amazing and also a little bit frustrating because people don't give the hypnosis credit because they don't tie the two things together. But it's so extreme in a fun way that I had this one young gentleman, he was about 24. He had had his first session about four months earlier, comes back. And you know how young guys can be sometimes they're not particularly verbose, some of them. And so I'm like, Hey, how you doing? And He's happy. He's happy, but he's just like, good. Just like monosyllabic. Like one word answers. I'm like, Okay, well, what do you want to work on? He was like, Oh, well, you know, and I'm like, man, he has given me nothing. Like, I have no idea what he wants to work on today. I can tell he's happy. But I don't know what his goals are. And so I did something that I almost never do is actually went back into his previous paperwork. And I was like, I need to ask him some questions to try to get something out of him today. And so scanning of the paperwork, and I asked him, I was like, oh, like, Hey, how was your hip pain doing? And he was like, Oh, that's right. I had hip pain. I was like, I totally forgot about that. I was like, yeah, man, that was your number one goal from the first session. So it's so extreme. So in total, and complete the healing, that you forget that you even had the issue, which I think is very fascinating. And then knowing that that's a thing, it actually happened to me as well, where I had written down my list of goals for a session that I had in the fall of 2016, was going through some of my old paperwork in the fall of 2019. So three full years later, ran into this sheet of paper, that was just like from top to bottom eight and a half by 11 sheet of paper, from top to bottom bullet point after bullet point of bodily ailments that I was dealing with and wanted to heal. And looking at that sheet of paper, three years later, I was just like, I don't have any of these anymore. And I forgot that I had them. Like I was, even if I wasn't giving hypnosis, the credit, I was just like, Oh, my God, I had no idea. So one thing that I tell my clients is I'm like, hey, just write it down, put it in a safe place a book where you're going to open it up later and run into I even say, like, hey, put in your calendar, to check the sheet of paper is six months later, or 12 months later, however long you want, but put it put it somewhere safe, so you can read it later. And really dazzle yourself with how much progress and healing that you've done and behind your own back that you don't give yourself credit for. Because you don't realize it happened.

J

James Geering 1:12:39

So I want to get into our session and kind of get your perspective and let people know about my experience, just before we do. Ken Corigliano, excuse me, Ken Corigliano, he has been on the show just an incredible human beings. Absolutely, you know, peak performance physically, mentally. And so when you guys had the session, and what you're telling me is that Ken had brought in some things that he wanted to improve on. So we talked a lot about, you know, the hypnotherapy and all the other psychological tools to quote unquote, address trauma, talked to me about a lot of these high performers and what they're trying to achieve, as far as, you know, some goals that they've been pursuing.



1:13:22

Okay, so yeah, when it comes to the high performers, and that's actually my very favorite demographic, because I like people who take action, because sometimes you'll get this amazing information in your session, and then you just sit on it. I'm like, Oh, why don't you take action on it. And so the high performers are so great, because they are going to take action. So what happens with a lot of them is that they have taken themselves as far as they can, right. And there's some like, there's some wall that they hit. And sometimes they don't even know what to call it, what name to put on it. They don't know why it's happening. They just know that they have plateaued for some reason that there is a block for some reason that they know that there's this area where they are meant to excel more, and they're not. And what's interesting for them is that they're so achievement oriented, goal oriented, and they've had so many successes in the past, it can be really confusing and frustrating that, that somehow they're blocked in a certain area. And so hypnosis is really, really nice for not only unblocking it, but helping you to understand why it's happening in the first place. And then what's nice about it is once you unblock one area, the dominoes start to fall, and then you actually have a lot of growth and progress and healing that happens indirectly, as a result of that one domino falling. And so for those clients, they have a tendency to be very, rather than saying there's something bad that happened to me and I want to get rid of it. It's more like there's this really positive thing that I'm working toward, and I would like to smooth that out and do that in a more efficient and effective and more enjoyable way. And so Ken, he's Such a great example of that too. And by the way, I would, I'm very, very discreet and respectful of my clients privacy. So I would never talk about this stuff openly except for he has asked me to publish his sessions. And James, I love that you're open to me publishing your session as well. So I'm glad that we can talk about this one, too. So normally, I wouldn't talk about all of this so openly, because he's encouraging it. And he's also even letting people watch his sessions. He's been so great about revealing things after the session that I didn't even know were happening for him, because a lot of the experiences internal and if they don't narrate it, I don't even know that it happened, right. And so apparently, he he's been carrying, he calls it luggage, he has been carrying a lot of luggage that he didn't even realize that he had until he had the sessions. And then when you feel that instantaneous, immediate lightning, that happens when you release it, and you let it go, that's actually the first moment that you realize how much you've been carrying, once you can feel the relief of it being gone. And so that's a big side effect that has happened for him. And then what's fun about that energetically, he feels lighter. But physically, he feels lighter, where he's able to run faster, and jump higher, and do all of these interesting physical attributes that would go along with feeling lighter, which I find to be fascinating. So he emotionally is feeling a lot better and physically is performing at a higher level. And then also, when it comes to his goals, mentally, he really has let a lot of the clutter, a lot of the clutter go right, so we're goal oriented. If we can let go of any of those distractions in any of those self limitations, we can actually move toward that goal much faster and cleaner. And he's doing that really well. Also.



James Geering 1:16:56

Well, speaking of that, that's one of the things that I felt we just did one session as of now, but um, when we dug into it, I talked about that night in my stomach, which I've been aware of even when I meditated when I was in a pretty dark place when the darkest space of being outside of my divorce, which ultimately was burnout. When I look at it, it wasn't one thing it

was compounding it was the end of work towards the end of COVID. I mean, just all the BS of that, again, what we touched on before that oppression that people were exposed to, it just kind of came to a head. But when we did our session, we focused on my stomach, and there appeared to be these, um, for lack of a better word trapped souls that were in there. And I'm sure they were representing all kinds of things in my past. But also, I've talked about this openly on the show, the inability to save, I just had a lot of people die on me, just this is one of the, excuse me, one of the side effects of being what we call a black cloud, I was that paramedic that just cut off the people that died. But letting that go. And then, you know, feeling how that actual stomach felt like, anatomically how I was feeling. I can absolutely say I'm mirrored what Kevin was going through, there was a release of some things, because I you know, what I'm looking to do is open my mind to be able to write this book that I'm writing about. And there's so much emotion tied up in this from my own journey from all the people that we see that we lose, because there isn't a push for physical mental health in this country. But it's a complete avalanche of emotions. And I'm trying to kind of dig my way out to find that that true north so I can write the book. So I just one first takeaway from my session is I absolutely can see what Ken was talking about when you let go of some of those things that you held in that you are unaware of.



