



Darius Barazandeh presents,

You Wealth Revolution Shift 2012



Interview with Carolyn Cooper

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**Topic: Clearing Transformations that Stick:
The #1 Secret to Altering the Outcome of
Energy Work Forever**

Darius: Hello and welcome everyone. You're tuning in to the *You Wealth Revolution Shift 2012*. I am here and I'm very excited. I was talking to Carolyn just a moment ago and I was just jumping the gun saying, "We're ready. We're ready. Everybody's ready," and she's telling me of all the incredible things that we're going to be doing today – the incredible exercises, the incredible things, the incredible clearing work and so many other things. So I am totally excited and we're going to jump into this full-fledged and full force.

The first thing I would love for everyone to do and we'd just be so indebted to everybody if you could just let your friends and family know about what we're doing. Go to www.youwealthrevolution.com/now and just let people know about what we're doing and the amazing things that you're going to learn – the three things that you really should do to get the best results from energy clearing work and energy work.

What is your energetic stance? You're going to learn to accept the wholeness of energy healing through the power of gratitude. You're going to experience shifts through Carolyn's Simply Healed method. You're going to learn to clear those sabotaging programs that might be running in the background of your life and we never know where these calls are going to go so we could even go beyond all of these points.

So if these are things that could benefit your family, that could benefit you, then definitely, please, share this with them and let's do this. Let's get started and I want to introduce Carolyn.

Carolyn is a gifted energy, intuitive and a teacher of leading energy, cutting edge energy healing. She uses her own intuition, her skill and really amazing simplicity and she aligns all of your energy systems to restore balance and harmony to the body and she also demonstrates a remarkable ability to clear ancestral issues and connect with ancestors. She can quickly locate flaws in

the ancestral DNA and repair the wounds of the past, some of which may have been contained in the lineage that you have from many, many generations. This powerful method of healing changes energy patterns, transforms behavior and shifts subconscious beliefs.

Clients have reported profound and life-changing results many times after just one session. We are going to do some powerful things here. So let everyone know about what we're doing here and what's happening. She also has developed the unique method that she teaches in her dynamic trainings called Simply Healed.

Now, the Simply Healed method empowers people like you and me with a set of tools and skillsets to help them clear away negative emotions in an easy and a noninvasive way. These trainings have attracted an international growing audience and a circle of certified practitioners. So you are going to enjoy some of the taste of that and much, much more with Carolyn Cooper. Carolyn, welcome back to the *You Wealth Revolution Shift 2012*.

Carolyn: Hey, Darius. It's great to be back here. Thanks for having me back.

Darius: Well, we always have such an amazing response with you and just an incredible group of people that come forward and say, "This really shifted my life." So we absolutely had to have you back and maybe the way that we could start, since we are now in the middle of 2012 practically, is what are you seeing in the world right now with people that you deal with, the clients that you take on?

Just the energy systems of the planet, what is happening? What are we moving toward? What's going on with your clients? What are some of the challenges they face now as we're moving into this new energetic model? Just generally like what's the state of things as Carolyn Cooper sits looking at this whole paradigm that we're now in?

Carolyn: Ooh, great question. Well, it's so much fun. I've been doing this for about 16 years and such a big shift. Like every couple of years I notice a big shift just in people's thinking and people's accepting of the work. For you to hold a class like this years ago back in the Middle Ages when I started there wouldn't have been so many people interested. It's so beautiful how everyone...it's kind of like 'pass it on' energy healing. It's great.

People are finding out about it and using it and it's spreading and people are becoming more open to it, but more – what's the word – more wanting to spread the word about it and help others because you find something that really works for you and you're so excited to tell friends and family about it and pass it on and that's what's been going on, especially this last decade, I've really noticed. So it's a really fun place to be in right now.

I notice I'll have people come to my training classes because that's what they want to do; they want to be a practitioner and help other people. It's like they come to the classes so much more aware than years ago because there's just so much knowledge out there in the world now, thanks to you and other people just spreading the news about it. It's great.

Darius: Well, it seems like so many people are awakening and so many people – like I've noticed – are having just these huge shifts from the energy work that is out there. It seems like it works so beautifully for a lot of people yet there are others than say, "It works for me for a little while," or "I felt better after that person did that quick clearing, but now I'm back to where I was." Why is it that with some people they get phenomenal results, but then other people just struggle and maybe struggle massively?

