

(2) Rebuilding the Tapestry of You: Wendi Jensen's Journey Beyond Mormonism - YouTube  
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Transcript:

(00:00) transfer the contempt against myself to contempt against the church which is actually a natural process when you've dedicated everything and then you realize it's not what you thought it was it's natural for you to feel angry and betrayed in fact it's a very complex betrayal trauma we experience leaving and it's not something that you get to just snap out of and so you when you hear things like well they can leave the church but they just can't leave the church Alone um the truth of the matter

(00:29) is they won't leave it alone because it wounded them and they'll speak out about it because it has psychologically manipulated them in a way that's um denied their sovereignty and of course we need to experience some grieving about that and anger is in the process of the grief unfortunately many of us haven't been taught how to grieve in a healthy way and so we stay in the loop cycling around in the anger and the Betrayal and the grief and the upset and then we turn all the efforts and energy that we were

(01:05) putting into being valiant members of the church into being Valiant destroyers of the church and we're still watching episode after episode validating our woundedness rather than popping out of it and creating a life and saying you have wings now you have the sovereignty that you've wanted all along so brother than complaining about it why not make a plan and go live your life the rest of your life unburdened and untethered with these doctrines and really discover who you are and and generate um this Cosmic opportunity that you have with

(01:52) creation without all of the heavy rules and the obligations and the fears and all of these things and really really engage with the universe and instead they'll stay cycling in that pattern of victimhood and and pain and suffering and for me I would like to help do nothing more than to help what I call my people be able to get out of that situation and live gorgeous lives because that's that gets to be our our inheritance that we give to our family that's the Legacy that we get to leave the Earth is our victory over that

(02:32) experience welcome to the deeper awareness podcast where we delve into the depths of our inner selves uncovering authenticity and transformation join us for enlightening conversations on breath work self-discovery and the profound journey within I'm your host Josh Perry joined by the delightful Hannah Oxley let's begin hello and welcome welcome to another episode of the deeper awareness podcast I'm Hannah and today Josh and I sat down with Wendy Jensen she is such a beautiful soul it was so wonderful to

(03:12) spend time with her as she shared her story about how she left um The Church of Jesus Christ Latter-Day Saints um and what gifts that transformation that leaving and finding a new life and all of the emotion that goes on with something so life changing like leaving a church you grew up being in and being such a huge part of um and how she now shares her wisdom with people who are also leaving the church um it's funny Josh asked me afterwards if I resonated with any of it and I said of course like I um um not

(04:01) very not from like the religious perspective say but just like the Mind Control aspect of it I always find so fascinating um to to just be aware of how how strong our minds are and how we will create um truths that might not be our own truth until we start to really peel back um layers of beliefs that were placed onto Us in order to find that real truth inside of us um so so if you do

resonate more with the with the church and the um religious aspect of the story I'm so excited for you to hear this episode um but for anybody it's it

(04:43) we talked about so many um just inner work things of of how to tap into your intuition um know what's true and and so many other are great tidbits um so I hope you enjoy this episode I know you will thank you and enjoy all do have we eventually have different stories to share to people and to pick the right one but whatever we want this to be as nourishing for you as it is for our listeners W it's always fun to be able to be recorded and I don't know sometimes really profound things come out and I'm like okay that wasn't even

(05:20) my idea so hopefully somebody recorded it came from another realm out my mouth that's how this started Josh I was he was doing my practice sessions when I was going through practicum for my breath work certification and then I did his and which was just like wow we need to start recording those things those profound things that come out of our mouths and we started and that's when we're like we're already recording why don't we just sub like put it out there and and let PE other people listen so

(05:50) like that's that trauma inform approach that we took like whatever we were afraid of we made a little bit of room for ease and and let that fear be there and then we moved p passed it together and became and decided that we those profound things needed to be heard by other people it's so true because um when you're traversing unknown territory and you're expanding beyond anything that was modeled for you that's about all we have is other people's stories and when we can hear that they're experiencing the same

(06:23) thing before we cross that threshold it's almost like someone's holding your hand and say okay this is it you got it you got it until tell you like I knew it was here all I had to go on was the words of other people and so that's why I love podcast too because they can help help us navigate uncharted territory for ourselves so exactly and I always say it's that authenticity that we hear through other people that really permissions us to like wow they're just being their real self I can just be my

(06:54) real self and that takes that takes that vulnerability and courage but there's so much healing of that on the other side like was it Josh you posted something I think um what was it the antidote to shame is vulnerability like I just think that was so so powerful and kind of relates to what we're trying to get across like for people sharing their stories uh that is very profound I I think that's an epic pivotal point in my own life where um I had never really been in for any therapy or anything and

(07:29) I had read the book remembering wholeness by Carol tle and she pretty much put all the responsibility on me for what I was creating in the world and I was like what no I'm being obedient so the world needs to bow to me and I was just so so fed up with my husband and he wasn't showing up the way I expected to and I was going into her this facilitator and she did rapid eye technology um and I was going to go into her and help ask her to help me to fix him because obviously it wasn't me and she said I for 10 minutes I sat

(08:10) there and um talked to her about you know my Victim situation that I was in and how holy I was and now I look back and just kind of laugh because I can hear those tones from other people that I coach to and I know right where they're at and she just held such safe space for me and she said Wendy I have a question for you and I'm like okay you know we're going to get to the bottom of this she said do you ever feel like you're Superior and I I was like okay I don't I don't like this question immediately I

(08:46) don't like this question because anybody who comes off Superior to me is just like so disgusting like there's just disgust for it and but I let it land and I let it Pierce through the layers of protection and I because she created such a gorgeous safe space for me I I went deep and I looked in and I'm like oh tears started coming out my eyes I'm like I pretty much think I'm I'm the best in doing the hardest work than anyone else and I'm I'm showing up and have the cleanest house and I I take

(09:20) care of my body and my kids are all properly fed and and clothed and and I'm going to church and I'm doing all this and this and that I'm pretty much think that I have all my things together and I I said yeah I don't want to admit it but I do think I'm pretty Superior and I'm like what do we do with this because I'm like it's just all in my throat just like I'm throwing up on myself and um she said well you need to know that that uh superiority is a deeper is a reflection in deeper

(09:56) inferiority and then the floodgates just opened up and then the really deeper truth came out that I was trying to create an image of myself as perfect on the outside to um hide how inferior I was feeling on the inside and so luckily I was allowed that that question to penetrate and to what you were saying Hannah all that to come to this and that is I had to be vulnerable to pierce through the layers of of just insulated shame that I did not want to have to um get to that the bottom of that I mean I I knew I wanted

(10:39) to get answers and solutions but I didn't know it was going to be in that vulnerable scary dark place of admitting that I was trying to be better than everybody else and as an effort to cover my own inferiority so I love that that the opposite of that shame is vulnerability I agree I agree at least with my own experience yeah it's really powerful that was the day that I knew in my heart I wanted to hold that space for other people where they could just lay it all out and know that I'm here to help them