1:18:50

Yeah, yeah, it is so liberating and freeing. And they're the current you because I've experienced it myself, right. So I'm in the club, the current you just kind of wants to give the former you a hug, and be like, Man, you were really carrying a lot of stuff that you did not actually need to carry. And then one thing that I want to make sure that we say that I think is such an important detail, is remember when we were letting go of those those beings that were within your stomach that we made sure to do so with love and gratitude. Do you remember that? Yes. It is such a key detail, that we really look at everything with love and gratitude. And I guarantee that the healing goes faster, when the love and gratitude are woven into it. So whether you're having a hypnosis session or not, you're just living life. If you look at things with more love and gratitude, you will actually progress so much faster. And I like to give this example where let's say let's pretend it's the beings in your stomach, and it would be very easy this Are you understandable for somebody to go? Why are you there? You're making me feel bad. I don't like this go away right now. Right? Like that would be a very easy stance to take with those beings in your stomach. Now, somebody Have I mentioned that I was a difficult personality growing up and still am, is somebody said to me, I don't like you go away, you're bad, I would immediately dig in my heels and go, Fu, I'm just going to do what I want, right? Like that would be my natural reaction. Now, if somebody said, Courtney, you're accidentally hurting me, I appreciate what you're trying to do. But it actually feels really bad. Like, I wonder understand your perspective. But I also would like to in this pattern, then I would just be like, Oh, crap, like, it wasn't trying to hurt you. Yeah, let's talk about it. And let's make it better. Right. So if you treat the symptoms, these ailments, these energies in that same loving way, where it's like, I know you're here for a reason, I want to give you the microphone, the platform, I want to hear you out and understand. I also want to have a lot of love and gratitude for you. The the letting go, the healing is so easy, whenever it happens from that perspective. So I think that we could use that perspective as somebody cuts us off in traffic, or it's just like, Thank you for slowing me down. I didn't need more patients today. Right? It just makes life a lot better. Okay, so tell me more about how you're feeling if that's okay for me to ask, because I am curious.



 James Geering 1:21:29

So one of the reflections I had after when, and for people listening, you know, obviously we're we're beginning the session, then we're trying to open ourselves out to what would be as you refer to the team, you know, other spirits or energies that are around you, my beautiful German Shepherd Nene that I lost last year, the very first thing that popped up so she's, you know, clearly there. But then there was this kind of fish like object that I referred to as Charlie. And this this at the time, I was acutely aware of that name. I've my youngest brother is going through some things himself at the moment, I just flew over to Portugal to try and be part of the team that surrounds him and gets him through his, you know, challenges that he's going through at the moment. So when I look back now, I'm like, Oh, actually, that wasn't so much a spirit that was with me. That was the very, very evidently present issue that I'm dealing with. That's why I didn't feel like part of the team. But when I reflect now, there's a live in his space in Central Florida, we have a lot of hawks and I've always felt very, very connected with hawks when I was little there was this film called caissons. That's the little boy that befriended this Castro, I think it was her initially, and then he had this relationship with it. And I've always just had this solid connection. Now I live in a place where there are hawks everywhere. So I, they're all different hawks, but I prefer them all the Steve Stephen Hawking every time they're probably male, female, who knows different hawks, but regardless, but when I was thinking about it, that really is that winged, you know, spirit that that genius as you talk about, so yeah, there were those kind of trying to have those aha moments were very first session, you know, try not to get in my own way, as you said, trying to interpret what I was seeing, but it was some interesting aha moments after the session the next few days of okay, you know, my connection is actually the Cardinals in my garden and the Hawks. And it's nature, like I said, nature is my my heaven. So try not now realizing you don't have to find the answers in that moment that might just crack the door for you to have some awareness after the session is finished.

 1:23:42

Oh, yeah. Yeah, the answer is, like I was saying, there's the immediate that happens. And there's also the longer term where the healing takes place over time, the wisdom that comes in, happens over time, like when you were talking about writing your book, and that you recall that memory from when you were four and the fire in your sister, and that that was something that was living within you that whole time, but then came to the surface of your consciousness later on in life. And so the same thing can happen with the healing and the sessions, the wisdom of the sessions, where you gain access to it, but then it raises to the level of your conscious awareness. Maybe a few days later, maybe months later, sometimes years later, you'll make a connection from a session to something that you're experiencing or just like, twist. Okay, all right, interesting connection. One thing that's also fun too, is, I'm sure eventually you read my book, corn flower, and I talk about my primary spirit guides in that book, and my very first spirit guide that came in for me was a hot girl. Really? Yep. Yep. He's my number one. So he's a Harris hawk. Yeah. And I would see him so distinctly. I feel I feel really grateful for this. I could see him so distinctly that I was able to do Google Images and eventually You find the Hawk, and I'm like, okay, he's a Harris hawk. And what's interesting about the crow, you know, crows, they all look alike, right? And then that's my secondary. So primary is Hawk, secondary is crow. And then tertiary is owl. And what's interesting about the owls is it could be any kind of owl. Like, it's never the same type of owl, which I find to be interesting. And then you're gonna like this a lot. Um, so when I was having all of the sessions in Hawaii, I was going to take just like maybe two week break from having sessions, because I was about to go to Japan, and I, leading up to it, I'm having more hypnosis sessions. I'm like, okay, team, like, I'm about to go to Japan, what special things do you want me to experience

while I'm there, like, this is gonna be really magical. And then they showed me a future life progression. So a lot of people are familiar with the concept of a past life regression. But there's also a future life progression that you can do. And so they showed me maybe maybe about 200 years in the future. And I'm this young Japanese girl. And I see this somewhat futuristic looking, cityscape and I'm in a park, right. And so this is, and remember, this is early in my journey. And so I'm not really thinking that I'm going to be able to make the world a better place in any way. I'm just trying to, like not be so miserable. That was my goal at that stage in 2013. And so they tell me that I'm there in that lifetime as a guardian for something that's a bit larger than Japan, but smaller than Asia. And so I'm a guardian for that portion of the world. I'm like I did and, you know, I was very open. I did not want to say this stuff to Jamie. I was just like, I sound like a megalomaniac. Like, I sound completely bananas with this one. I was like, Okay, I know better, I should definitely just say it out loud. See what happens. And so I tell her about all of this. And it was, it was really, really outside of the box session. But But, and this whole idea of me being able to make the world a better place was definitely a new concept for me. And so I kept thinking, like, I wonder if I can find that park in Japan, and then even thought about doing the Google Images, but I'm like, they're like a trillion parks in Japan. If I'm going to find it, it'll find me. Right. And so the first park that we went to when we got off the plane was Osaka Castle Park. And so I walk into



James Geering 1:27:21

the park. I used to live in Osaka.



