

Episode 169: Ancestral Traumas, Oppressive Energies and Repr...

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SPEAKERS

Kathrin Zenkina, Juliet C. Obodo

K Kathrin Zenkina 00:14

Welcome to the Manifestation Babe Podcast. My name is Kathrin Zenkina, and I'm a manifestation expert, master mindset coach, and a multiple seven-figure entrepreneur. I'm obsessed with helping you achieve everything that you once thought was impossible. If you're looking to massively uplevel your life, your finances, your relationships, your productivity, and success, you have come to the right place. My goal in this podcast is to help you see the infinite potential within yourself to be, do, and have anything that your heart desires. Think of this podcast as your weekly dose of mindset development to help you maximize who you are and where you're going. Leave it to me to provide you with tools, resources, strategies, and teachings that you need to manifest a reality wilder than your wildest dreams. I know we're about to have so much fun together, so thank you so much for pushing play today. And now, let's begin. Hello gorgeous souls, and welcome back to The Manifestation Babe Podcast. Today I have a very special guest, Juliet C. Obodo, who has graciously dedicated her time to chatting all about the magic of hypnosis, the power of the subconscious mind, and how this all relates to the current climate we are in, where so many of us are diving deep into learning more about oppressive energies and ancestral traumas that hold back many clients who are black, brown, Indigenous, and people of color. I recently took one of Juliet's free workshops on how to better support black and brown clients. I highly recommend that each and every single one of you sign up and take it. It is 100 percent free and there's also an option to

upgrade to get an amazing 300-page manual that she is currently working on to get even more help to support those who are not familiar with the black or brown community, who experience blocks and certain things that they have in their subconscious that have been created by oppression and oppressive systems that still exist today. Personally, I bought that manual really quick because I loved the whole workshop. I loved everything that Juliet had to say; her perspective is so unique and so such a breath of fresh air, and so beautiful. I also hope you choose to watch the workshop and invest in this manual. My mind was blown throughout this entire workshop. Juliet is someone who gets the lightworker and manifestation coaching space and understands how we work with people in order to help them. I literally cannot recommend it enough and you guys are going to love this episode. I'm going to all the links mentioned inside this episode in the show notes, as always, so feel free to just swipe up - I think that's the fastest way - or just click 'See Show Notes.' For anybody who does not know, Juliet C. Obodo is a Master Hypnotherapist, and NLP Master Practitioner and Trainer. After graduating with a BA in Psychology, she went into tech sales instead of medical school for psychiatry. After 10 years in corporate, she left to run her own Design Agency and a startup for business funding. Running two six-figure businesses eventually led her to severe burnout. During her search for a cure, she re-discovered NLP and hypnosis. She began to coach other stressed-out business owners, but wanted to make more impactful transformations, which led her to certification as a Master Hypnotherapist and NLP Practitioner, while studying for her PhD in Clinical Psychology with a focus on ancestral trauma. Her practice: "FRWRD Institute designs individual and corporate brain training programs for business career, and personal mastery." You guys are in for a treat today. Be sure to take lots of notes, enjoy this episode, and let's dive in. Juliet, thank you so much for coming onto the podcast today and sharing your work, your time, and your energy with us. How are you doing today?

J

Juliet C. Obodo 04:42

I'm doing well. Thank you so much for having me. I'm excited. We were talking earlier about this being a full-circle moment.

K

Kathrin Zenkina 04:52

It is incredible. Last time we talked was a live stream on Instagram, talking about the Rich Babe Academy. You helped me so much with the questions that you answered, your story, and your breakthroughs. It helped inspire other women to sign up for the Academy. I was thinking lately about how it was such a joy to talk to you and I really want to give back to you. I love following you and seeing the work that you're up to. You're such a Hypnosis Queen and I love everything that you're doing. Can you tell us a bit about what you do?

And more importantly, why do you do it? Also, please share a backstory as to how in the world you came to where you are today?

J

Juliet C. Obodo 05:39

Yeah, sure. I launched FRWRD Institute. We create Brain Training Programs using hypnosis, meditations, and subliminals. We create brain training programs for entrepreneurs and people who are moving forward in their careers. We basically focus on high achievers to help you push past the blocks and stay on track with your personal career and financial goals. So, these programs are about 33 days. It takes about 21 days to create a habit, and 90 days to create a lifestyle; but with hypnosis, subliminals, and meditations, you can reduce that time to 33 days.

K

Kathrin Zenkina 06:28

Oooh.

J

Juliet C. Obodo 06:31

Yeah, I love it. I basically stumbled onto this formula of creating these brain trainings because of my issues. I'll be very motivated, and I push past the block, but then I almost slip back into old habits, because we're always evolving. You know that saying, "New levels, new devils"? So, you are always going to be met with different challenges.

K

Kathrin Zenkina 06:58

How annoying is that, though? For real. Every time, I say, "I thought I overcame this two years ago, what is going on?"

J

Juliet C. Obodo 07:07

Exactly. Hey brain, remember, we had a deal? What's going on? So, the brain training is just how you have to go to the gym, to stay in shape and keep your health. It's the same thing, I realized; so, now I call it Brain Training. The reason I do it is because I know that I have a lot that I want to bring to the world. In order to do that, I have to keep my cup filled. And so, sometimes I would overwork myself and crash, and then I'd be pushed back 30 to 60 days. Those 30 to 60 days could have been spent focusing on my mission. I many high-achievers and focus individuals who deal with that. Those are the group of people who I really work with because I know their goal is to make an impact, so I'm going to be there to support them.