(11:20) navigate I am a non-judgmental witness of their journey and um that was in 2005 okay yeah and so she was a rapid eye technician Carol tie who wrote the book remembering wholeness was a rapid eye technician so I didn't really that was the first Healing Art that was presented to me and so I mapped on to it and leaned in and since then I've learned other modalities like um quantum touch seemed to be the next thing emotional Freedom technique um I tried to do reiki and it just wasn't my modality I you know know tried all kinds

(12:00) of things and I I will have to say uh the one that's had the most profound impact on me let me turn off my phone here is breath work I've done plat medicine I've done just altered just all all kinds of things to alter mind states to have an internal shift um but when I started doing plant medicine I had that epic satory moment where I went into the void and the first time that it happened to me I I panicked and immediately like popped myself out of it and and heavy breathing and like what just happened it was like that

(12:43) everything just went black and I felt so connected to everything and then um the next time I did the breath work I said this time I'm G to be brave and going to stay in that void and sure enough it doesn't take long for me to really drop down in and um um get to that place where I'm just a part of the Great hole and usually my response is to just laugh I'm sure if you guys are facilitating breath work um sessions for groups of people I'm the one that you know maybe we should get headphones because I feel bad because I

(13:22) know people are processing deep deep trauma and lot are crying and others are you know breathing heavy trying to get through it but for some reason it just I get so tickled at

thinking what a big deal we're making out of everything and I just laugh at myself and I just laugh at how funny and how serious we we are because that realm is just so joyful it's just so everything's okay and you know that emotional component that we have in this Dimension and in this Carnation um it really really takes us for a loop and for a

(14:02) ride and so for me the more I can get into that state of remembering um who we really are and it just it just tickles me it just makes me laugh in so much Bliss and joy so I can't do it enough I love that that reflection because I remember before I started my spiritual path I I was traveling and there was just one night I think it was the end of my trip and I had to come back to the States and I just started crying the person I was with was like like we can travel again like why are you crying and I remember just being

(14:41) like the world like like just that overwhelming feeling that like it was just so much like I was just starting to feel I think I didn't know like how much of an empath I was and I was just feeling just like immense sadness and overwhelm but then when I started doing breath work years later it's that opposite it's that like that that Joy of like oh my God like it's it's that it's everything yeah so just so simple like so there's you go from like the two extremes and breath work definitely for

(15:10) me too like brings me into both like to be like okay this is something that was valid that you're feeling that every there's so much sadness and grief in the world but also and also like it is just so simple we're all just one right well and I think it's like different layers of awareness don't you think like especially when you're an empath and I'm sitting across from someone I'm like doing some work with and um navigating I I have to be able to feel that emotion and and travel through that the

(15:42) thickness of suffering and pain and all that but there's just something more powerful at least for me as a facilitator of knowing that up above here is this place of everything is okay how do we get back into that everything is okay and how unweave and unravel this story and retell it in a way that um reveals the lessons rather than Keeps Us in this state of woundedness that's so good I I've thought a lot and we've talked about this on the podcast of the spiritual path is it's easy to get caught up in the

(16:21) affirmations where we're kind of just going into pretend fake Enlightenment because we're saying the right things but without going deep into the wounds it's like going deep the the deeper I've gone into those now I can take that step back that you're talking about and hold it's like hold hold the presence that yes I can see that this is really a lot for you right now and we can move through it it's not like all consuming because when when we can't see our way through it it does feel like

(17:00) there's no way out or I'm stuck or yeah well and if you've interviewed people who have been you know wanting to take their life and being in those situations that's exactly what they the biggest thing that they feel is I'm trapped I have no way out of this this is the only way out and little do they know that they're right there at the veil ready to pierce through and you hear stories like artly or Byron Katie's story is one of my favorites too where they're just in that state of deepest Despair and suddenly

(17:39) they have this epic download of what it's all about and it's like complete pivot and they're able to climb out of it and sometimes it's got to be hard to teach people because that cataclysmic moment is not what most of us experience it's not like everything is dark and suddenly somebody turns the light on it's it's more of this gradual okay now I see the wisdom in

this experience uh what's next so we're just in this continual state of doing your Shadow work so to speak and I I have to be honest there's

(18:19) times where I wish I had that epic you know one dime crash but I know what it takes to have to get to that rock bottom and I don't envy that when I think of it that way so so can you take us back in time and this can be childhood this can be wherever you want to start we just like to get to know you and your story your journey and you can fill in you know as much detail as you want to go into oh goodness well I will um a lot of it I've processed so I really don't get stuck in in the trauma very much but in

(18:58) in effort to for my story to be useful for others I was raised um very Orthodox in the um Church of Jesus Christ to Latter Day Saints Seventh Generation and it was very profound part of my upbringing and we did all the things and I uh balled all the milestones and all I was very obedient my personality is um it in as I do like things like human design Harmony is really one know the big things that I've come here um at to bring as a gift not to learn it's something I like already knew and learned some other point in my um

(19:39) lifetime lifetimes but it was a gift that I've come to bring here so um I try to be obedient and I was people pleaser so sometimes I was not working in my it worked for my benefit um when I was younger because it saved um conflict and chaos and and so I was the Peacekeeper in the home and I would go around doing my brothers and sisters jobs at sometimes so that when my mom got home there wouldn't be arguing and and I was always so I was like the Martyr the one that would sacrifice to avoid the chaos

(20:16) and I take take on all these roles of course as a young child completely unconsciously and it's not there's not anyone to play mother than this is just how I onboarded all the things I was experiencing and so um I was just obedient very good didn't um live the tenants of of the faith and no sex drugs or alcohol or any of the things and dress modestly and all these things and so um I got married at 18 and um that was like a two months of a of dating and three months of Engagement and then poof I've married at 18 starting a family and

(20:55) had my first daughter at 20 and um as I was nursing her as such an intimate experience with a child um and she's looking deep into my eyes and we're just having that integrating experience that moms do when they have that chance to nourish their child in that such organic way and I suddenly got really afraid of messing up and realizing the responsibility the weight of the responsibility was on me at that time and so with her I I just because what I was taught was obedience was the key and that's what I dug my heels in

(21:38) really deep into the doctrine and I started a pathway of um strict religiosity and just scrupulous about how I was living um the religion because that was the only way that I knew how to protect my children from the evils of the world that I was told that were con constantly at our doorstep and so I really got toxic like a mama with my hair on fire and with the the church and the gospel then the doctrines and um so I was a strict um LDS mother and just that's when it it got so toxic that's when I finally went into this facilitator I

(22:20) told you in the beginning and was ready to get some more tips on how I could fix everybody and then that's what sent me after five kids uh that's what sent me into the Journey of self-discovery and self-awareness and I realized such profound benefits just from that one session um that I realized there was so much more inside of me little did I know that know 20 years later I'd still be investigating okay well what's this belief and what's this childhood thing and what's this going I thought maybe if I did a good job of it