1:27:24

Oh, my gosh. Okay. Okay. All right. So. So I don't I don't know the geographic orientation. So I'm not sure if I'm coming in from the east or the west or what, but I come in, and there are crows there, right? No big deal. There are crows everywhere. So it's like, okay, hey, number two, like, that's great. But I'm not really like thinking anything magical is about to happen. So then we get closer to the actual castle. And there is a physical sign, which is funny, because you know, people say like, I want to see a sign. I'm like, well, there was one. And there was an owl, a real life owl in the middle of the day, sitting on this sign next to the castle. And so I'm paying attention to this owl, and I'm like, Whoa, okay, wait. So number two, and number three of my guides are here. And as I'm like taking that in, I look over and right at the castle entrance is a gentleman who has on his arm, a real life, Harris hawk. All three of them were there at the same time. And But wait, there's more. And as we're leaving the castle, and walking in a different Ingress, egress point, a different point, relieving you know how when you're in deep thought, you're kind of staring at the sidewalk as you're walking and taking all the sound like, Oh, my God, all three are here. And I look up. And it's the futuristic cityscape that I'm looking at. I was like, okay, like, I think that I have to let go of my self doubt. I think maybe I'm made for more. I'm supposed to do bigger and better things than I realized. And so that that session was the session that I doubted more than any of them. Like I have a tendency to believe that they're real. That one I was just like, I don't know, I don't know, that one seems like a bridge too far. But then the universe is like, no, like, we need you to believe in it. And we're gonna send three birds and make sure that you believe in it. And so that that was really a big moment for me and letting go of the doubt that is so easy to harbor when it comes to these sessions

because there's so fantastical, right. But then when you have all three of your guides in the same place and the same cityscape in the same place, you really become a deep believer very quickly when things come into the physical and that way.

J James Geering 1:29:43

So that was the part where Osaka Castle is in. Is that right? Yeah, yeah. So I know because I think it used to be I forget what it was made up before but I know it was burned down and so there's like a newer version of it. Now there's I think it's all word if I'm not mistaken. It's been back 20 years since I was there.

 1:30:00

I don't have that great, because obviously I was in a bit of a state of shock during that time, so I don't have that much of a memory of it. But I do have a picture of me with the hawk, by the way, it's kind of like when people say, when they meet Tom Cruise in person, they're like, he's smaller than I was expecting. My Hawk was smaller than I was like, meeting a celebrity. Basically, I'm like, Oh, my God, it's the hawk, like, Oh, you're smaller than I was expecting. And his feathers were so soft. And so I have a picture of me with him. And so I know that in that foundation, that it's, I think, larger stones. But I actually don't really remember what the caseloads was like, Yeah, cuz that's what brought you to Asaka. Why were you

J James Geering 1:30:43

there? I was doing stunts I got hired to do to be a stuntman for Universal Studios when they opened the Osaka Park.

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That's so interesting. Okay, so you know about celebrities tend to be that spot.

J James Geering 1:30:54

Yes. Yeah. Some are bigger, included, some, surprisingly bigger, but what are you talks about the book. So what made you write cornflower?

 1:31:06

Okay, so when I facilitate my hypnosis sessions now in the way that I teach my students is, I always recommend recording the sessions. And the reason for that is that there's just so much magic in them that it is really, really nice to be able to go back and listen to the recordings later. Not just for the details, but also for the energy that's within the sessions. And so when I started out as a client, my practitioner and Jamie at the time, she did not record the sessions. And so I had to do again, because the universe is perfect. I had to, as soon as the sessions were

over, I would jot down notes about what had happened in the sessions. And so because, you know, it was 2013, I finally had a smartphone, I was able to jot down the notes in my phone, and then I would email them to myself. And so after week, after week, of jotting down these very interesting very healing notes, that started to seem to form a story, I kept having this persisting bot, where I was like, There's a story in here, there's a story in here. And then sometimes the sessions would even connect to each other in very interesting ways. I was like, here's an interesting story in here. And so eventually, I just realized that these notes were in fact book, and then waited for a long time, you know how it is sometimes you like, okay, creative inspiration any day now. And then weeks pass, and then months pass, or like, Okay, any year now. And so, um, when I was back in Hawaii and early 2015, I was watching one of The Hunger Games, I was in a movie theater, watching one of The Hunger Games, and actually just gotten there. A few days earlier, I was about to be there for two and a half months to watch my friend's house. She was a new grandma. And so she wanted to be in California with a new baby. And so I was about to have two and a half months of quiet in Hawaii to myself, and the beginning of the book, just like poured in, in like the last 10 minutes of the movie. And I am not a night owl. I'm definitely an early bird. So I hustled back to her house, and I you know how it is when the creative inspiration is there, you don't sit on it, you take action, right, you have to take action when the juices are flowing. So I'm like, Okay, if it, I know I need to go to bed. But I'm just going to make some tea, get some caffeine in my system, like get the first part of this book written out. And so remember, I've just gone to her house, I'm getting the water hot, I grab what looks like a plain white mug, grab it out of the cupboard. And then as I'm getting all of the tea ready, I turn the mug and I see that there's one word written on the side of it, and it says reincarnate. Yeah, it was just like, okay, green light. Let's write those things. And then, of course, because the universe is perfect, I was there for two and a half months, which was the exact amount of time that I needed to pull all of those stories together from all of those sessions. And then, you know, scrap the stuff that's a little boring, and then piece it together so that it wove together very nicely as a story. But then what did I do? sat on it, I would do edits, every several months, like I would do another edit, and sat on it for like five years, until 2020 happened. I was like, Well, okay, I have nothing else to do. I guess I finished the book now. And that's how I was actually born into the world.