Carolyn: Yeah. That happens occasionally. Well, first of all, let me just say let's just think about giving and receiving in general. We all know people who are really good givers. It's part of their nature. It's easy for them to give and other people maybe not so much and the

same with receiving. Some people it's very easy for them to receive a gift, to receive a compliment, to receive help for something and other people have a hard time accepting things and that shows up in people's energy, too.

So if somebody ever comes to me and says, "Oh, I really hope you can help me because I've tried all these other things and nothing works for me," there's a big heads up for me. Two things – it's kind of exciting because I feel like I can usually help this person if they're open to it because I get down under to those underlying sabotaging beliefs, those roots that go a little deeper than just regular energy work and those can be different for all different people.

It can have something to do with your personality or perhaps they've inherited it through their DNA. Sometimes it's social imprints, just beliefs about our capabilities of how far we can go and what's expected of us and how we believe in our own abilities to make things happen.

So there are lots of different roots that people have, but like I was saying, two things...I kind of get excited going, "Ooh, this is going to be fun. Let's see what we can find here," but also that gives me a heads up what issues need to be cleared because let's face it. We know that energy healing works. There are tons of different modalities and different strokes for different folks. Different people relate better with different modalities, but we know that it works no matter what it is.

So if all these people are getting results and once in a while there are a few people who say, "That doesn't work for me," then that tells me, okay...I don't want anyone listening to this who is in this place think that I'm putting them down or anything, but I'm going to be bold in saying a lot of times that murder energy or victim energy and, oftentimes, it's not really even there. There's some

ancestral things hooked along with that they may not even consciously be aware that they are carrying.

So to answer your question, I'm not sure why some people have a harder time accepting it than others, but that's what we're going to work on on this call and even if there's people who think, "Well, it works for me. I've always had good results and I don't have any problems in my life," you know what? I work on myself all the time and I still have things come up that I go, "Oh! Man, I thought I cleared that. Did I miss a little piece of it or was I not quite ready to process that at the time or had this situation in my life not happened yet so that this didn't show up for me yet?"

So since this is the first of the calls, do you mind if I just have the people do a little writing exercise and then we'll do some clearing on it?

Darius: I'd love to, yes. Let's do it. Yes. Yes, absolutely.

Carolyn: Okay. So unless you're driving, grab a notebook and a pen. Here's just a little writing exercise to give us some clarity on that. Just a little self-examination and we all need to do this from time to time. I'm doing this because I know I, myself, need to do this from time to time as well.

So think of any situation in your life that is a challenge for you and maybe you've done a lot of personal work on it. I have clients quite a bit, like new people will come to me and they'll go, "Oh yeah, I think I'm okay with that. I've done a lot of personal work on it," and then you find all sorts of little strings hanging off of that energetically. That's how I see them in my mind's eye so that's how I say it. Little threads that need to be cut, I guess.

Anyway, so if there's something that keeps haunting you or keeps showing up from time to time and you feel, "I quite get past that," or "I'm having a hard time releasing that," and as we do this, I'm just going to ask you just to suspend any negative judgment of

what we're doing here for a few minutes because it might sound like we're going in to negative territory here for just a minute, but don't worry.

We're going through this tunnel to clean up these roots, so we can get to the bright sunshine on the other side, okay, and this will probably take you a little more time than just on this call, but just for now I want you to get started.

So you think about what that challenge is and think about how is that benefiting you because in some way when people don't totally let go on things, they're getting something out of it. There's some way that it benefits you. What are the pros to not being able to let go of that because our spirits are very intelligent and they always want to move out that lower vibration energy, but something our subconscious thoughts keep ahold of it and that's where it gets tricky because consciously we think, "Oh no. I let that go. I so much want to let that go. I let that go," but, like I say, a lot of times things are kind of hidden a little bit so when we dig a little deeper and write things down, it'll pull things out of us that need to come up and then from there we can simply do what you, Darius, do on the intention circle is just pay attention to it, validate it, say, "Yeah, I hear you," and you're able to let it go.

Just to give you some examples of that. So something that you may be having a hard time with, perhaps it's a pattern you saw growing up and the benefit of that is, well, that's how my family is. It kinds of connects you to your family or maybe it's just being comfortable where you are.

Even though you're miserable, it's the known versus the unknown of change or perhaps you have a false belief that staying stuck proves to others in your life how bad they hurt you. *I'm miserable here, but somewhere on a really deep level it proves how bad I was injured by them and I want them to know it.*

Darius: Ooh, wow.