(22:56) for a year I'd be done no it's a lifetime thing so that's when I started into rapid eye technology and a lot of the energy healing um modalities and things that were taught about energy and uh the universality and the availability that it is to everyone did not align with the things that I was being taught at church like about the priesthood about the Holy Ghost about you know some of these things that um were deeply woven into the doctrines that I was taught and so I realized I was going on to the periphery of the

(23:34) doctrine and scratching on there and just poking my head out a couple times looking over there trying to see what else is out here and then I started to realize I I wrote The Healing questions guide book and I they this I don't know if either of you have the copy of this um healing questions guide is a three-year project for me and it's about somata killing and so what you'll find in there is you'll look up symptoms going on in your bodies body and a series of questions to ask the mind to start challenging the beliefs that are

(24:05) contributing to what's physically manifesting in the body wow and so it's a great tool um for people who just want to do self troubleshooting in between sessions and a lot of facilitators use it in in their practice and so that's what I was learning through what I had learned facilitating rapid eye technology for so long but at the end of that book um and Publishing it I realized that there was a theme and throughout each of the things that um I was trying to repattern and and that theme was self-contempt

(24:41) contempt against the self generates disease within the body generates dissonance within the body and that distance over time creates sickness um and that disease and and dissonance that we call hereditary is actually a longtime held belief that's passed on from generation to generation but it's the theme that is continuous throughout all the symptoms and all the beliefs had to do with contempt against the self and so when I realized this I started asking myself more deep penetrating questions like when was the

(25:25) first time that I sensed contempt again myself and for me that answer was in my religion when I was taught that I was in need of rescue and um that's some very sacred loving purist of us all had to die a violent death to pay for something vile so vile that I would do or had done and so knowing that somebody had paid that that big price and then looking at me realizing there there was just like I wanted to investigate everything that was wrong with me and that it was constantly this theme is what else is wrong with me what else is wrong with me

(26:09) how else can I pay for what I've done for his suffering and it just started to generate a very unhealthy pattern of contempt against the self and um other people might have found contempt against the self with an abusive parent or being rejected in school or there could just be a number of things that you know ignite that I contempt against the self which is funny because in the healing world that's what we're trying to reconcile is that love and acceptance of our s and the deepest deepest level is

(26:45) actually the pathway into wholeness and healing and we're in that when we're in that place we radiate this different kind of energy and vibration and love to other people that is um so contrary to what I was being taught that I needed to be worthy that I needed to do these certain things and uh place all my love and adoration and worship on some external being rather than bringing it inside and recognizing the innerverse or the queendom inside of me and realizing that this outside world was a projection of

(27:24) what was going on in my inside world and that if I'm not pleased with what's going on the outside world um what I do is I alter and rearrange my beliefs and that usually when you do

something like breath work or plant medicine and it brings you into that state of Oneness then you're it's somehow you're able to identify those Pathways and those beliefs and those traumas that have happened and reframe them so that's kind of my journey at that point um that's the thing that we call our proverbial shelf of issues that

(28:03) I was already having with the religion that I grew up in and um that's when it collapsed is when I realized that it was impacting our mind and it actually became a virus against self-love wow so I if your readers will appreciate that story that's just my story and my experience so in that place that sent me down the rabbit hole to look at other things that were really out of alignment with my moral character understanding uh mind control and um so that's kind of been my journey is helping other people

(28:39) because sometimes we have trauma that happens within the umbrella of a doctrination and then some religions when you leave you have a secondary trauma and that is now you're being ostracized by your community and you've become irrelevant to those who still believe and you really take a hit on your identity and try to figure out well who I who am I if I'm Not Who I've been told I am and so I because that's such I had the skills when that happened to me and I just still crashed hard and I didn't

(29:16) know how to climb out of it and so I wanted to create um processes and coaching and other things for other people who are having that same experience not want have no intention to destroy the church um I'm just here for the healing and to help people to um reconcile some of the beliefs that they established that are not um they might be blocking them on their way to wanting to discover who they really are and what their potential is and what they've come to bring the world I imagine that that Niche though

(29:55) you might think it's a small amount of people is probably like you probably have so many clients needing this sort of help well I think um here in Utah that's densely lbs population um there is an an increase and there is a momentum and an outflux of people who can no longer align just because of the Natural Evolution of some social constructs I think every religion I don't think our religion is special I think it has a unique and specific doctrines that impact specifically but we're not unique in

(30:35) that um religion is taking a hit right now because those are methods and narratives that we've been mapped on to for good purposes or bad purposes um to be able to understand our world and they're really wrapped in guilt obligation shame and fear and that was the technology we used to get us to do and behave better and now we are at a more evolved State collectively where we can use empowerment and self-awareness and boundaries and Trauma work and all of these things that have come in My Generation Um we can use them to upgrade

(31:23) how we have our human experience and a lot of times religion just no longer fits within that realm because it really is about understanding the inner world and religion was more about mapping on to an external God that had limits and rules and expectations so yes there there's an outflux is what I'm trying to say and it's got momentum and I think these outdated Technologies are just going to naturally start to dissolve it will take decades but we're in a Great Awakening in my opinion and there's just um many

(32:05) young people whose minds are already I don't have another word other than to say upgraded and ready to experience something other than kneeling in pews and you know taking sacraments and and uh dressing up in shirts and ties and and you know claiming exclusive rights to God I it just doesn't fit within their willhouse anymore I agree that there it definitely feels

like an Awakening to me too yeah and I'm here for it I'm so excited about I I just moved to St George and there's just a collective of

(32:45) people who are learning all these beautiful modalities like um drumming and breath work and plant medicine and facilitating things like yesterday I just did a light therapy where the bed vibrates and you've got the lights going and then you've got the also the binaural beads going and it really shifts um a lot of clogged up energy um depending on what program you're using I'm like we have come a long way from Rapid Eye when I had to use this eye directing device and go really fast and get you to Blink so I could get you in

(33:19) an altered state to release the trauma you had when you were seven um this this when you were talking about um contempt against within yourself or something I couldn't think of the definition of contempt and I was like I have to Google that I feel silly not knowing what that is but I was like maybe a listener also is a no so what would you how would you define contempt um just an aversion or resistance resistance yeah like like a disgust is not the word but just just um almost associated with with an

(34:00) anger for yourself yeah yeah so does judgment fall in there like how does judgment fit like self-judgment um well I think we're just going to be judge judgy beings like I wrote a Blog once about judge me go ahead and judge me you have total permission because you're gonna judge me anyway and that's more of a reflection of your programming is how you judge and remember in the when I was you know deeply um in my religion I would go to take the sacrament with this Earnest desire to not judge anymore because I started to

(34:40) realize I'm super critical the superior girl of is so critical and so my my whole goal was I'm G to take this Sacrament be renewed and make this commitment I'm not going to judge and I I literally I tell you I handed the tray to the next person probably a family member and I literally just looked over and saw this woman's dress I'm like I can't believe she's wearing that shirt oh my gosh this is a really systemic problem of M and then I started beating myself up and saying what's wrong with you you are so mean