J

James Geering 1:34:31

That's the hardest thing I think we're writing is immediately you start you're like, Okay, I gotta get this done, you know, three months, four months, but then my first book, start with a bunch of blogs that I wrote. I mean, you talk about spiritual awakening, the first one ever wrote, which I used a phrase engineer from Detroit said, I wish my mind could forget what my eyes have seen and to get that right. And it was a mental health post and it was crazy because I was up. I went to bed after this call like two in the morning. You And I just was lying there. And like my mind was wearing, I think we just lost, you know, at least a couple of first responders. And so I got up at like three in the morning, sat in the office in this fire station and wrote this entire blog, posted it went back to bed. And then the irony was it went like the quote viral. I mean, I think millions of times ultimately it we've got read. And I even met a guy in a restaurant years later that said, you know, we were talking and I said, my name did you write that? That blog, and he was from Canada, so. But it's amazing when it's time to write, it's time to write. But when it came to creating the book, which was going to use some of these blogs and a lot more and expand on it, it sat in, it just sat for over a year, because I wasn't the right time. And I think that's what this book now is, now is the right time. Now, I've actually got to get that discipline and that creativity back. But you've got this feeling like, well, if I don't, right, now, what if someone else writes it? Well, you kind of have to put that on the back shelf and be like, Look,

you will write it at the perfect time that you're supposed to write it, you'll find the perfect stories that are supposed to go in it. And that is such a hard thing to trust. But then you've also got to have that balance of the discipline. Like yeah, you got the inspiration, but inspiration is nothing without action.



1:36:14

Oh, for sure, for sure. That's um, tying it all back to hypnosis, I've got a few little tie ins there. But that's one of the reasons that hypnosis is so nice, because there is this almost torturous element of knowing that you're supposed to create something, and then you don't do it. And then you don't do it. And then you don't do it. And it's kind of just always wearing on you, in the back of your mind, sometimes the front of your mind. And so one of the great things about hypnosis is it allows you to finally let go of the luggage and the distraction and whatever it is the self limiting beliefs and actions, etc. Allows you to let that go. So you can move forward in this way where the torture is gone, because you're actually doing the thing you're supposed to be doing. So like feels a lot better. And the excitement comes back. Because you get to be creative again, you get to look forward to the things that you're producing again, rather than having this feeling of dread, like, oh, another day has passed. And I still didn't do this thing that I wanted to do. And one thing that's fun is cornflower is actually not my only book, I wrote a children's book, also called Flower friend. And I'd wanted to write a children's book for like 10 years, when I say like 10 years, I mean, actually 10 full years, I've been talking about it. And to a degree, I'm a little bit of an extreme personality. I sent myself to a deserted island in Thailand for like 12 days to work on writing children's books, because I had this like torturous element in me where I was like, You got to do it. You're supposed to do it, you got to do it. And I wasn't doing it. So I'm like, Okay, I'll send myself to deserted island. I wrote and I wrote and I wrote and everything was garbage. It was not published worthy at all right. And so then, because I had spent that time in Thailand, just writing and Bing, right off the beach, I remember coming back, and this was June 13, of 2011, June 13, I say to one of my colleagues, all I want to do is just sit by the ocean. And right, that's all I want to do. Less than a month later, on July 11, we get the call that we're moving to Hawaii, and I was able to leave my job. And so I then I spent another year and a half writing garbage. And then and then I have my hypnosis sessions. And once I have my hypnosis sessions, whatever the the garbage version of what I was producing, was able to fall away, and the quality version that wanted to come out was able to surface. And so once I started having the hypnosis sessions, it was in early to mid April. And by my birthday, June 22, so only about two and a half months later, I had written it, I had illustrated it, I had figured out all the technology to put all that together, none of this is easy for me, by the way, and I had self published it to Amazon. So when from 10 years of talking about it to two and a half months of doing it and the hypnosis 100% is the reason that that was able to come together so cleanly and with such high quality.



James Geering 1:39:21

Well, I want to hit one more topic then we'll talk about all the things that you do offer now for people that are listening, but we talked about hip pain, we talked about the high performance trying to find that that little extra piece and then trying to kind of calm down some of the white noise. What about the other side? The obviously not mentioning names, what are some of the people that have come to you that have been in crisis that this particular modality has helped