Carolyn: Yeah. I mean it can go really deep with people and so when people say, "Well, I've tried everything and it doesn't work," a lot of times it's this really deep stuff that they're like, *wow, I didn't realize I had those thoughts down so deep* and that's where a lot of times I'll work on the heart chakra with people and letting go and forgiving. Forgiving the other person and the situation, but especially forgiving themselves because a lot of times we beat ourselves up for *why did I allow that to happen? Why was I in that situation?* Forgiveness is a huge part of energy work, as you know.

Anyway, so there are just some things to think about and, like I say, you can spend more time on this later if people want to. So most often where I find things on clients subconsciously stuck is around fear of what will be expected. What will be expected of you when you get healthy or when you lose the weight or when you are successful in business?

Is there a fear that then you'll be too busy and take you away from your family too much or when you attract the right soulmate do you fear that you won't be able to maintain that or people having doubts about being capable of just keeping that higher vibration living from there.?

The hidden reasons to hang on to our stuff, they're really just distractions that keep us away from more important things we could be doing, like playing a bigger game, stepping up to who you really are because we all are someone bigger. Most of us are someone bigger than we're actually living at this time and our spirits know that and that's why I think this big shift and this big draw toward energy work because people get that. They go, "Wait a minute. I think I'm something more than this, but I've got these limitations in my life and I want to get past those."

Darius: Right.

Carolyn: That's what Simply Healed is really. It's like a sculptor chipping away the pieces of the stone that aren't really that person. We're not digging in there and pulling stuff out. Well, I used the word 'digging' earlier. I guess we kind of are in a way that I see it in my mind's eye. I see it as this beautiful statute of who you are and there's just way too much stone around it. We're just chipping away and getting rid of all that extra so you can be free and be who you really are – step into that.

Darius: Well, I'd like to hear from people what you are sort of dealing with the lingering things as Carolyn asked you to do. So send those if you're at the webcast stage because I'd love to read those and share some of that. I can even leave your name out of it if you like, but just to get a feel for where people are. Now, Carolyn, I've heard you use the phrase of the 'energetic stance'. What do you mean by the energetic stance and, really, why is that important?

Carolyn: Okay. That's a cool phrase, huh? I started using that a few years ago because that just is exactly the right words for what I mean by that. It's standing in alignment with what you want to manifest. For example, when *The Secret* first came out and for a lot of people that was new to them and learning about the law of attraction and the backlash of that...

I mean that's a wonderful thing, but the backlash was people went, "Oh, well, that doesn't really work," because somehow people got an impression that you just think the positive things and you put it out there to the universe and everything's going to be great in my life, but they forgot the really important step of taking inspired action because the law of attraction doesn't make everything come to you. It just opens those opportunities to you.

You still have to do the legwork, but that's the joy and the journey, isn't it? That's the fun part, I think, is going, "Whoa! This opportunity came up. I'm going to go for it." It's the 'go for it' part that I think is fun about life, seeing what you can create, but the

energetic stance is being congruent with what your expectations are.

So, for example, if you want to make more money or have a better-paying job or if you want to enhance your relationship or find the ideal relationship for you, well, from where you are obviously what you're expecting or what you're wanting to draw in is a higher vibration than you. Otherwise, you'd already be equal with it. You'd already be drawing that in, so in order to get that, you need to raise your vibration so you'll be on the same wavelength.

So your energetic stance is standing in that vibration. Like doing things in your life that keep you in a higher vibration so you're able to attract that, which is ABCs of law of attraction and energy healing, so I'm sure I'm not telling your listeners anything they don't already know, but maybe just reminding them of what's really important because we all forget that sometimes. It's really important to live your life in a way that what you're wanting you're in congruency with. Does that make sense?

Darius: Oh yes. We're getting a lot of people writing back. So what Carolyn's saying is your energetic stance is what you're wanting you are in congruency with and if you're not in congruency with it then that could keep you from having it and we've got a lot of people sharing where they stuck. It's just literally flying in.

Janice says, "Another issue I have is weight." She feels like if she loses the weight and I've seen this many times, she feels like men will be all over here again and not like her for being herself. Another person - Jessica - said, "My biggest challenge is self-doubt." Another person says, "My biggest feeling is that I'm not being understood. I feel that I'm not being received the way that I really am."

Another person - Karen - is getting over the fear of leaving. I don't know if that's somebody leaving or her leaving. Patricia says, "I'm

dealing with a cycle of failure and a disappointment.” Sherry said, “I’m dealing with autoimmune disease.” Another person said, “I’m dealing with money issues because money’s not falling to me,” and all sorts of things in between.