K

Kathrin Zenkina 08:03

Yeah, I love that. Before we dive into the beautiful, wonderful world of hypnosis, can you share what your background is that allowed you to come into what you do today? What is the story behind it? How did you find hypnosis and NLP? I know that we're both subconscious mind nerds - like crazy. We're all about the subconscious. How did you get introduced to it?

J

Juliet C. Obodo 08:28

So, my background is Tech Sales. I started off doing scientific research, but I was up for a promotion. It was my early 20s; I was up for a promotion, but then she said, "Oh, you don't get the promotion. Now you have to wait another year." The promotion would have been \$2,500. I thought, "There has to be another way. I don't like this place." So, my uncle suggested that I go into business. I was so focused on biology and psychology, so I just googled "business," which led me to sales. So, I started my sales career in Technology. I went to a sales training that used NLP, so I knew about NLP. I then had a really bad breakup, so then I got into hypnosis. When I went to get hypnotized, I said, "Can you remove him from my mind?" She said, "That's not how it works." But it really did help me with the breakup by cutting cords. So, that has always helped me. But then I had it in the back of my mind, but I forgot about it. Flash forward five years later, and it's 2018. I was running two six-figure businesses, but I was waiting for the subway in New York, and I thought, "I kind of want to jump. I'm tired. I just want this to be over." This is not a good thought to have. And so, I went home and was scrolling on Instagram, then I saw your ad. It said, "What type of manifest are you?" I thought, "Girl, no. But I guess I'll find out." So, I signed up for your list, and I binged on your podcast. Your story really inspired me, how you starting to become a doctor and didn't end up doing it; and how you were on your grandma's couch. I thought, "Alright, let's just play this game. I could do that." And so, I started playing the game, and I thought, "You know what? I would like to do her program." And then you announced, "Hey, my program is opening!" Well, I guess I'm doing it. And so, I joined the program and you had a hypnosis in Rich Babe Academy. I'm in the Facebook group and I was watching the videos, I showed up live, because I really wanted to make this shift since I had that thought of me trying to jump. That really just shook me out of it. I can't do. So, I would show up to the trainings live. You then said, "Make sure you listen to the hypnosis." I said, "Oh yeah, hypnosis! But I usually do it in person." But then I started seeing people saying, "Oh, wow, I did the hypnosis. I was bawling and crying." I thought, "Okay, girl, dramatic! Why are these people feel so dramatic?" Then one night I decided that I'm going to do the hypnosis. I was listening to it. The process is essentially like inner child healing. I went back to that memory, and I was wondering, "Why is it raining in my room?" Then I was just crying. It was so enlightening; it felt so light. The reason I was so tired was because I'm running two businesses and making all this money, but I had never

felt that it was enough. I felt like I was constantly trying to replenish things. And so, for me, it wasn't just about being rich financially; it was about having a rich life. You looked emotionally fulfilled, not just because of money. I was listening to your free YouTube stuff about affirmations in the morning, and you said, "The people who are recording these things and doing these things, you're basically the energy behind it. You're only going to go as far as they did. So, you should tap into someone who's going to take you farther." So, that's also one of the reasons why I joined the program, because you had something that I wanted to tap into, which was emotional fulfillment.

K

Kathrin Zenkina 12:58

Mm-hmm (affirmative).

J

Juliet C. Obodo 12:58

During the hypnosis, this gave me so much freedom because I realized that the reason I constantly felt like I was chasing money was because I felt like I needed nice things; I needed to have a two-bedroom apartment (because I had a two-bedroom apartment in Brooklyn) so that people could think, "Oh wow, she has a two-bedroom apartment," and they would respect me; I needed to live in New York, and not New Jersey; I needed to have my hair done, my nails done, and everything done, so that people could basically love me.

K

Kathrin Zenkina 13:37

Wow.

J

Juliet C. Obodo 13:37

Including my friends. It took me back to lunchtime when a group of friends that I had who were all cute, pretty girls. I never saw myself as a cute pretty and girl. I thought I was smart and had nice stuff, so that made me cheat at being pretty true, because I had the stuff. I remember my friends saying, "Ew, they use the ShopRite Peanut Butter for her sandwiches PBJ sandwiches." I remember I got mad at my mom, saying, "We need Jif! We can't get this ShopRite peanut butter!" I put my worth into peanut butter and all this stuff. I started crying. You then said to apologize and tell like the younger me. I looked at myself as a little girl and I thought, "You're so cute! Why didn't you think that you were cute? Why didn't you think that people could love you for you? You're so amazing." I was so hard on myself. I apologized to myself for being so hard on myself, and I was saying "You deserve more, and I love you." That was such a huge relief, and I felt like it really healed me. From then on, I okayed hypnosis. "I got a cut! Hypnosis; allergy! Hypnosis; everything! Hypnosis."