1:39:48

me second I don't I don't get I don't get that many who are drawn who are experiencing crises. You know, either This is also a tough question for me. I don't know that I perceive it as crises, because I know they're gonna be okay. Yeah, I actually I am not coming up with after hundreds of clients and 1000s of sessions. Okay, okay, I have to add to are you ready? They again, they have such happy like, I wouldn't put it in the category of crisis because it has such a happy everything. Um, okay, so here's the first one. And the theme is the theme is children, which is interesting. So the first one is, there's this really? Uh, yeah, I got it, I gotta type, right. And so there's this brilliant female lawyer. And she's so good at everything that she does. And she's great at strategy and always achieves everything right. And she had been trying to have a baby for about five years, and had really actively been going after it for about three years. Unsuccessful, unsuccessful, unsuccessful, so painful for her emotionally that she took a two year break from trying, and then thought, Okay, I need to try again. And I'm going to do it differently. This time, I'm going to have a hypnosis session as part of all of this, because I've heard about all these miracles, you know, what do I have to lose? Let me do something really weird and outside of the box, because it can't get any worse than it's been right. And so she comes to me and have this hypnosis session. And she's about to have her first fertility treatment after two years of being like, I can't deal with this anymore. She's about I'm sorry, not fertility treatment, when they do the implantation, okay, that's what she's actually about to experience. I'm so I'm not that familiar with that world. So I apologize. I'm using the wrong terminology. But the implantation is about to happen within like, a couple of weeks, maybe even just a handful of days. And so she's like, I just want to get myself ready. Right? Like, whatever wasn't working before, maybe it can work after I have hypnosis session. And so she had such a lackluster session where like, sometimes you really have to work for it. With these sessions. Sometimes you're just like popping popcorn. And like the session is just the most interesting thing you've ever heard in your entire life. And you're just like, I'm not even doing any work. I'm just enjoying this really amazing story. And then others man, they make you work so hard to be like grinding it out trying to get something for them. And this was one of those sessions where like, brick wall after brick wall after nothingness after nothingness. This is this is a tough one. And in the final five minutes, right, because we got a schedule, right, final five minutes, the energy of her father comes in, and her father is on the other side. And so he comes in says some nice things, and then is about to leave. And I'm like, Well, if he's on the other side, we always think of people on the other side is those who, who we've loved and have since crossed over. But the other side also includes the souls that are still incoming, right? So I'm like, Well, if he's there, and he's talking to my client, maybe we can have him be a bridge and invite the baby's soul energy and as well, so Hail Mary. I'm like, let's, let's try this and see if that happens. And also, I should say this, I was a much newer practitioner, I mean, now it wouldn't have been brick wall after brick wall after nothing. After nothing, I would know exactly what to do now. But I was still very fresh with all of this back then. And so I'm like Hail Mary, let's see if the if the dad can get the baby to come in. And sure enough, final five minutes of the session, the baby comes in. And again, not much to write home about it's just the baby's energy and the color of the baby's soul, sort of embracing her and she's feeling it and vibing with it. The implantation worked. healthy baby boy. I mean, that's so amazing. Like, it makes me so happy. So, um, so I wouldn't put it in the category of crisis, but I feel she probably would have, right? Yeah. Um, and then the second story that comes to me, and I really love this because the little girl in a story is a teacher. And actually, she's the little girl that I referred to when I mentioned the N. Right? might have some angel realm realm origins, because that seems to be a tag that, that they use, whenever we get named is that they'll put the letters A n or e I could be in there. Like my middle name is Danielle. So it actually loaded up with both of them. Um, but yeah, so this mother came to me and you know how it is sometimes sometimes

kids decide to leave. Um, and so this little 16 year old girl, who like all the teachers loved her and her parents love loves her and her sisters loved her, like everybody loved her. And at 16, she just decided to go home. Right. And as a parent, I can't even imagine how horrible and confusing that would be. And so her mom to just try to connect to her daughter and try to understand and not even not even say, like, why, but more just like feel that love and feel that connection again, was really her goal just to be with her again, in a different way that she came to the session with that goal. And what's interesting is not all souls are like this, but her little girl was like so in my face, like energetically in my face, it was just like this bright and this was before we even closed her eyes and started the session. I was like, Whoa, like this one is extroverted, like the bright yellow energy just right here has like, Okay, we got to talk her, like, this is gonna be really fun. And so the mom doesn't believe in all this stuff as strongly as I do. And so the mom is just kind of like, okay, okay. Okay, I hope I hope you're right. But I don't know. And so the mom is going into the session, and I'm trying to not like overwhelm the session with like, all this chatting the little girl is doing with me, I'm keeping all that quiet because I don't want to distract the mom. And so at a certain point, and mom is feeling her right. And then at certain point, the little girl says, just to me, she's like, pretend that you have to go to the bathroom. Like, okay, all right. Okay, I will. And so I fake the need for a bathroom break. And so I asked the mom like, hey, while you're in this nice, loving, peaceful energy, is it okay, if I take a quick bathroom break? And you can just like bathe in the positive energy and quiet for a while. She's like, Yeah, that's totally fine. So I go upstairs, go to the bathroom. And the little girls like, look up my obituary, like, okay, and because I know her first name, I know her last name. And so I look it up. And she's like, look at my middle name. I was like, Okay. And she was the one who taught me that a n is a marker for the angels, just like look at my middle name and see how it's like, tucked in there. And I was like, Yeah, you're totally right. So she taught me something. And it did a huge favor for her mom. Because at the end of the session, the mom was saying to me, like when she came up, her eyes are open again. The mom said to me, she was like, I didn't really feel confident that my daughter's energy was here. And that I was really feeling her until you went to the bathroom. I was like, Oh, interesting. Why? And she said, she was like, did she go with you? To the bathroom? I was like, yeah, she's actually the one who sent me to the bathroom. I didn't even have to pay. She hadn't been doing research. She was like, yeah, when you went to the bathroom, I felt her leave and go with you. And that was actually the moment that I knew the energy was real. Because if she could go away, that means that when I was feeling her, she was actually here. I was like, she your daughter's smart. Like, that one's clever. So So yeah, I would say that that mom also would classify that was a crisis, but like, The sessions are just so beautiful and positive, it just feels like sunshine and rainbows to me. So like, it's all rainbows, it's all sunshine.

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James Geering 1:48:10

Now what I mean, you you hear, obviously, some of these mediums, some of whom I'm sure really empathetic, some of them are just good performers for television, you know, and then, sadly, is the thing that charlatans always ruin it for the people who are really, you know, in that space, but just listening to Ken session, you know, witnessing what I did, you know, just opening yourself up was my community is very kind of scientific, you know, we deal with, with pumping fire engines and medical calculations and all these things. And if you know, I give this drug and I pump this chest here, then they should come alive. So we get kind of detached from that spiritual side. When you look at religions, what we do believe if we are a Christian, or a Muslim, or you know, a Hindu, it's all of this stuff, you know, whether it's angels on clouds, or a very mean, red man under the ground, you know, whatever it is, these are all manifestations, I think of things that we've seen from cultures all around the planet. So, you know, I think that's

a big lesson for me, and hopefully some other people's that just allow those doors open a little bit, allow a little bit more of that spirituality to permeate. Because what if some of the things that we've talked about today is that key to that lock that you haven't been able to figure out and I know a lot of people are frustrated, they go to these counselors, they go do EMDR they do some of these other things that works so well for some people, but to have this toolbox, that could be psychedelics, it could be, you know, spiritual hypnosis could be all these different things. Knowing that this is another opportunity that might fit you. It's you know, it's great, which is why I love these conversations.



1:49:47

Yeah, I love it. The healing strategy of throwing spaghetti against the wall, or it's like just try everything like you're worth it. Your happiness is worth it. Your health is worth it. Just try it all. other things and see what sticks for you. And sometimes people can get disheartened because they're like, Well, I tried this and it didn't work. I tried this and it didn't work. It's like, just keep going, like fail faster. Because eventually you'll get to your thing sooner if you just keep going. And for me, it took five years and hypnosis is just like, it's the best thing ever.