(35:17) you're like a mean girl what what and so it's just learning that inner dialogue and nobody taught me certainly not in church the pathway to get out of that judgment that you're talking about Josh and and now I understand is the more I accept about myself not that I'm perfect and not that I'm you know not that I have arrived on any level but the more that I set accept that I'm a little messy here and I remember when I used to be judgy like that too and I remember when I felt so desperate that I started doing

(35:52) manipulative things and I remember that I was trying to express myself and I tried to dress sexy and get validation from other people and and because I've accepted all those weakened and desperate States rather than having contempt against them that absorption of my self-acceptance is what caused me to look at other people going through those struggles and rather than judging them embracing it and say look how gorgeous you are in this space and I I completely accept you and so to me that judgment transferred into

(36:33) awareness and it doesn't have like have a signature of contempt to it it's just I see you I know what you're doing I don't know why you're doing it but I know it's probably has something to do with you know some trauma you've experienced or some environmental thing that you're doing um but I allow you to just be a human having your experience rather than meeting my contempt and and opinion on the matter do that kind of answer your question or do I totally what phrases would someone



(37:06) experience that is expressing self-contempt like the beliefs or the thoughts really getting clear about your inner dialogue um I used this like a little notebook when I first did this I used a little notebook um I C up my little black book and the front page of it I would carry it everywhere probably maybe just for a week so it's not like something that became my my daily practice forever never um but I just started listening to how I was judging another person or I would listen when I was in a low I could

(37:45) notice that I was in a low vibrational state or or heightened negative emotional state and then I would pull out what I was feeling it just becoming aware of the feeling now the emotion is a one-letter word the feeling is is kind of like what's generating the word it's it's a story behind the emotion at least that's how I identify the difference between feelings and emotions and I would write down the feeling like I feel like I'm not gonna I'm not as smart as she is while I'm listening to somebody

(38:17) give a talk or um you're never going to have enough money for this and it was just like all these dark um things going through my mind mind pretty much unsupervised like I wasn't supervising my thoughts they just came in crapped on my mind and left and so I I'm noticed and they would come in and write them down because it's almost like it got out of my head and got in the spotlight just for a minute and I would write it down without shame because if I apply shame to this process you'll stop within the first three

(38:55) things you write you'll be like I this I can't do deal with the shame but you look in you write that down realize it's just the belief and it's just the feeling and then reframe it into what the truth of who I am is now if I don't know the truth of who I am is a Divine Sovereign being of light well then even if that's not the core place that you're going to come from at least something better than I'm never going to be good enough or I mean if you're going to keep on religion

(39:27) through Jesus Christ I am better or whatever how however you're going to use it it needs to be some kind of level of upgrade and so um that doing that process helped me become more aware of the inner dialogue the voice that I was actually listening to every day and also helped me to reframe it and just that practice alone like opened me up to know what the broadcaster so invisible that broadcaster is going 247 but until we stop and listen and go what are you saying right now that is vile you are the meanest I ever

(40:04) heard what's going on if I had to be married to you I'd have divorced you by now but I'm not only married to you like I'm stuck with you forever and so I need to we need to negotiate this the sick communication that you're you're infesting me with and usually it has something to do with your siblings and what they said or your parents when they said something in a moment of emotional duress or whatever but mapped on to it and decided that's who I am so that hopefully that helps anybody

(40:40) yeah is the trickiest Hands-On activity I could do to get intimate about my internal dialogue so I've asked other people in the past that moment it sounds like when you were with Carol Tuttle that moment where she asked that question and there there's a defense that that had been there previous but you said you allowed it in what do you feel like kept you kept might be the wrong word but what didn't invite you inward prior to that moment to to assess if I had to identify the component I would say it was my

(41:31) ego I was and that ego is this thick layers of that keep the story alive that we keep telling it over and over again and I think there is an element to the ego that does not want change that if you pierce this Veil and you discover something about yourself that um would be useful in

being able to enhance your life there's a risk of you jumping out of that story and becoming something else and someone else and so that and we can call it vulnerability or call it vulnerability is the act maybe but I I think what you're talking about is what

(42:17) is it that allows you to say okay I'm going to look at the scales you know you know you got to lose a weight you're not getting around you're not breathing right your clothes don't fit you know there's extra pounds but you haven't stepped on the scale in years it it's that okay if we're going to fix this I got to look at the the scales and and give me an idea of how far I've gone from my goal and so it is almost like and even recognizing to this day I have to recognize the resistance and I

(42:53) and I asked this one question what am I ignoring resisting or avoiding that if I would just pay attention it would make all the difference in the world with this thing that I'm dealing with and so you'll find that a lot in my book what am I avoiding resisting or ignoring and that's that's kind of knowing that at the other end of that is real it's really your higher self wants to communicate what that is but you have to be as strong enough to ask the question vulnerable enough it's so weird because

(43:31) vulnerability just seems like such a weak word but it to me it is the most powerful courageous thing that we can actually do is to be vulnerable and that's the tool to say okay whatever it is I'm ready to see it I'm ready to hear it I'm ready to know it but knowing that if you do you you have to be prepared for your World to Change change and what that might look like is you might have to start doing things differently you might have to change your behavior you will risk losing your family your friends your

(44:07) place your position money whatever it is in order to stop betraying yourself and that in that epic moment I think is the most powerful moment we as human beings have because that is the pivotal moment of transformation you can't go back after you see it like that Pandora if you're willing to open Pandora's Box you realized the world is way bigger than what you've been trying to condense it into does that answer your question so good that and more yeah yeah I I was uh so I left the church when in 2018

(44:55) almost 2019 and so it's been a journey from from there but but I lost well Hannah wants to interview me at some point so so I get my story out should do it I get I get little tidbits yeah here and there but I'm excited I would love to hear your story Josh yeah you could be on here we could be we can interview him together yeah that would be awesome honestly I would love to do that so I have this fear of speaking up like on social media step like speaking my truth because I'm afraid I will hurt my parents

(45:38) specifically and I can feel that it's like a wound when I was three or something like I can feel this hurt in my heart and it's so is that the resistance that I'm I'm not feeling that um so the fear is really it's a valid fear okay because yeah when parents have put in all the effort to make sure that you're living in alignment with the gospel and then to hear them uh hear you say things that are absolutely almost opposite of what you've been taught um unfortunately the thing that hurts them is not you

(46:20) speaking your truth it's the lie in the first place the deception is being revealed and when deception is revealed it hurts and it's scary and if we haven't been taught how to process those things which is likely your parents weren't taught I know my parents were taught let's face it I wasn't taught until I was in my adult years how to process that and look at that and say what am

I really hurt about is it the fact that Josh is speaking these truths or am I hurt because if I go deeper I find

(46:53) out that maybe I taught I'm responsible for teaching him a pathway that was not serving him and it sends them deep into a rabbit hole it like catapults them if they're willing to go it catapults them down into that space of understanding and so many people are not prepared especially past Generations they're not prepared they do not have the tools to process that so all they can feel is all my efforts at keeping Josh on the straight and narrow have been destroyed and he will go into outer Darkness or