K

Kathrin Zenkina 15:22

I had no idea. I know we briefly spoke about how you got into hypnosis before, but, of course, in this podcast we can dive so much deeper. That's such a beautiful story, and I can so relate to that as a kid to like. I was so hard on myself; I was so hard on my parents for not necessarily peanut butter in my case, but the brand of my shoes, and the fact that my parents wouldn't buy me Abercrombie & Fitch. I didn't understand that Abercrombie & Fitch costs \$50 for a t-shirt back then. I just didn't understand why other kids can have these things while I couldn't. I could relate to so many things that you just mentioned in your childhood, and how this starts in childhood - the programming in childhood - that we so often place our happiness, our validation, and our self-worth on things. We buy all these things, not realizing that those things could never fill that void. And so, we keep buying more and more things, up until the moment where you were looking at the train tracks and having dark thoughts. For many of us, we have to get to that point to realize, "Wait a second. Things - money and success - are not going to fill that void that only true emotional fulfillment can fill." Thank you so much for sharing that story. I could really relate to that and resonate with that. I know that so many of our listeners can as well. Especially for the listeners who still think that a 100K business, or that handbag, or anything that you buy is going to make you happy; money and the things are just a byproduct of you living your best life and being the best version of yourself. It's all fun and games, and it's awesome, but you don't need it to feel 100 percent happy and fulfilled with your life. I think that sometimes we need to chase those things in order to come back around realize, "Oh, okay." So, I loved that. I know that there's a stigma around hypnosis. I know this because people come up to me all the time and say, "But Kathrin, are you going to brainwash me? Is this brainwashing? Are you going to make me do something that I don't want to do? I've seen the shows. I've seen hypnosis in Hollywood and people doing weird things on stage. What does this have to do with manifestation? What does this have to do with money?" Can you just speak about what hypnosis is, and some people the taboos around it? Also, talk about what some of the ways that people perceive hypnosis to be, and then what it actually is, and how it can be helpful.

J

Juliet C. Obodo 18:09

Sure. So, a lot of times, people watch shows like *The Mentalist*, where it seems like the hypnotist or hypnotherapist is going to try to control you - which isn't the case. Hypnotherapy allows you to communicate with your subconscious mind. Essentially - this is how I like to explain it - people think that they're consciously aware of what they're doing and that they're in full control, but if you look at your hand right, basically your conscious mind is your pinky; your ego is your index finger that keeps you safe; the other three fingers, your palm, and your wrist is your subconscious mind.

K Kathrin Zenkina 19:02
Wow.

J Juliet C. Obodo 19:02
So, if you're trying to carry your groceries inside, are you going to use your pinky? No. You can't live on your ego; it's just going to say, "Girl, you need to go inside and maybe come later?" No, you want to use your entire hand, and it makes it so much easier to carry the load, when you tap into your subconscious mind. A lot of times, your conscious mind is responsible for sending the information to your subconscious mind. It's constantly taking in information. So, if you don't tell it where to organize the things, it's going to work on autopilot. So, if you want to hit 100K, but then you're saying "Money is evil, rich people suck," it's going to lump that all together - including you - so it's going to try to keep you as far away from money as possible because you said that rich people suck. So, with hypnosis, it basically allows you to stop and start to send the right messages to your subconscious mind, of where to organize and categorize everything in your life. So now, when you're moving forward and taking information, it's going to allocate it and put it where it needs to be within the library. Imagine your mind is a library; you have things on the top shelf, things on the bottom shelf, and things back in the back, or you want to push things forward. So, when you're setting goals, it's important to tell your subconscious mind, "Let's bring this forward and put it on the top shelf as a priority."

K Kathrin Zenkina 20:43
I love that metaphor. How does hypnosis technically work? Some people experience it as, "I'm going to a hypnotherapist's office." They think it's like to a therapist's office, where you have a couch that you lie down on and the hypnotherapist. But there's also the other way, like how you mentioned listening to an audio. You can put into audio form. I know that you have programs based around hypnosis. What is the catchy name that you have on your profile? I keep seeing it. It's like "Sleep your way to 100K" or something like that? What is that?

J Juliet C. Obodo 21:17
Yeah, Sleep Your Way to 100K.

K Kathrin Zenkina 21:19
Yeah, I love it. So, there are different formats in which it comes through, but what is the

difference? I think this is a better question. What's the difference between a meditation recording and a hypnosis recording?

J

Juliet C. Obodo 21:33

Meditation focuses on relaxation, clearing your mind, and resting your mind. Hypnosis is designed to be a way for you to communicate a goal or action. So, imagine this: meditation is you sitting on the park bench, relaxing. Hypnosis is you meeting your co-workers at a picnic table, and planning. Suggestions are implanted during hypnosis while you're relaxed. If you're on a park bench and someone comes up to you and consistently whispers in your ear, "You're amazing. This is what you're going to do when you get off that bench. You're going to get your work done. You're going to do XYZ, keep going." That's the difference. There is a set intention and communication during hypnosis, and also your brainwaves. Most of the time, we're in beta state. When you get in the car, you go into alpha, and then beta, then delta. With hypnosis, you touch into beta and delta, so that's the opportunity for us to talk to your subconscious mind, because when you were younger and growing up, that was the brainwave that you were mostly on, until age seven. That's why so many things get imprinted at that young age, because that was your brainwave at the time - you're just taking everything in. So, hypnosis allows us to bring it back down and back to your seven-year-old mind, clear out the things that you don't need, and replace it with the things that you do need. Imagine a time in your life when you were younger - an experience in your life that was really rough for you. Imagine someone came to you that day and said, "It's going to be okay; this means nothing. You're amazing. You're going to get through this. This means nothing it. It doesn't have anything to do with you. It's not your fault. You can do this." Imagine if that person came to you every day for a year and said that to you. How different would you be today?