James Geering 1:50:24

Well, speaking of that, then talk to me. And then people listening about the things that you have to offer, if they wanted to actually, you know, be, have you worked with them. And also, let's expand on Sue, if they were so you know, amazed by what they did that they wanted to actually pursue becoming a practitioner themselves.



1:50:45

That yeah, I think this is also a testament to how healing hypnosis is like, I've never heard of anybody going to a psychologist, and then saying, that's it. I'm dropping everything else that I've been doing. And I am becoming a psychologist, not not sorry, any psychologist listening, you're doing God's work, it's great. But I've never heard anybody say that I've had so many people experience hypnosis as a client, and then go, that's it. Like, I stopped everything else that I'm doing. Now I am becoming a hypnosis practitioner, this is the thing that really helps people. So if you want to work with me, basically, in any capacity, you can go to my website, which is Courtney starkey.com. And I've got a wide variety of ways to work together. So somebody wants to have one on one sessions, that is an option on the website. And then also, if somebody wants to become trained, and my style of hypnosis, the certification path is also laid out very nicely on the website. And then some people are like, I kind of want to toe dip all of this, I don't necessarily want to go full in full speed ahead. What should I do? I have a Group Hypnosis membership, which is really nice. So it's a monthly online, so zoom group session that people can try this out and feel is this something that is a good fit for them? Is it something that helps them to feel better, and then also, my book is on my website, so who in a really nice thing that I'm enjoying doing is speaking about all of this and doing an experiential at corporate workshops. So I do, like I said, I love the thinkers, those engineers that are out there, that's actually my jam, I do really, really well with those who are very scientifically minded. So I'm corporate speaking events to allow the corporate team to get the feeling for how effective this

is. Yeah, I'm trying to reach as many people as possible because it is something that has helped me so much. I want to make sure that I do good service to the world and help more people experience it for themselves.

 James Geering 1:52:42

Brilliant. Well, I would love to throw a few closing questions at you if you've got time.

 1:52:48

I do have time and the interest. Let's go.

 James Geering 1:52:51

Excellent. So we talked about your book, cornflower. And what was the name of the kid the kids, but when you finished it, by the way, our friend Oh, that's right. You did mention that I've got it written down

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completely not on purpose. The both of them have the word flower in it. Like that is one of those things that years later, I looked at them next to each other. I was just like, oh, oh, that's weird.

 James Geering 1:53:13

So those are your books? Are there any books that you love to recommend written by someone else? It can be related to our discussion today, or completely unrelated.

 1:53:23

Oh, my gosh, well, I basically I'm one of those people that I love actual real books, I love being able to take notes in the margins. So it's funny as I have six books that are in front of me right now, one of them, it's really nice. It's newer to my collection is called One more lights, I really enjoy. I'm really enjoying reading James Book, genuinely, I really, really am enjoying it. You're a very good author. So I'm extra excited to be one of the teammates that's helping you to open up and channel the second books and like, Excuse me, I want to have one of the first copies. Thank you. Well, thank you so much. You're very welcome. So I'm enjoying your book a lot. I actually just got Ken's book in the mail a couple days ago as well. So Ken's book, um, and then okay, I'm really this is gonna be a maybe he'll be one of your guests one day as well. Alex or Mozi. Do you know who that is? Do not know. Okay, so one thing that's very, very interesting as far as things coming full circle. So you know, I talked about my father and you know, he had a little bit of an anger issue. his profession in the world before he retired is that he was the health and physical education professor for our local community college. That's a very polysyllabic or

poly. I can do it. polysyllabic got it, polysyllabic way of saying he's basically a PE teacher for, like 19 year olds. So I grew up in a gym. I grew up around like very, like physically fit, guys. And so it's super funny to me that in this phase of my life, where things are really kicking into another gear, who's a key player in that Can Mr. Works out all the time? Right? Then Ken is not even the one who introduced me to Alex's work. Alex, if you look him up, looks like he could be Mr. Universe, whatever all Schwarzenegger was, looks like he could be that guy. And his book is actually on business. So for those out there who are interested in building their businesses, and I think that if you're doing healing work in the world, it's almost like your responsibility, honestly, to grow your business. Because when you grow your business, that means you're getting more clients, which means more people are getting to experience that healing energy and work for themselves. So I think that being very marketing savvy and business oriented, is actually part of doing good work in the world. And so I've got Alex for moseys book here. Yeah, anything related to spiritual hypnosis, I love and business building is the latest passion that I'm really enjoying to get more people aware of hypnotherapy. It's funny,

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James Geering 1:56:01

because that mirrors, something that I just spoke to Alana start and she wrote a book called How to ask for money. And she, she came from the world of banking, she's an entrepreneur, she's an author, she's got a very powerful story herself, she was burned very badly as a child ended up becoming Mrs. Scotland and competed in Mrs. world. But a lot of people recently have been telling me like you, you are behind the shield, because my, my perspective is on behind the shield literally, like, I don't want my face to be out there very much, because I'm trying to be humble, and it's about the guests. But a lot of people have kind of grabbed me by the lapels metaphorically and be like, Dude, you have to get out there or it's not gonna, it's not gonna spread. And this is it. So you just kind of underlined again, gotta get this humility. And then there's meekness. And I've, I've definitely been too far in a meekness. And I gotta get myself out a little bit more, because my goal is purely to get people exposed to this library of almost 100 incredible people that have solutions to people's problems. And and if they choose to buy the book, I think the book is, you know, I love the book. But you have to mark it, and it sucks. But you know, I hate talking about money, too. I hate the business side of this. But this is, as you said, very rightly, that is part of how you grow the this message, because you mentioned Oprah earlier. You know, she's not everyone's cup of tea, but I would argue she's done a lot of good things in her life. And marketing is obviously a very big part of that.