(47:31) into a lower Kingdom or whatever their narrative is gonna be that he's gonna go to this place and we've lost him because that's the narrative they were taught and they haven't been taught to go deeper past that because going deeper past that it unravels the whole Fabric and Foundation of things that they've been taught and the the generations that are older than us that can be so terrifying but what value is there in protecting them in our effort to protect them we do not speak our truth and you

(48:13) know and I know that it is in speaking our truth that helps other people feel safe on a very scary Journey right now you're toggling is it worth hurting my parents right and at the very minimum too like certain things like I my story is different but just not wanting to make other people uncomfortable like getting them into that like that you know trying to figure out their emotions that kind of confusion if they hear your story it's like for me that's what it is it's like I'm making them uncomfortable

(48:50) because they don't know how to react kind of thing so I'm sure that's present with you too it it was until I understood that Comfort is what keeps us stuck right and until I realized that it was until that facilitator asking me a terribly uncomfortable question in in a space of safety so um I realize right now in the world that I'm in in Utah there's an epidemic of angry xlds people and a lot of times they'll express their disdain for the trauma that they had within the church with an

(49:30) undertone of anger and what made it very valuable for me to be able to get be be willing to go to the uncomfortable places was that I was in safe space and so when I feel energetically that anger underneath somebody who's expressing what's truly wrong they're speaking the truth um it doesn't have this it doesn't land the same and so I'm not saying if you say it lovingly and you know that you processed all the anger underneath that your parents or or those that aren't that don't subscribe or who are afraid to

(50:11) hear doesn't mean they're going to absolutely shift however when they see that you do resonate in a space of authenticity and love it does create cognitive dissonance and is there anything more precious to offer another person than cognitive dissonance out of a programming that is limiting them it's GI that's such a good quote right there just it that is the best thing you can do is to cause them to have that discomfort gray up against their beliefs that are keeping them bound so that's how I see it I don't

(50:56) know if it's right or wrong or whatever that's just how I see it and so I the better I get at being able to deliver without the contempt underneath because now I've transferred I I noticed for me I transfer the contempt against myself to contempt against the church which is actually a natural process when you dedicated everything and then you realize it's not what you thought it was it's natural for you to feel angry and betrayed in fact it's a very complex betrayal trauma we experience leaving

(51:26) and it's not something that you get to just snap out of and so you when you hear things like well they can leave the church but they just can't leave the church Alone um the truth of the matter is they won't leave it alone because it wounded them and they'll speak out about it because it has psychologically manipulated them in a way that's um denied their sovereignty and of course we need to experience some grieving about that and and anger is in the process of the grief unfortunately many of us haven't

(52:01) been taught how to grief in a healthy way and so we stay in the loop cycling around in the anger and the Betrayal and the grief and the upset and then we turn all the efforts and energy that we were putting into being Valiant members of the church into being Valiant destroyers of the church and we're still watching episode after episode validating our woundedness rather than popping out of it and creating a life and saying you have wings now you have the sovereignty that you've wanted all along so rather than

(52:38) complaining about it why not make a plan and go live your life the rest of your life unburdened and untethered with these doctrines and really discover who you are and and generate um this Cosmic opportunity that you have with creation without all of the heavy rules and the obligations and the fears and all of these things and really engage with the universe and instead they'll stay cycling in that pattern of victimhood and and pain and suffering and for me I would like to help do nothing more than to help what I call my

(53:22) people be able to get out of that situation and live gorgeous lives because that's that gets to be our our inheritance that we give to our family that's the Legacy that we get to leave the Earth is our victory over that experience that was so good um so in my journey I've had to discover a relationship with anger because in the church anger was bad and then crying was weakness for a man and so there there was no space for grieving so I can see how easy it is to stay stuck because no one has created a

(54:18) space for those feelings to be valid and honored and welcome and that been the last maybe six months for me of really diving into well one of my mentors I was moving through some some deep hurt and I would say I'm angry and like sad and there's like a longing and and she said your grief makes so much sense and and I was when she labeled all of my feelings as grief something shifted in me that I was like oh I have a ton of grieving to do here that I didn't know was grief yes and we haven't been taught how

(55:08) to identify grief because we think grief is something you experience the loss of a loved one but in in reality grief is a state that we experience when we lose something that we loved that is no more um and like we can't bring it back and so it sounds weird to say I'm grieving my experience in the church instead of the church messed me up and I'm so angry no you're you're it's actually a stage of grief that that offered so much safety and it made so much sense and it gave you an identity and it gave you a space

(55:57) to express yourself and it gave you a a you follow these rules and you get to heaven I grieve the Simplicity of that and I can't go back to that because I I know too much now and so yeah I I grieve the Simplicity of My Religion but I would never go back as hard as it is to navigate um my inner world and to try and understand the laws of creation as they're available to everyone um I would never go back to believing this simple certain gospel that I was taught growing up but I miss my Relief Society sisters I re I it was woven into every

(56:50) aspect of my life to how I spend money how I wear my clothes what I eat what I drink what I do on Sunday what I do on Wednesday what I do every morning of every day and how I

operate and how I think about everywhere I'm going and as you're extracting that the process of extracting it out and renegotiating those things using your Sovereign mind and your own conscious and your own critical thinking you realize how much as you pull that thread to the tapestry that you've built up until that point you realize that tapestry is

(57:27) fundamentally just unraveling and you don't know what's going to be at the end of it and my experience is at the end of it is a very small piece but that little piece is you that little piece is the uncontaminated you it's the brave you it's the vulnerable you it's the messy you it's the loving you that was whose compassion was exploited and you can work with that and now you get to build by a whole new tapestry that feels authentic to you because now it's going to go through a whole new process before you on board it

(58:03) and weave it into your fabric you're you're going to be more scrupulous about who you're letting in what you're letting in what you're going to map on to what you'll attach to and what you you're going to hold loosely and So you you're just doing it with more ability to discriminate the ideas that are imposed on you rather than just absorbing them thank you for all that that I can feel healing happening just in your words oh good good I love to have these conversations I think they're so

(58:41) important there really are I'm glad you're doing this podcast and you're getting it out there and getting over your own fears about you know being seen and being heard and doing it right and yeah so could you talk to us about this this idea of intuition of tapping into the truth inside of us in a world where we we're told otherwise or not directed inward yeah well I know my own experience is that I've always been kind of a spiritual character I'm a dancer I'm a poet I you know I I I live in like that

(59:27) Unseen World um even as a child and then through the religion I was told that at 8 I'd receive the Holy Ghost if I chose that and um so I really took it seriously when my dad laid his hands upon me and gave me the Holy Ghost um I honestly didn't feel any different when it happened and I understand why now but it did give me the idea that that presence is in me unfortunately it I was also told that it's only there when I am worthy and when I'm obedient and I was also told that that intuitive um gift would never cause me