K

Kathrin Zenkina 24:12

That's freakin' powerful. Wow. That is so incredible. You mentioned the brainwaves; the mechanics behind hypnosis, what is it that makes your brain go into the theta and delta brainwave? Is it the music? Is it the tone of voice? Is it all of the above? Also, how does hypnosis necessarily remove the limiting - and this is a question I have for you, personally, because I'm trained in hypnosis, but I don't practice it on a daily basis. It's a part of my programs, and then I do self-hypnosis. So, is it the fact that we are giving suggestions that are layering over and canceling out other suggestions that we already have playing? Or do we have to give specific commands to say, "First, we're going to clear this, and then we're going to layer on top of it." What are the mechanics behind it?

J

Juliet C. Obodo 25:16

Great question. So, with a hypnosis session, first, I ask people, what their block is. I then identify what they do, and we ask them certain questions to figure out why they do it. You're then able to link the belief that's causing them to do those things to create this block. We have the belief, the conscious reason that they think they're doing it, and then the block that it's creating. So, basically, I'm able to find the belief. We do time techniques; we go back to the day that they decided to believe that thing. At first, it was a thought or experience that they had, and then they made a decision that this was true. huh?

K

Kathrin Zenkina 26:19

Yeah, that's a big distinguisher - the decision piece. That's what locks it in, essentially.

J

Juliet C. Obodo 26:26

Exactly. And so, we go back, and we talk to the subconscious mind to let go of this decision to believe this, and to find out what's true. Once we let go of this decision, that removes the block. And then we're able to go in and implant the more resourceful belief, so that they're not fighting between each other, because that belief is gone

K

Kathrin Zenkina 27:00

That makes sense, that's awesome. So, you use time techniques to release the decision, and then you use hypnosis to layer in that new belief. I feel like even in that session, for a client to even become aware of the belief; them going from completely unaware, to aware, and then on top of that, through hypnosis. That's just so transformational. I have a question for you. A lot of people ask me this question, and I'm sure you get this question a lot too, but I just want to make it clear here on the podcast. Is hypnosis considered to be a quick fix? Is it one session, and you're going to walk out a completely different person? Is it one session, and you don't even have to take action - it's just automatic? Or do you have to consciously participate in your own transformation, manifestation, or whatever it is that you come to hypnosis for? Whether it's for more money, weight loss, or changing a bad habit - for example, quitting smoking. Is it like a snap of fingers? Or do clients have to leave the hypnosis session and still make that conscious decision, though it's now easier because the subconscious is in alignment with it? What do you see from your experience? Is it a quick fix or not?

J

Juliet C. Obodo 28:26

Yes, and no. You have people who diet, work out, and focus on losing weight really hard;

and then you have people who go and get liposuction. But then even after they complete the liposuction, they have to wear the band, eat right, and maintain it by working out. So, essentially, hypnosis is like liposuction, but we'll need to maintain the work.

K

Kathrin Zenkina 28:58

That's a brilliant metaphor. That makes complete sense. It's like you get the lipo, but if you want to keep the results, you still have to do the things that help you maintain it. That makes absolute sense. Juliet, you wanted to focus on ancestral trauma and how oppressive energies can block people from manifesting things that they truly want. Can you dive into that? What does it look like? And how does ancestral trauma or oppressive energies manifest? And then what can we do to release that?

J

Juliet C. Obodo 29:28

Sure, yes. So, during a session, when I sometimes do time techniques to go back to a belief, a lot of times, worthiness, guilt, and fear will actually be something that's ancestral versus my clients. I would ask them, "When did you decide to believe this? Was it before or after birth?" They would say, "Before." "Was it in the womb, or before that?" "Before that." They would look confused, and I tell them to just go with it. We will go generations back to find out the reason they felt unworthy. Essentially, when we're in the womb, just being pregnant changes your DNA as a woman. When you're in the womb, you have your mom's DNA and your grandmother's DNA. So, this trauma is in your DNA. That's why I'm moving my focus towards women that are pregnant to help them heal themselves. So, just to break any generational curses and bonds. A lot of times my clients - and this even from all backgrounds - will have this fear, guilt, and worthiness issue going back for generations; because of their grandmother, something happened. And so, we will release that, and they would come out saying, "Woah." Some people may not go back as far, but they will feel the fear of their mom, because she didn't think that the father's going to stay with her, so they would have fear. That would affect them with holding on to money and holding on to relationships. They felt like they needed to hold on to stuff. And then, I've also worked with millennials who have financial trauma. So, during the last recession, a lot of people were teens, preteens, or kids and they saw their parents lose their homes. That energy - that trauma - was taken on by the children, so, they're feeling the fear. A lot of my clients will come to me - and they're very successful - will say, "The days I don't make money, I feel sad."

K

Kathrin Zenkina 32:05

Wow. Because of that reminder that there could be a day where you might lose all your

money, your job, or something like that. Wow. I didn't think about that.

J

Juliet C. Obodo 32:17

So, people will say, "I'm doing the 55X5; I'm visualizing; I see everything." But it's here, and there's this block there. And so, I recently held a workshop for coaches and healers that wanted to hold space for black and brown clients. So then, for black and brown clients, you add a level of oppressive energy to it. And so, when your client comes to you with a money block, and they're trying to excel in their career, behind their money block, you have that layer of ancestral trauma; but then you have the oppressive energies from internalized racism, institutionalized racism, and systemic racism. So, you have this four-prog-block.

K

Kathrin Zenkina 33:18

Wow.

J

Juliet C. Obodo 33:19

And so, you really need to clear that out in order to have them have the same breakthrough and level of success as someone with just a singular block.