Another person is talking about she wants to get in better shape, but she doesn’t want to do another diet. She’s working with balancing her desires. Another person has too many demands. So just a myriad of things where people want one particular outcome – a better life – but seem to be mired down energetically in something else and what could they...?

Carolyn: Yeah. Go ahead.

Darius: I was just going to say what could they really be able to pay attention to so that they can move beyond this energetic pattern? Is it something that is maybe in the DNA that is just sort of energetic frequency that they’ve inherited? Is it something that they need to take steps to shift the energy or is it all of the above or perhaps none of the above?

Carolyn: I would say all of the above and that’s interesting, all of those things you read. I’m sitting here nodding, going, oh yes. These are welcome to life, everybody. These are the most common things that come up for people and we’re here in life to learn and to grow, but I think we’re also here to have joy. So we can learn and grow and we don’t have to stay stuck and mired in these. I’m tempted to just do a little clearing for everybody right now. Is that okay? Am I jumping the gun a bit?

Darius: Yeah. Oh, no.

Carolyn: When the energy brings it up it’s like, “Oh, can I just work on that right now?” Just as you were reading those, I could feel that energy. I’m thinking, “Oh my goodness. That energy’s so ready to move,” and the number one thing – and I’ll answer this question while I’m doing this as a clearing also – allow, accept and receive.

Allow, accept and receive. If you can remember those three words and keep that in your energetic stance because I want to get rid of these self-doubts.

I want to lose the weight. I want to get out of this failure mode I'm in, all these things that people want, but when you're wanting that it's like you're trying to reach up to something better, which is a good thing, but also be in that energy and if you feel like I'm not there yet, then yeah, there are some practical everyday things to get you there, but can I hold off on that for a minute while I just clear some of this? There are some generational things on these that really is trying to move.

My Simply Healed is really simple. So on my side it's complex, but it's very concise and very concentrated, I guess is the word for it. So on my side I'm just checking that everybody on the phone...and yeah, we've got some blocks on allowing, accepting, receiving, so I'm just going to kind of move those.

The words I always use to tell my clients is if you're in a spider web, I can clear the web. I can cut those web things. That's easy for me. That's my expertise. That's what I've done for years and years for thousands of people. I can get rid of the web for you, but you have to kill the spider because only you can do that. The spider is actually doing the legwork, taking the actions.

An example of that is, okay, I'll admit I love Dr. Pepper. I love it. Love everything about it, but I've been off it for a while and I'm okay being off it, but I had to do a lot of clearing on that. So I can clear and that would really help and would get rid of the cravings and one or two a week is a lot for me because I'm not real soda pop kind of gal, but it was getting like that I would think about it during the day and I'm like I don't want to be like that. I want to be more healthy and not do that.

So I still had to do the movements. I still had to kill the spider. The spider was me not going to lunch with my friends and ordering one. Just don't order one, me not getting one at the movies. I still had to have the integrity and keep my energetic stance just by practical steps, practical movements, with me not doing it.

So that's what I mean when I tell people, "You've got to kill the spider." That means only you can change your behavior because nobody else can do that for you, but it's way, way, way easier when you've had energy work and it's cleared the underlying things around that.

Darius: Yeah and when you do the energy work, Carolyn, I mean a lot of people say okay and they'll have people sort of repeat something. You're clearing right now while...you're clearly sort of silently. I want to hear what people are feeling as this is happening because there's a lot of times we miss it and we go, "Oh, when she's going to clear?" No, she's doing it right now, everybody, and so you will be feeling some sort of lightness or something possibility come in.

So let us know what you're feeling. One person said, "Allow, accept and receive," – Kell – "is awesome." We have a ton of questions, but I just want people to let me know what you're feeling and, Carolyn, please continue. Clear, clear, clear away.

Carolyn: Sorry, I got a little chatty there. Okay, I'm just asking the energy if...and I actually wrote down the things that you had said people wrote in – weight, snuffed out, not being understood. I used to have an issue with that. I've cleared it and now my life is so much better, but whoever wrote that one in, oh, I hate being misunderstood. I so get you.

Fear of leaving, autoimmune disease – I'm asking the energy do I need to do some of these separate from the others? It's telling me, no, I can do it as one big blanket statement. So what we want to do is clear whatever...

Yeah. This is where the generational is coming from. It feels like there's stubbornness. Stubbornness has a certain feel to it like it's concrete. It's hard. Anyway, it's generational for...yes. Every single one of these has generational stuff with that.