(1:00:17) to leave the gospel the church and so um I was taught at a very young age that I had that intuitive G that it would lead me and guide me and protect me um but it it got altered in the idea that it was given to me by the priesthood and that I had to be worthy of it and it would never allow me to leave the church so it got tampered with and worked while I was in the religion and um for most the people that I coach I would say one of the Epic things that happens is a a terrible violation to the intuition because now you don't see how you can

(1:00:53) trust yourself how how in the world can I trust myself when I've believed all of these things and they sound like they made sense and then like I can't trust my intuition and so it's almost like a hard reset you have to have that hard reset and um for me being able to rebuild that is to listen to those voices and again take out a little journal and start saying okay is this my Intuition or is it coming from a place of fear if it's coming from a place of fear not my intuition it's probably my conditioned

(1:01:27) self another thing is this idea that I'm having that's coming through to me is it expansive does it cause me to ask more questions is it inclusive is it Universal because when I if it's anything that's exclusive or special or you know only you can do it or you know it's going to make you famous or whatever you can be assured that is the ego as well and unfortunately a lot

of the doctrines that I was raised with um were very ego affirming like we were special we were we were the chosen ones um the Covenant path would keep us

(1:02:09) safe and it was this all these exclusionary ideas that the ego feeds on because it it wants safety it wants consistency it wants uh certainty and so that's on my whole life that's what was getting from the doctrines there and your intuition is a little different it's expansive you realize that every it could operate for everyone and that you're not you're not special you might discover you have a unique gift but the minute you think it's yours and you're going to exploit it it's not going to

(1:02:44) work for you those because our our gifts are given for everyone else and your gift to speak the truth if you're afraid to speak it that's your ego it's not you know coming from that intuitive place your intuition is the one that's saying Josh say the things the people need to hear and it's the ego that said I will be rejected and I will hurt mom and dad and I will I I need to keep quiet and keep them safe and so that that Gathering the intuition and strengthening the intuition has been an epic uh thing for

(1:03:23) people who are deconstructing to reconstruct their relationship with their intuitive gifts and the more you practice it the stronger it gets the more you can trust it the more you lean in so for me in my life right now I I've been for a month in St George Utah I don't have friends here well I do now lots of them um I but I don't have my children aren't here my grandchildren aren't here my Mom and Dad aren't here I don't have a boyfriend here I don't there there's like it's just me but I

(1:03:57) knew that this is what I was supposed to do and a pathway started to clear when I agreed to do it and now I can see within a month being here I can see why I'm here and I'm connecting with so many people um that have helped me and who I have helped and the ideas are starting to formulate in a more organic way that's not um it doesn't have desperation inside of it it's more coming from an inspired place and it's taken me a while to reset that and follow and get in the flow and be really

(1:04:33) observant about what are my motives and if my motives ring true to my values and the so those intuitive ideas those expansive scary ideas um that probably the ones you need to lean into I I just posted on my Facebook the other day it was the cutest thing is this man all dressed up in his clothes and he has a suitcase packed and he's running determined into the ocean and it's like I all I know is that now when I hear that voice if it does even if it doesn't make sense I'm doing the thing and once you've mapped on to

(1:05:07) it and you feel like you can trust it again um I I don't want to be without it and it's not a matter of me being worthy it's a matter of me knowing how to access it it's not a matter of it being bestowed upon me because I've a special religion and the priesthood gave it to me no it's in a in all of us we have access to this and one thing I've also noticed too is that not all of us develop it in the same way um it's just like meditation you know this is how you meditate well it

(1:05:43) might not be how you meditate and I've also felt in the body we each have a different uh complex body and we're made differently some people feel that intuition in the in the gut other people feel it in the heart other people have it in the mind um other people have like a whole body resonance with it and just learning how it communicates with you is an important thing so if you're in some um institution that tells you it's the thing that comes from your heart when you're actually a belly b a belly

(1:06:15) intuitive then it just creates confusion and and frustration we tend to beat ourself up like what's wrong with me I'm not getting intuitive my heart I don't even know what that feels like and then somebody gives you the idea that you might feel it a different way and you're like oh I need to learn how I feel it I was just I just sent this to Josh yesterday there I saw this clip on Instagram of um this man telling a story about he was driving his daughter in a car and they were heading somewhere and

(1:06:46) all of a sudden he like something came up in his mind and he was like dreading something and his daughter I don't know how young she was but she just said is everything all right and he's like yeah I'm fine and so like she instantly felt that feel that something that he like he said it was right away as soon as he had like a nervous thought she picked up on it and then after a second later he's like I need I need to tell her that no like I was actually like because otherwise you're going to train you're

(1:07:14) inv validating it yes exactly so that that just resonated with me so much because there were so many times where I not trusting myself and then I end up listening and I'm like oh thank God I listen to my intuition but there you there are so many you know religion or anything we go through as kids that do we have to almost just be wary of things that are trying to keep us from believing our intuition and and you know feed ourselves things that do well I think I think you know if they I know it's a very practical way but if

(1:07:49) you get like two notebooks you're like did this one this is the negative voice this is the limiting voice this is the dark witchy voice that and I even gave her a name her name is Sheila and she's awful she's awful and I know I just put her like when I hear her I call her out put her in the back seat and I love on her that's another thing you don't beat her up because that doesn't work either you love on her and say Sheila I hear you I know you're worried about this this and this and you need to get behind me in

(1:08:23) the back seat and stop trying to drive and then the the other book of I had this uh inspiration I had this idea and I had that idea and it's again it's usually expansive it usually has something to do with helping other people uh it usually has something to do with increasing and bettering yourself and sometimes it takes a sacrifice and sometimes that sacrifice is nothing over more than just a layer of fear but it's inspiring you to do those things and they are scary and a lot of times they don't make

(1:09:00) sense oh go ahead I was just gonna ask you how many notebooks you have oh well I've thrown them all out now this was me like getting just wanting to get really real about it um I I to answer your question I have 37 journals but those nasty notebooks like I'm done with that now now that I can sift through it in my mind on my own and hear it and I that was just the rudimentary way to try to sift through my mind and get really clear um and now it's just like okay I know where the source of that is oh there's an idea I

(1:09:36) know the source of where that is and and she yeah Sheila what are you talking about so I made a drum a couple months ago and I use it during my breath work and I had I'm starting this little Community um where we're focusing on expanding our capacity to connect so this is a lot of vulnerability exercises and we're going to include breath work so we started last Friday and I brought my drum and I make a Spotify playlist for my breath work and we're like halfway through the playlist and I I'm walking around holding you know the

(1:10:26) space and I look at my drum and I feel inside me play me and go and and I'm thinking about what songs on and I was like no the drum's going to clash with this song and so I ignored

it and then I'm walking around a little bit more I look back over and the drum is like play me and I was like fine and so I walked over and I grab it and I started playing and walking in between the different people and I didn't know who needed it I didn't know for how long and so I was just playing and playing and playing and then