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1:57:26

Yeah, yeah, I really, I would encourage everybody who's doing good work in the world to think about marketing and business as being one of the responsibilities that you have, in a very happy way. It is essential that you master that otherwise, would you rather be able to help one person or a million people? Is the world a better place? If a million people are helped? Yes. It's a much better place. That's so interesting. See, you know what there is, there's something happening right now. And I love noticing these patterns, these waves that a lot of us are being positively impacted by there's something happening right now with the healers. And I definitely put you in that category. I know you're a savior, but you're also a healer, right? Something is happening right now with the healers, where they're coming out of hiding, and the way to be seen, and it's for that very purpose, it's not about ego. It's not about like, I need the spotlight on me. It's like, no, I need a spotlight on this healing work. And I just happened to be the

messenger that's talking about his healing work. There is a shift that's occurring right now, which it's, it's high time that we finally say, like, No, I'm, I'm going to take the risk, I'm gonna put myself out there, because this message and this healing is so important that I'm willing to take the risk of being seen.

 James Geering 1:58:44


Yeah, absolutely. I think there's this absolute need, because the way that things have been done, when you look at the increasing ill health in this country, the increasing mental health challenges, the traditional way just hasn't worked as a traditional, you know, very loosely, like modern way. But there are so many incredible people in the world of spirituality and mental health and nutrition and exercise, and, you know, injury rehabilitation. And, you know, I would argue ancient medicine, acupuncture, and chiropractic and all these things. And they were suppressed for so long, because of the other side of business that that chasing the holy monopoly rather than actually doing it for the benefit of the country. So I am, I'm excited. I think it's high time and if there ever there was a time for this to happen, it was after what the planet just went through the last two or three years.

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I'm sure that's part of why everybody's so ripe and ready for that. It's like we're just dating. And everybody's ready to be born. It's like, okay, let's go. Absolutely.

 James Geering 1:59:45

I think and especially with the leadership, you know, where there's this reverence for people in a white coat with a stethoscope around the neck or you know, other in the White House or the Houses of Parliament, but we got to see behind the curtain we got to see who truly was walked in the walk, he truly did value the health of the people in their nation. And we got to see the charlatans, the tyrants. So I think now the real, you know, the real authorities in their fields, the real compassionate leaders, it's their time, you know, and we got to get rid of some of the chaff.

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Yeah, or, or we'll probably never totally get rid of them. But let's use them as inspiration, right? Where, for me, I feel even more passionate about making sure that my style of hypnosis gets out there, because I don't I don't think that any of the hypnotherapist that I would refer to have any ill intention at all. I don't think it's like that. I think they just don't know any better. There's a high level of ignorance in the spiritual community, when they think that something that worked 30 years ago, is like, just the way it should be now, and I'm like, but 30 years have passed, like, you're not going to try to evolve anything at all. And so what's happening is these older styles in hypnosis that are really, really famous, because you know, amazing books have been written about that type of hypnotherapy, what keeps happening is that a lot of clients are being hurt by that style of hypnosis, because they have all of these high expectations, and they save their money, and they wait for years to have these sessions. And then it's a huge letdown,

because the practitioner doesn't know what to do, because the style hasn't evolved, and so long. And so I keep seeing client after client where they've been hurt by the style of hypnosis that does have good intentions, but it's just not turning out that way. And so for me, I'm like, Oh my gosh, like, it's like lighting a fire under my butt, where I'm like, Oh, my God, like, I have to I have to provide the remedy. The solution, not just for the clients, but also by the practitioners that don't understand why why the sessions aren't going well. Because they're being told that they just follow the script is guaranteed to go well, and I'm like, that's not how this works anymore. The script isn't the key anymore. It's the going with the flow. That's the key. And so yeah, it's like, okay, I have the solution. That or be brave, and put myself out there and talk about the solution.

 James Geering 2:02:04

Absolutely. Well, speaking of being out there, what about a film and or documentary that you love?

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Okay. All right. All right. Interesting. All right, Brit Marling, we talk about you now. It's so the film that came to me first, and we could have gone in any direction with this like Run Lola Run is amazing. Talk about like parallel timelines, German film from either 1999 Maybe 2000 2001. Run on the run. But what came to me first, actually, as I origins, so it's I like I am, and then origins. And that is also a very interesting film about the possibility of reincarnation and soul connections. And then the connection. There is Brit Marling she, she's one of these amazing people who, if she doesn't see the roles that she wants to play as an actress, she just writes them, you know, she just co produces and CO directs them. And so she's really taking charge of her own destiny. And so the best television program I have ever watched, was on Netflix. It was supposed to be five seasons. It's two, because Netflix canceled after the second season, but I had so many clients say to me, you have to watch the OAE you have to watch the OAE. And so the and then the letter o, and then the letter A. So the Oh, a, you have to watch it, you have to watch it. And eventually I was in Hawaii had some quiet time. And I was like, Okay, it's time to watch it. And I did. And I was like, Good lord, no wonder they kept telling me that I should see this. And then I finished the second season. And a few weeks later, Netflix said they were not going to do the third season that people were protesting. Some people did hunger strikes. Like that's how much people love the show. And so Britt and her co author, they say they're gonna get the story to a somehow like, maybe turn it into a book. So we can at least read about the way the season three, four and five would have gone. But yeah, I highly recommend both of those.

 James Geering 2:04:20

Why No, sometimes they love to then go with a competitor instead, if they if they have the legal ability to Netflix stops and then Hulu or Amazon or someone will pick up the next one. So hopefully that happens.

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I have a very strong suspicion based on the way that they talk about the Netflix might own it. Gotcha. Otherwise, what would be the hang up? Because it feels like they're going to try to do some way to get around something and so I could be wrong, but I suspect a Netflix on that

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James Geering 2:04:50

problem. All right. Well, then what about a person so is there a person that you'd recommend to come on this podcast as a guest to speak to First responders, military and associated professionals of the world, and it can be any one at all.

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Brian Weiss. Yeah, you mentioned that your crews scientifically minded. Yes. So we'll Brian, you can bring it down really, really well. And for those who maybe are like, well, yes, James will procure this guest. But in the meantime, you can read many lives, many masters by Dr. Brian Weiss. And what's funny is in the beginning of the book, he works through all of his skepticism. And because I'm already a believer in the beginning of the book, I'm like, chop, chop, Brian, get to the good stuff. But then other people that I recommended the book to, they're like, oh, my gosh, I'm so happy. He went through that whole beginning, the way that his skepticism broke down, because as they were reading it, they were going on their own skeptical journey with him, and allowed their skepticism to fall away so that once he got to the good stuff, they were ready for it. So I would say anybody listening should read the book, many lives, many masters. Yes, James, he's a sweetheart, you know how they say never meet your heroes. You can meet Brian Weiss. He's really nice. He and I stayed in the same b&b at that training that I was telling you about. And so I've seen the way that he is off stage when he doesn't know anybody is watching is a really kind person.