K

Kathrin Zenkina 33:32

Wow. But in your experience, doing the work that you do, you are able to help women get rid of those blocks. So, it's 100 percent a possibility.

J

Juliet C. Obodo 33:41

Exactly, yeah. A hundred percent. It's the tool, but instead of just cleaning the top of the oven, you have to open that oven up, and go back. It's the same sponge and cleaner, but we just have to go deeper.

K

Kathrin Zenkina 33:54

Do you ever find, besides generational trauma, that stuff from past lives come up? Does that come up in your work?

J

Juliet C. Obodo 34:01

Mm-hmm (affirmative). Yeah. So, I've had someone say, "Egypt?" I thought, "We're in Jersey, what are you talking about, girl?" Nah, I'm kidding. When we released it, for her, it was controlling everything. She never felt in control, and so she went back to her past life where she was basically owned by someone.

K

Kathrin Zenkina 34:33

Wow, that's intense. I know for me, in my personal experience, I have done the generational release and the past life release. Something I read from a book called *The Old Soul's Guidebook* - it's a book written by this man who channels his guides; I don't remember how he started channeling, but it was one of those stories where he just randomly saw his dead uncle staring at him. He said, "What? You're here? You're alive? I'm so confused." Then he realized that the uncle is still dead; he's just crossed over on the other side, talking to him. He wrote a book for old souls - people who feel like they've been here forever, people who feel like they are dealing with some past-life stuff, because the older your soul is, the more past life stuff you have. That book really spoke to me. I don't necessarily agree with every single thing that he mentioned, but I know one thing that he talks about is that sometimes, from his belief and the work that he does, your soul can get confused and can confuse something from another life and bring it into this life, allowing it to cross the barrier. We believe that we come here as a blank slate, but sometimes, things get crossed over, and your soul has to remember that this is a brand new life. New life, new devil; new level, new devil, right? What really spoke to me, that I now added into my courses, is that I tell my students, "If something just doesn't make sense; if there is a fear that you have or a limiting belief that you cannot connect to this lifetime, even having the awareness that it could be a past life, or it could be from your mom or grandma, and just have a conversation with your soul, saying, "That's not mine." It's the same way I like to have conversations with my ego and remind my ego, who's in charge, in the most loving way. I don't believe in scolding your ego, telling it to eff off, or telling it to die; I believe in becoming a partner with your ego. And so, even just telling your soul, "Do you think that might be coming from a past life?" Just bringing that awareness, I've been able to clear things, left and right, so quickly, just from that. I think that it's valuable to mention, because whatever tool you use - which in this case is hypnosis - this stuff is so powerful because it just rewires everything so nicely and gives you that blank slate. Would you say something similar, Juliet? It just reorganizes and gives you a blank slate, where you can create whatever you want in your life from that blank canvas.

J

Juliet C. Obodo 37:19

Yes, a hundred percent. You're able to take the knowledge that you have. I know a lot of

people who say, "If I knew then, would I know now? Would I have made different decisions without my emotions involved?" So, that's what hypnosis allows you to do. It allows you to remove the emotional charge, the pain, and the things that would hold you back from making the right decisions and gives you the clarity to see what your path is. Basically, we get caught up in the past. We allow the past to create our future, versus allowing the present to create our future. We bring ourselves back to the present - so, not our past life, now; not generations back, now; not even last year, now; not that time when you fell or when too far, now. It's now to create your future. And so, that's what gives people the power. Imagine if you woke up from a coma, and I came to you and said, "Girl, this is everything that happened to you. You should be crying right now; you should be sad." But you wouldn't remember. You would just say, "Wow, that's a very traumatic life experience." But you would have that information, and you'd think that you probably shouldn't move back there, that you should do something else instead.

K

Kathrin Zenkina 38:48

It's like you're just disconnecting. You're not trying to forget your trauma or forget anything. We took the same NLP hypnotherapy training, and something that really spoke to me in that training is how they say, "You don't want to rig people of their memories; their memories have lessons. They have positive learnings that come from every single, even the most horrific things." There's some sort of positive learning that you can take on and use in your life. If you just clear someone's memories, it's not necessarily going to help them, but if you help them disconnect and clear the emotions and attachment, then they are just able to say, "Okay, cool. That happened. What are the positive learnings? How can I use that to my advantage?" You then have a blank slate to create whatever it is that you want.

J

Juliet C. Obodo 39:39

Exactly. Those emotions are what tie you to the past, feeling that over and over again.

K

Kathrin Zenkina 39:49

Totally.

J

Juliet C. Obodo 39:51

What you actually want to feel.

K

Kathrin Zenkina 39:52

And those triggers. I was mentioning on a different episode, where I finally realized where I feel my triggers and can tell if I'm being triggered, or if something needs healing. I just feel a stab right here - that's why I'm pointing at my chest. Whenever I feel something, I tell myself, "Okay, Kathrin, that's not your truth." Whenever I feel something in my heart, that's my truth; but if I feel something between my heart and my throat chakra kind of stabbing me, I know that it's not my truth. That is just a trigger. That's something that I need to work through. And here are my tools, so that I can work through them. Juliet, on social - I think I saw this either today or yesterday. I don't remember; I don't even know what day it is. You talked about clearing out unconscious beliefs around race, and that is always important, but it's especially important today since it's what's coming up right now. I love that you mentioned how someone in the past programmed those unconscious beliefs and unconscious biases around race into your subconscious, and now it is our job to program them the EFF out. That's literally said: Program them the EFF out." What is the best way to do this is? Is it hypnosis? And how do people find out what unconscious beliefs they have around race, no matter what race it is? There's internalized racism, there's internalized oppression, and there's internalized whiteness. I'm learning all these terms, and I'm so grateful for the education and that I have an opportunity to dive into. There's just so much I didn't know, and now I'm actually enjoying learning this. I want to be a part of the solution, and I know that there are so many people listening that also want to be a part of the solution. So, there's a lot to clear for all of us, right? It's deep and heavy stuff, but it's the best light-work that we can do right now. In your opinion, how can we find these unconscious beliefs that we have around race that perpetuating a system, a society, and a culture of racism?