(1:11:04) I kind of felt like that's that's good and so I put my drum down finished the facilitating you know at another 20 minutes or so and then I opened the space for sharing and there was a lady that shared her um experience and then there was little Gap and I said okay I'll share so I told him the drum story and this other lady starts crying and she said that was for me and she said you were as you were guiding you were talking about walls over our heart like calluses over our heart and she said I found this

(1:11:47) callus over my heart that I couldn't break through and the drum as soon as you started playing the drum it just dissipated that energy so I'm learning to trust and listen so there's there's I love that story there's another thing about intuition and you just demonstrated it perfectly and it has to do with that intuition is usually a direction it's not a question um it's not even in the form of an idea sometimes it feels like an idea but it's a Direction play me go visit your mom uh watch this watch this

(1:12:30) video um it's it's just really directive and uh it's not like wishy-washy or flowery or anything it's just go do this thing and there's no emotion to it usually however after we hear the idea or the directive we will have about three different excuses pop up immediately as to why you shouldn't do it with that and those excuses are usually correlated to what will other people think so your your story completely explained that yeah yeah play me got the direction but it doesn't work and people

(1:13:14) it won't play me again because there's no way that you could have known no you know that that in Spirit can't tell you Josh this woman over here has got a heart condition going on if you could play The Gem you will be able to break it up so she can work with that energy you know it's not gonna say that it's just gonna say play me you don't even know why that's so it's so cool we all have this we all have this and it's usually shut down because our phone is in our face or we're trying to perform or we're

(1:13:51) so out of alignment with our life just trying trying to make ends meet that it is just so shut off and it has nothing to do with whether you drank coffee or had a beer last night your clothes are appropriate away nothing to do with that stuff true so Wendy can you tell us what is exciting you what's what's aling you what events what how are you like so you moved to St George yes so you've been coaching like is that still active is it more active like what's going on in your life well I've just been trying to listen to that voice

(1:14:38) and not be afraid and not go what are you doing here you don't have any family and you're so lonely and you know I'm just not listening to those things just following the the things that light me up in fact on my whiteboard it says you know what what makes me horny is on there what lights me up what's just a yes yes yes and so a yes yes yes for me has been go ask this girl out for lunch go ask this you know her on Facebook but You' never met her go out to lunch with so and so okay so I've been going out to

(1:15:11) lunch with a lot of people and then when I go out to lunch then they introduce me to other people and I've just generated this network within four weeks I'm not kidding I've generated this network of power powerful women with healing gifts and it's like we are all having the same message together and to support each other and to um to make our gifts available



because a lot of them are still like under the radar and they're not in any you know having developed a marketing platform and not getting out

(1:15:45) there because they're the Healer type and but so what I'm excited me is being able to and what's just freshly in my mind is having a ga A Gathering Place for those people who are feeling that call and to be able to do some spiritual masterminding or just some spiritual thinking tank if you will and come up with ideas on how not only can we support each other because a lot of times you're on that Journey all by yourself um and but too how can we help the and support the community and so that that makes me horny so to speak it

(1:16:25) lights me up and so I I am going to be re uh launching my healing questions guide book because I love that book it's it's started it has momentum of its own and it's kind of a little child that I gave birth to in 2015 and have been painting it breadcrumbs but somehow it grows anyway and it's an international seller and I'm like okay well maybe I take it serious um but also podcasting I think that lights me up um just being able to get the voice out and to be a voice of reason for people who are feeling the

(1:16:58) shift and they're starting to awaken and they're applying that vulnerability and they're piercing through their paradigms and they're getting to this place of where do I go next or what do I do next and what's I think is so cool this is how I know you're in an authentic spiritual growth is that a coach or a leader or someone will not direct you to them they will direct you to your community after they direct you within and completely give you permission to be the Sovereign of your own Journey The Sovereign spiritual

(1:17:35) journey and the psychonaut of your own innerverse and to me um that's what I know I'm with somebody who is a true spiritual coach and somebody who really wants to make a different difference and to use their gifts um with a pure heart and with without the intention to um to profit off of people's fears or people trying to navigate unknown territory it's so easy to even map onto a spiritual coach that has a greedy heart and take advantage and exploit you yet again so that that's kind of been my

(1:18:14) journey is finding these authentic people connecting with them and then just starting to create a community where we can be here to support um a lot like what you guys are doing this feels like a a universal call was just gonna say that yeah for sure yeah I feel the same way about Community just needing it's calling me it's just showing itself to me and I just need to act on it but I do I have all those little like Josh is laughing at me because I wanted to start this is my basement I have my one-on-one

(1:18:53) clients here just lie down on a yoga mat but you know I have there's a whole another half to it and for whatever reason I'm like I don't know if my house is ready to have like groups of people and I just like all of that that ego just keeps telling me that oh no no no it's too cold and I was just thinking while you're were talking like I really need to find a way to warm this place up cuz it's chilly and I'm like people are going to be cold why would they want to come but it doesn't matter like it's

(1:19:16) people want to they are also feeling that calling I just need to invite and make the space happen well and think about the people who come and think about how you will feel when your floor is filled with bodies and your gifts are radiating and making a difference and it's almost like shut up Sheila see with you I'll find a way to warm this basement up which just people everyone will warm it up just but yeah my my Sheila is definitely loud but I'm loving her too thank you for trying to keep me safe I have failed

(1:19:57) things in the past but that doesn't mean that this is going to be a failure yeah no for sure and and that I have that fear too because I've created things and then like not they don't work out or whatever and so I'm like well if I put all the effort in I'm afraid it won't work and yeah that's what my tells me too that's a trial and error we have to go through as we're trying we're exploring this too right and it really has to do with your gifts and and what I've had a struggle learning this

(1:20:26) year is it's just you being authentic and doing what you love and if it doesn't light you up it's not your thing to do and if you're trying to do it like someone else we'll stop doing that because that's someone else's job and you just map on to to your gift and you come from your heart and there will be no deficiency in ideas when you're coming from your heart will bubble over and the more you follow it the more it will instruct you because the universe wants healing and if you are a willing

(1:21:03) participant and willing to be a conduit for that healing there's not going to be a shortage or a deficit of information that come come through you that's just that that willingness to say okay here I am put me to work exactly so with your Facebook group where did that start from and then kind of what's your plan for it going forward um I I started it probably over eight years ago and I was thriving after Mormonism and it there's a monopoly in the word Thrive now and um as much as I love John delin

(1:21:48) and I love what he represents I'm so glad he's doing what he's doing um we we're just like called to do different things like I'm here to help the healing process and he's more there to expose and and um both are essential um but it kind of swallowed up my name is what I'm trying to say because he uses that with his events and so I changed it into into empowered former LDS group and my vision for that group is to help provide them with the tools but to also create a community where they support each other

(1:22:24) so I have some rules in there um just so we can create a safe container and focus on moving forward and so um what do we have in there like 52 5,300 people so far and it's all growing or organically I have not advertised for this group other than maybe on a podcast once in a while um and it's really growing because people are tired of the epidemic of angry xlds people and they want to find Pathways for that and unfortunately I I as I shouldn't say I'm like a loone coach doing this because there are a lot