Darius: Ooh, wow.

Carolyn: I'm moving that right now so everybody can just take a deep breath. I can slow it down for you if you want, but I don't have the patience for that because when the energy goes, "Hey, I'm ready to move. Just give me a little push," then it's like, okay, here you go.

Okay. So let me see. Money, there's something more we need to do on the one for money. Okay, so on all these it's...and what I want to make sure and plug in for everybody on the call – and I'm sure some people are really strong on this, but I know there's some that need this – it's just *I own my own power and it's safe for me to stand in my own power*. We're just plugging that in right now.

When I say plug in, in my work what that means is your spirit knows in order to have that new positive affirmation, like *I own my own power* planted in the subconscious because our subconscious is pretty much what controls us. That's what all our behaviors come off of. Your spirit knows, *oh, wow, we're introducing that in? Okay, I'll accept that because that's a high vibration and that feels like home to me*.

Higher vibrations always feel good to us and we like those, but in order for that to come in – wow – I've got about ten or twelve or a hundred of these false beliefs or misperceptions that I've taken on over my life and I'm going to have to clear these out - push these out the back door, so that I can allow that new one in.

So that's kind of how my work works. A lot of it is unspoken. I don't go in the back door and delve in all of these and go, "What about this and this and this and this and this? Let's get these out." No, we're just putting in the positive affirmation and I trust

because I know this is how it works, that your spirit goes, *oh, got it. I'll push those others out to make room for this new positive one.*

So I'm going to plug in a couple more here. Yeah, it's safe for me to move forward. Sometimes I have to do a breath on it because I can feel there's such a big push to it. So I hope I don't breathe too out in the phone. I move forward gracefully and naturally. Ooh, good, everybody was good on that one.

Letting go of resistance and stubbornness, yeah, and there's something else generational on this? No, but there are on the money thing. Okay, let me just check. Is there anything up in general that we need to do right now because I know there's some that we need to do, but maybe we can save that for a little later on the call.

Darius: Okay.

Carolyn: Yeah. I've just got to get this money one now because it keeps tapping me on the shoulder that it wants something done – metaphorically. Okay, so for money, anybody on the call that's got something going on with money, what we want to do is just...it's about worthy – feeling worthy, forgiving self. I'm just going with the words that come in my head because when I get going phrases just come in and I'm not sure who it's for or how many it's for on the call, but this is what needs to be cleared right now so that's what I'm doing.

Darius: Okay.

Carolyn: Okay. *I allow, accept or receive the money. I'm worthy. I'm very... capable is the word connected with that...that it means. I am capable of making money, of holding onto money and money is a currency, so it's a current. It is supposed to flow. You can't just hang onto it. It needs to come in and go out. It needs to breathe. It needs to move.*

Anything else? Okay, we got whatever was stuck on that for the moment. We got that. So I can do some more clearing later on if you want to. I didn't know if you wanted to get back to whatever was coming in from the listeners or not. Your call, you decide.

Darius: Yeah. I want to read what people are feeling because we've got a lot of people saying, "I'm feeling the energy. Thank you for saying it's safe to stand in my own power." Cheryl said that.

We have another person who said, "Yes, I'm feeling a lot lighter. I've been feeling much better. I can feel the shifting." One person said, "I started crying." Janice said, "My body started shuddering," and a lot of people are just feeling a shift.

Now, the thing that I found surprising when we were talking was that you said that everybody here had some generational blocks or DNA or lineage issues and we've not really talked about that on this program. One person just wrote in – I always feel like a victim.

For those people that have done all this work that's trying to clear things with their life right now, but they don't get to that generational stuff, how does that come into effect in our lives? Is it sort of imprinted when we're born? Tell us more about it because I want to get to this. It's very, very critical.

Carolyn: Okay. Ooh, yeah. Juicy, I love generational work. It's kind of my specialty. It's so fun for me to do and when I said every one of these I didn't necessarily mean every single person on the call, although, I didn't check for that necessarily. I mean all of these that you had read before – the ones that you had read that I wrote down like weight, snuffed out, not being understood, all of these.

Okay. If anyone's unfamiliar with generational or ancestral healing we inherit things in our cellular memory, in our energy. We have seven energy systems and not just the chakras. The chakras are just one of the seven energy systems, but we have all

these different energy systems in our body just like the physical systems in the body. So we've got our skeletal system, muscular system, circulatory, all of those and we also have energy systems.