J

Juliet C. Obodo 42:01

So, journaling helps, but there is a website by Harvard called Implicit Bias Test. It has it for different areas - even gender roles and everything. You're able to take the test to see where you rate. From there, you're able to take the questions and information - I would write it down - and then ask yourself, "Is this true?" Just like you did with your limiting beliefs, ask yourself, "Is this true?" And then say, "What is actually true?" From there, you consciously take it in, and have it written down as what is true. You can read it before bed or in the morning to set the intention to align yourself with these new beliefs. "I want these new beliefs. These are my new beliefs." So, you can do that by yourself, by training your brain that way. We've been trained from when we were younger; even within my own race, I have darker skin, so even when I was younger, I would automatically go for lighter-skin black dolls. "Yes, it's black, but it's lighter skin. I like it better." There's a list of people who are responsible for books, media, movies, and TV shows that are published. It's usually 80 or 90 percent white. It has been centered. Even if it's something that is nice to you, or if it's

something that's trying to not be negative, it's still centered around whiteness. You are still putting yourself against that, and how close you come to that whiteness. With these belief system changes, it's going to take work because even before you were born, that it was rolling and in place. Even when your mom was pregnant with you, it was in place.

K

Kathrin Zenkina 44:04

Generations, past lives, all of it.

J

Juliet C. Obodo 44:07

Everything. So, this hasn't been in place, and then it's also not something that's just in the US. It's everywhere. So, you have it all over. All this energy is coming at you. You're going to think, "Are my beliefs wrong? Everyone else is thinking this. This seems to be warm." You're going to think you're crazy if everyone else is thinking this, and you're not, but you have to hold true to it. But just because everyone else is doing it, that doesn't mean it's right. You know, in your soul, what's right, and you now want to make the conscious decision to take this information in a different way. I would like, when I meet someone, to classify them based on non-physical traits. I would like to see and visualize this person as themselves, without my imprint or past prior beliefs about them,

K

Kathrin Zenkina 45:05

That is so powerful. Something that came up for me, as you were talking was that through this discovery, there's also something called cognitive dissonance. The cognitive dissonance that I had to battle over the last... when you have beliefs that are unconscious, have been there not just in your lifetime, but for past lives or many generations - hundreds of years' worth - when you hear something radically different from what you unconsciously believe, at first, it's going to be the most uncomfortable thing. What our brains want to do is match our entire reality to our current beliefs. If something is questioning our current reality or the beliefs we have about our reality, we feel physically unwell. It's so triggering and uncomfortable. We will either reject our reality, or we have to sit with it, feel the discomfort, and try to piece it into our current reality, so that our current reality can change according to the new belief that we want to accept. I just want to mention to anyone listening, it's going to be uncomfortable, but it's the best work that we could possibly do, especially in bringing unity across not just the spiritual community, but all communities; bringing together the black, Indigenous, people of color, and whites all together, because we are all in this together. But until we do this important work, there are people who feel left out right now. There is a lot of whiteness, white privilege, and all these things that we need to unpack. But it's so powerful. You hosted a webinar, that I have yet

to take but plan on taking, which is all about holding space for black and brown clients. If you have a link to that, I would love to share that in the show notes. But just for the purpose of this podcast, do you mind sharing a couple of highlights and stuff that you mention in that webinar?



Juliet C. Obodo 47:14

Yeah. So, I divided everything - bio, background - into six parts, and then grouped it into three parts. We have Q&A in each section. In the webinar, I talk about how in the black experience, there are layers to it. And so, this will help people understand that they may have black friends that say, "Girl, I'm fine." Yes, you're fine because you're rich, but that doesn't mean that the system is fine. They'll work with other coaches that say, "Yeah, I can manifest my reality, so I'm fine." Yes, they're fine. But there still is an issue that doesn't affect them, so it's not just about your black friend. This is also why your black friend is not having an issue, because of these other layers and her experiences compared to everyone else's. I also did it for coaches who are not American, because the energy is different across the African diaspora. I wanted to explain that for my clients that were not American as well, because I had some black people in the UK and Canada who wanted to understand what's going on in the US. It's so important; even in Bermuda, they had a protest. The police are very relaxed - it's a predominately black Island - so it's a completely different energy than what the US feels like. So, I explained to them, why this is important and how it's different, and so not to look to their black friends who are doing well and are wealthy to understand what's happening on a global scale. Also, if your black friends are wealthy, they still may be dealing with this, this, and this. I then talk about cultural appropriation and different things that my clients - because they are high-achievers and high-earners, so they have blocks - but how the blocks are three-dimensional. You'll have a client that will come to you. If you're a nutrition coach, for example, with someone was on the webinar, and your client is doing everything - sends to you, checking in, accountability, goes to Whole Foods every day, eats fresh salmon, and everything - but she's not losing weight, a lot of times she may be working at a company, where she is getting daily microaggressions. Microaggressions are things that people around you or in higher power do to make you feel bad about your race and your identity. Because of that oppressive energy, at the end of the day, she doesn't feel like walking; she'll just take the car; she'll do her workout, but she's not really like loving herself and the energy of the workout is different. She's just doing the work, but essentially not being the work. And so, when she comes to check in with you, she has a high level of stress, which increases her cortisol levels and keeps the weight in her stomach. So, she's not losing weight because of the stress of the microaggressions from her job. So, it's different layers for what your clients are dealing with. If they're having trouble with their weight, it could be linked to this. If they have money blocks, they may not feel secure at their job because

they were hired to be a token or a representative to fill their diversity quota. "We have a black girl here, so we are diverse."