(1:22:59) of people are actually going into this field of whether it's therapy for people who are deconstructing um or coaching or whatever um there are a lot of people on boarding that but the outflux is also picking up too and so there the more people that step into their gifts um the more people can help so to me it's about connecting people with the services and the people and the events and experiences that will help them to move forward and have that that forward um vision for their life and the skills to do

(1:23:40) it so that is my goal with the group and because I'm having my own little experiences sometimes I just kind of go a walls and let it operate itself which is really cool because everybody's pretty responsible and grown up in there um compared to a lot of other groups that I've been a part of uh but my goal is to actually connect people with the resources that they need to help heal yeah I think you're meeting a definite need there because I I was in that place too where I was listening to all the podcasts and getting more and

(1:24:14) more aware but also more and more angry and I was like what do I do with this do I just stay in this cycle for the rest of my life I was like I don't want that and so I left those other

groups just for that reason yeah sometimes you have to really be conscious and aware of the environment you're creating for yourself and I I know as curious and fascinated that I am listening to a three four hour podcast about somebody who is wounded in the same house as me and Injustice was done to them and validating the things

(1:24:51) that I experienced it is an addictive feeling that validation however when you're done you're worked up again and you've re wounded yourself and so it to me it's like podcasts about like what you're trying to create here that help people to move beyond that and see that there's something better that that doesn't have to be your story it's just something that happened to you and you can tell somebody who's in the trauma too if you ask them well tell me what happened to you in the

(1:25:22) church and they'll they'll go in and then they'll lose time and they talk about the whole thing in detail because they're still in the trauma you know somebody's passed it when they can say well uh I was raising a cult and I woke up and I got out and so now I'm doing this it's like it's not so still thick and heavy for him anymore that's been awesome talking to you too yeah thanks Wendy yeah great gentle peaceful safe energy so needed thank you so much for coming on absolutely I would love to do it any

(1:26:05) time we can be specific about what we talk about or could help you interview Josh because I really do want to hear Josh's story have you already told yours Hannah um not like like little same thing like little tidbits here and there um but not like a full episode definitely wanted Josh comes first so for this I want I'm i' I've told you know a lot of my stuff but yeah I'm eager to to do that yeah no I think I think telling our story is an important piece it really is and it's especially

(1:26:39) powerful when we can share ways that helped us get out of it and gives people hope who are just barely waking up to what's happened to them and they're just in this state of turmoil and they're just like I don't know what to do where to go from this place I was not taught where I'm supposed to go once I hit the Borderlands so it really helps to he hear other people's stories especially when they end in Victory absolutely yeah well we like to um end with you sharing a little message of what you want to our listeners and the

(1:27:22) world toar here can be anything that comes to you today well I I have shared this on another podcast where they're going to generate an entirely different audience so I would love to share it with you and your audience and um it's basically in a nutshell the things that I learned um by being raised in a high demand religion um it wasn't until I discovered I was being deceived by the source that I was conditioned to trust the most that I learned to trust The Voice Within it wasn't until I lost my

(1:27:58) superficial community of church friends that I began to seek real lasting authentic relationships it wasn't until I lost the false identity that had been given to me through indoctrination that I discovered Who I Really Am it wasn't until I lost relevance with my family and my friends and my children and my parents for leaving that I stopped trying to please them all and stopped betraying myself it wasn't until I lost membership in the church that claims to be the one and only true church that I found deeper

(1:28:37) association with God and all of humanity evidently I needed to be told what to think and what to believe in order to appreciate the privilege and the freedom of thinking for myself the trick is to transform your pain and suffering into resilience and power I understand that the grief can be unbearable I realize that the Earth feels like it's crumbling beneath you I know it is

lonely and scary and sometimes that you might doubt that you're making the right choice but after the life quake and after digging to find

(1:29:15) yourself through the rubble you can rebirth yourself into a better version of you a truer version the challenges of transition reveal your true Inner Strength now no one can convince me that I've been a victim of the church because all I see now is that I have been gifted and for that I honestly am genuinely abundantly grateful part of my experience was that I was taught to be quiet when I had something to say that might not meet the approval of authorities in my life I will never again be silenced I will not

(1:29:56) be censored because what I have to say matters and what you have to say it matters and the fact that what we have to say is different that also matters but what matters most is that we are kind and that is what I would have share I love that did you write that I did that is beautiful that is part of my healing Journey so I hope it helps someone else it's gonna reach someone that's for sure well thanks for letting me have the opportunity to share it Josh it reach me yeah thank you oh good good good thank you and if lastly if you want

(1:30:48) to share like where people can find you or you can find me I although I'm just like all in the state of re re um planting branding I guess branding myself at Wendy jensen.com you can also find my book The Healing questions guide um maybe you can leave a link for all that and you can also join our empowered former LDS group I'll have um Josh and Hannah leave a link for that and then I have um just events things that I'm doing um I'll be speaking at the energy healing conference here in St George the

(1:31:26) the 9th of of March and I'll be talking about um removing generational curses so that's what I have going on exciting stuff what a great episode I hope you enjoyed that as much as I did um let us know what you took from that leave some comments share with a friend who also might resonate with the story um subscribe like all those things so that we can spread the word about our podcast and so all of our beautiful stories that we get to hear from our amazing guests get to be shared around the world we appreciate you as a listener and we'll

(1:32:10) see you next time thank you thank you for listening to the deeper awareness podcast where the Journey of self-discovery and inner growth continues to unfold we hope this episode has ignited a spark within you and inspired you to embrace a more conscious and authentic existence by looking within if you enjoyed today's conversation be sure to subscribe and stay tuned for upcoming episodes or we'll continue to explore the transformative power of breath work and emotional healing continue the conversation and stay connected with us

(1:32:48) on Instagram follow @ deeper awareness podcast to receive daily inspiration valuable tips and updates on our latest episodes and offerings we'd love to hear your thoughts and insights from today's show so feel free to share them in the comments below or tag us in your posts your engagement and feedback mean the world to us as we strive to continue to create content that resonates and empowers our incredible Community together we can continue exploring the depths of Consciousness fostering genuine connections and supporting each

(1:33:23) other on our transformative Journeys this episode is brought to you by you belong breath workk your destination for transformative healing and self-discovery at you belong breath workk we believe in the power of breath to unlock the deepest parts of ourselves leading to profound insights and a greater sense of connection and belonging whether you're seeking emotional healing a deeper connection with yourself or a path to authenticity our breath work sessions Retreats and coaching programs are designed to guide

(1:33:57) you on this transformative Journey our experienced facilitators are here to hold space for you as you explore the depths of your Consciousness and discover the infinite potential within visit yelong breathwork tocom to explore our offerings and download a free guided breathwork session thank you for being a part of our deeper awareness Community stay connected stay curious and may you embrace your true Essence with love and compassion goodbye for now and see you in the next episode