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James Geering 2:06:17

Brilliant. He sounds amazing. Yeah. Thank you so much. All right. Well, then the very last question for you make sure wherever everyone knows where to find you. What do you do to decompress?


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2:06:27

What do I do to decompress? I work. I love my work so much. It's what I do. People are like, where do you need to take a break? And I'm like, why? Like, it's so fun. I mean, you saw me, I facilitated that session on you. I was getting a contact. Hi, from you. vibing so nicely with your spirit friends. I'm just over here like, yeah, this feels very lovely. Thanks, Charlie. You know, like, It's fun, right? Your Dragon comes in? And I'm like, yeah, hey, your soul, Fred. I mean, the whole thing is just so much fun. So for me, I get my social engagement. Now, not just the clients, but their souls and their spirit guides. The energy is amazing. But yeah, outside of work, I like going into nature, I do leave the house. I like nature a lot.

 James Geering 2:07:18

With Nature, there's like I said, that's where I see heaven. Do you see any crossover with nature, and then some of the spirits that you know, would traditionally be more internal in the mind

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when we go into hypnosis, and we ask somebody to bring in an area of the world, or the universe that brings them a lot of peace. Now, I'm not saying this is going to happen 100% Of Time Forever and always, but 100% of the time that anybody I have ever worked with, whenever we're calling in a place, it's very peaceful and nourishing to them, every single time they end up outside. And it could be in a mountaintop in Switzerland that in the current life they have never been to, it does not matter every single time it is always out side. And I think that we really should prioritize fresh air more going outside being with the green grass and the leaves on the trees and literally stopping and smelling the flowers. I think that if people built that into their day, and made it an essential, it's not a nice to have, it's a need to have that they would actually just doing that one thing spending time outside, they would start to feel a lot better. And even they're like, I can't open up your windows in your house. I have a convertible in 50 degree weather, you will see me in the streets of Washington with a coat and the hat and a scarf with the seat warmer on and my convertible top down. I look like a crazy person I am much happier for it. So fresh air get it somehow but yeah, go outside that That for me is work and nature. Like everything. See, I've asked

 James Geering 2:09:05

this question almost 100 times now and so often it is nature and it's never been I'm in the mop aisle in Walmart. So you know, I can I can see that doesn't matter if you're talking about you know, when the sun first come up and getting outside and grounding and looking at the sun or whether it's just simply sitting on my back porch. I'm very lucky they plant the tree when they built this house that the original owners and now this is massive maple that is beautiful apart from when we get hurricanes and it's a little scary. But, you know, you just sit there and the winds blowing through the the palm fronds and my neighbors have gotten like I said this Cardinals that come and they're chirping and it's just it's amazing, but I think that's the best chirp. Yeah, they're phenomenal. But you know so many of us are in boxes and this is why even though I became a paramedic and actually had my prereqs for oh my goodness physician's assistant, I couldn't do it because I just do not want to work Can a building with no windows, you know, as the happy to take a patient there, give them the pass on, clean off the stretcher and then leave again. So yeah, I think that's a big missing piece and it is what was again, totally ruined in the whole COVID thing is they closed parks and beaches and told everyone to stay indoors and close your windows God, maybe that virus is going to, you know, break into your Windows. So make sure you seal everything up. And the actual answer to resilience was the opposite. Get outside, smell fresh air, get your take your shoes off, feel that grass on your feet, that would have probably saved some lives at least

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a lot. I'm sure, yeah. If you want a handbook for how to lead a healthy life, just do all of the opposite of what we were told to do. And you're golden.

J James Geering 2:10:46

Exactly the same thing. All right. Well, then the very last question. You talked about the website. What about social media? Where are some other places to find you if people want to reach out that way?

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Okay, so for Instagram, it's Courtney, underscore Starkey. For Twitter. It's Courtney, hanging here with me, underscore underscore. So two underscores Starkey and then for Facebook. I think it's Courtney Starkey, Solon, Perry hypnosis. And then for YouTube, it's Listen, go to Courtney starkey.com, all the social media icons. I don't trust my memory, I do trust my website.

J James Geering 2:11:30

There we go. There we go. Well, I just want to say thank you so much. For me, firstly, you were so kind in giving me a free session. For people that are listening that are truly intrigued by that we will have it out on both of our YouTube channels, in very, very near future. But as you talked about the spaghetti, I'm more than happy to, you know, throw it against the wall. And that was definitely something that that was a positive 100% Hands down. So I talked to my wife about it, she definitely has some trauma that son addressed. And, you know, is processed a lot and is doing very well. But I think that of all the modalities, she's she's kind of got a lot of walls up to the traditional practices. But she was very intrigued about this. So I'm hoping that down the road, I can, you know, convince her to do a session with you as well. But I want to say thank you so much for the session itself, but also for coming on the podcast today and being so generous with your time.

i 2:12:27

Is it okay, if I reciprocate? And thank you as well, please? Seriously, thank you. I know that it sounds like I'm the generous one for facilitating the session and cetera, et cetera. Both of us were both very generous because for me, and this ties into the theme of being seen and how it's our responsibility to let people in, and we're vulnerable, that it actually helps make the world a better place. For the longest time I couldn't get anybody to agree to have their sessions published. And it's because I work with these people who are so high achieving, but they're also very, they're very logical in the way that they approach things. And they're very successful, and they have reputations and you know, all of that. And so, I had all of this healing work that I was doing, but it had to stay hidden. And there is a big difference in talking about hypnosis sessions, and actually allowing somebody to watch a hypnosis session. It's very, very different. So you can, the fact that you two are letting people actually see and watch from the very beginning to the very end, the hypnosis session is a huge deal and opening other people up to this type of healing that's extremely effective, but people just don't understand it yet. And so you guys are doing a huge service to the world letting people watch the sessions.