K

Kathrin Zenkina 50:59

Like a checklist.

J

Juliet C. Obodo 51:01

And so, she doesn't feel challenged. They keep her fenced in; "Just do this article or do something for Black History Month for us." So, she's not challenged, she doesn't feel valued, and so she feels unsure and insecure at her job. So, when you come to her and want to look at her budget, she wants to cry because she doesn't know. She then doesn't want to go to another job because she's going to have to start all over, being the token employee.

K

Kathrin Zenkina 51:32

This education is so important. Hearing this is so important because it really goes to show just how complex and layered this is. I feel like a lot of people are just not listening, and something that I've been doing for the last 10 days is, "Kathrin, just shut up and listen." It's been so eye-opening, but now I can see how I can better support those in my community that are black, Indigenous, people of color who have these layered things going on; these layered blocks, where they don't feel like valued members of society, or they have stress going on. We as coaches, service providers, and mentors can so much better serve these people - and that's what your whole workshop is about, is holding space for these clients. When you understand that there are different things that hold them back from the, quote-unquote, typical white person, all of a sudden, it allows you to open your heart and serve in a much more impactful way. I can't wait to take this webinar. Do you have a replay? Do you have like a link or something? Okay, I'm going to - Juliet's nodding at me - I'm going to post the link in the show notes, so definitely check it out. Definitely check out Juliet's work. Juliet, one last question that I have for you - just to be mindful of time. You guys can dive into her Instagram; she has stories for days and all kinds of awesome programs. You mentioned cultural appropriation. This is something that I have not yet dived into in terms of my education. Can you share how this shows up in the spiritual community, and what it is that we can do about it in order to honor certain cultural traditions, without necessarily appropriating them, or inappropriately profiting from them, or anything like that? Do you mind sharing?

J

Juliet C. Obodo 53:36

Sure. So, I'll use language as an example. In the presentation, I have photos of people who have Native American headdresses on. They use language like "tribe," "spirit animal," or "Gypsy." When you don't have those things in your background, the fact that you are someone in the higher class, or in the majority, if you're a white woman, you're going to profit off something that people who actually have tribes, or people who have that in their background, they don't get to profit off of. Instead, they're being oppressed because they are Indigenous or part of a tribe. Because they have these beliefs, they're being oppressed, while you can take those beliefs and have a six-figure business. So, that's the issue with cultural appropriation. It's not really about you saying "I respect them." The fact that this system is in place, where someone is penalized for being themselves and having this background, but then you are actually praised and getting money for the same thing.

K

Kathrin Zenkina 55:04

Hmm, yeah. That makes so much sense. So, it can be words; it can be how you dress; it can be in certain practices. I'm just curious, from your perspective, is there a way to use - for instance, a practice that I personally use and love is Ho'oponopono which is an ancient Hawaiian practice of forgiveness. Is there a way for me to teach and practice Ho'oponopono without appropriating? Or am I appropriating no matter what because I'm not Hawaiian, or Indigenous Hawaiian?

J

Juliet C. Obodo 55:40

So, you would be appropriating it if you say, "Hey guys, I came up with this ritual -" and you don't give the background or the story. And so, to help with cultural appropriation, give the background and link to someone from that background who they can learn more from if they want to learn about the additional rituals based on Ho'oponopono.

K

Kathrin Zenkina 56:10

Got it. That makes sense. By the way, so random, but as you said that, I got goosebumps, which is a sign of this being the truth. So, that totally makes sense. It's honoring the culture. It is explaining the background and not taking credit for it. I think what I'm understanding is not to take credit for it. Do your best to give credit where credit is due and honor the people. I've also seen people who, for instance, maybe use Sage, Palo Santo, or certain Native American or Indigenous practices, but they make sure to give back to those cultures via donation, support, mission work, or anything like that. Whatever you want to call it. Is that also a way for you to balance it out and give back to that

culture?

J Juliet C. Obodo 57:02

Yes. Energetically, too, it's important. If you're profiting from it - like tips - you should essentially give back to that culture that made it, so you're able to utilize and profit from it.

K Kathrin Zenkina 57:18

That makes sense. You're not just energetically sucking them dry, taking and taking, but instead you're creating this infinity symbol. "Thank you so much for the energy that you've given me, and here is energy back to you." Yeah, that makes complete sense. Thank you so much for that. I haven't done that education myself, and I definitely want to be more mindful of that, especially seeing how many people and communities it hurts. My insights from doing ayahuasca; ayahuasca showed me the Indigenous and how we must protect them because they're the wisdom-keepers of the world. She showed me many things, but that's just one thing that really stood out to me. I thought, "Okay, that's who I want to give back to." And so, I purposely haven't been using as much sage, Palo Santo, or anything like that. I still have some leftover from years ago, so I've been using that; but I've been looking for companies that give back. So, even if you are buying it, make sure it's sustainable, because some people straight up take it away from those who actually need it for their cultural practices. But, first of all, make sure it's grown sustainably, cut and sold sustainably, and collected sustainably; and if they give back a portion of the sale to the Indigenous. I think it's important to look for companies like that. I believe I found one, which is Shamans Market; I haven't looked too much into the details. They mentioned somewhere how they give back a portion of their profits to the Indigenous, so that's been something that I've been mindful of. I've been inadvertently, not necessarily directly but indirectly mindful of it. I didn't even know why I was doing it, but for some reason, it felt right. So, use your intuition for that. Juliet, thank you so much for being here. This was such an amazing conversation. I learned so much from you, and I know that our audience is going to learn so much from you. For those of you listening right now, please take a screenshot of this and tag - Juliet, what is your Instagram?

J Juliet C. Obodo 59:30
@JulietCObodo.

K Kathrin Zenkina 59:35

I'm also going to spell that out for you guys in the show notes just in case you want to get a quick link to her Instagram. Screenshot this, tag her, and share with her all your breakthroughs and all your a-ha! moments, and give her all the love in the world. Besides your Instagram - which is at @JulietCObodo - where else can people find out about you and your work, and how can people work with you and manifest 100K while they're sleeping?

J

Juliet C. Obodo 60:03

So, they can visit [FRWRDInstitute.com](https://www.FRWRDInstitute.com). You'll see the list of different Brain Trainings that we have available. I'm also going to start doing group hypnosis sessions. Sessions are my way to give back for people who can't invest in one-on-one sessions. You'll also see links for you as a Practitioner, Healer, or Coach if you want to start to create a more inclusive experience for your clients. During the webinar, I'm a generator - that's my human design.

K

Kathrin Zenkina 60:43

Me too!

J

Juliet C. Obodo 60:43

I kept getting these signs. I was creating a coaching program for next year, and I realized that I did not have this module in my training, of things that I know. As a black woman, you're very conscious of racial etiquette, essentially, that other people wouldn't. So, not just as a black person, but also as a woman, so there's that intersectionality. So, I created the Kindred Coaching Kit. This way, you can hold space for your BBIPOC clients, as well as your LGBTQ clients. It's a manual that you'll be able to reference. If you preorder, you'll be able to send me your tough questions. We'll also have a Facebook group, where I'll go in and have office hours, because you're going to mess up and you're going to have questions that you may not know where to go for. Speaking as a coach, there are not a lot of sources that you can Google. There are anti-racist educators, and I urge you to take those classes as well. But this one will be from a place of lightwork because a lot of the information that you're going to get from anti-racist classes may not align with our work as lightworkers.

K

Kathrin Zenkina 62:14

Yeah, totally.

J Juliet C. Obodo 62:16
They say, "Stay away," while I say, "Move forward and envelop them in your love!"

K Kathrin Zenkina 62:25
First of all, I am totally going to take that. Is that available yet? Or is it preorder?

J Juliet C. Obodo 62:30
Yeah, it's preorder. When you preorder, you'll get access to Master Your Fear - my Brain Training for that - because a lot of fear is going to come up. So, that's going to help you clear it and then shift and lean into that discomfort, so you can learn.

K Kathrin Zenkina 62:49
Amazing. I'm going to buy that right now - literally after this podcast because I definitely want that Manual. You just voiced something - a mini-frustration that I had while I was in anti-racism classes this weekend. I thought, "Yeah, I can see this, this, and this, but how does this align with light-working? How does this align in the coaching industry? How does this align with empowering people to make as much money as they possibly can, so that they can impact the world?" We have these expansive belief systems, desires, and visions, and we want people to grow and expand as their souls are expanding with the universe. And so, you literally just handed me something that I needed. So, I'm sure there are plenty more people who are going to be interested in that. So, everything that Juliet mentioned, the links will be in the show notes if you swipe up, if you're listening on iTunes. If you're on Spotify, I'm unsure if the show notes show up on there, but if you go on Apple, they will. You can also go on the website, or you can also go to Juliet's Instagram and her website, FRWRD - movement? Right?

J Juliet C. Obodo 63:54
Institute.

K Kathrin Zenkina 63:57
Institute! Sorry. So, that's FRWRDInstitute.com. You guys can find all those resources. Juliet, thank you so much for being here. I love you so much. You exude such a light and beautiful energy, and I cannot wait to watch you grow even more and impact the world in the way that you do. Thank you for taking the time and energy to be here. I am looking

forward to connecting again.



Juliet C. Obodo 64:25

Yes, thank you for having me and thank you for creating Rich Babe Academy, which was the catalyst to all of this. So, that's something you guys should take; what you're doing now, what you're striving for can create ripples. You may think, "Uhh, this sales pages, this program." But you can change someone's life and then they'll be able to change other's lives. Look at the power that you have just by you pushing through.



Kathrin Zenkina 64:52

Amen, baby. Alright, you guys, thank you so much for listening. I will catch you in the next episode. Mwah. Bye. Thank you so much for tuning into today's episode. If you absolutely loved what you heard today, be sure to share it with me by leaving a review on iTunes so that I can keep up the good stuff coming your way. If you aren't already following me on social media, come soak up the extra inspiration on Instagram by searching @ManifestationBabe, or visiting my website at ManifestationBabe.com. I love and adore you so much, and cannot wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.