Things can get stuck and they can get passed down through the lineage. So there may be times when people say something to you like, "Oh, you've got your father's sense of humor," or "You've got your grandmother's graciousness," and those are great traits. We all inherit really good things that are valuable to us and we like those and it connects us with our ancestors and it feels good when people compliment us on a certain tendency that we may have.

However, we also carry things that aren't really great that need to be cleared and often people come to me saying, "I can't quite let this go." So I'll look a little deeper and it's something that they have about not feeling worthy, not feeling capable, it's usually there and/or generational and with victim energy that's generational a lot of times – a lot of times.

Generational is not necessarily the same. It can be, but oftentimes, it goes back further, but not necessarily the same as being raised in a family and learning family traits. Yes, that can also be in your energetic DNA, but oftentimes, things go way back many, many, many generations and there was some ancestor somewhere that struggled with something and it just kind of makes it way down the lineage and it doesn't hit every...

Like I have five children, they don't all have the same color hair. Like our physical traits. Not every single person in the same family gets them, same as the energetic traits. Maybe I'll carry something and my sister does not and something's more of an issue for me and it's not for her, but maybe my other brother has it. It can skip generations.

So when we clear those it cleans it up in us, but it's so connected. We are so connected with our lineage. The way I always say it is it

pulls that flawed thread from the tapestry of the family tree. Meaning if it's some great-grandpa 20 generations back – and that's a long ways back – it clears anybody who's carrying that in the lineage.

It doesn't matter which side of the veil they're on – living or deceased. It'll clear that out for them, for me, for my children, for my grandchildren, for my great-great-grandchildren. It just pulls that flawed thread out, so it's not in that family tapestry anymore and also it will get sideways – siblings, cousins.

I love doing energy work for people from different countries, different ethnicities because it's like I can just feel the ancestors in the room. You can feel that – wow – this is clearing things for people on the other side of the world that I didn't even know who they are because I know that they are in that lineage and it's clearing stuff for them.

I'm sorry I'm rambling a little. I'm so passionate about this subject that I just get going on it. Did I answer your question, Darius?

Darius: Yes, you did and it's fine. We need to know this. People have a lot of questions and a lot of concerns about this. So one question I have really quick maybe we can do because I've got quite a few. When you do clear somebody's lineage right going backwards, does it also clear going forward, I guess, for the future generations so they don't repeat that same pattern?

Carolyn: Mm-hmm. Yes.

Darius: Okay.

Carolyn: That's what I meant by that flawed thread. I had quite a few money issues and maybe I still do that haven't come up yet. I don't know because they can stay dormant for a while, but when I first started doing energy work and found out about generational, I was like, "Whoa, holy cow!"

So I started clearing money stuff just whenever it came up and I had a lot that was generational. Like on my mom's side and my dad's side and my financial life is so different now than it was back then. I just didn't realize how many tethers I had on me and my kids, well, my four oldest are all 18 and older, but they don't have those issues about money that I had. I can see that in their lives because I've done so much of the work and it has been a blessing to them. It's so cool how it works.

Darius: Quick question, Carolyn. For people that are here and we're getting a lot of things stuck. I'm just going to read some things, but I want to ask you an important question to kind of where people are right now. It is how can they tell in their life is they have something that is their energy that is a block or something that they inherited? Is there a way? Are there things they can look at to sort of self-understand or self-realize, *okay, this is something I need to put my attention on and release* or not?

Carolyn: Ooh, that is a great question. Sometimes that a little bit tricky. Like if it's something that you feel like, okay, consciously I've done this work on...I don't think I have any underlying blocks. I'm feeling capable of getting past this. It's safe for me to move past this and I've written out any kind of pros or cons or whatever, anything that I think subconsciously would be a benefit, like we did earlier and I'm pretty sure I'm clear on it, but it keeps kind of pestering you a bit.

Darius: Right.

Carolyn: In that case, that's usually something generational. It's like I'm carrying something extra. Also, you have things in your family, if you know there are other people in your family with those same tendencies or the same challenges in those same areas, really common ones like...here's a really easy way to answer that, but generational can be through all kind of challenges, but you'll see it in money issues. You'll see it in abuse, in addictions. Your

addiction may be different than your grandfather's addiction, but addictions almost always have some kind of generational thing to them.

Depression, I have never worked on anyone with depression who has not had sadness, grief, fear, sorrow in their lineage. We've all had that in our lineage, but some people carry it more strongly than others. Not that people with depression don't have their own stuff that they can also be clearing and working on, but it always seems to have a generational root that kind of pulls them down a bit.

I teach how to clear that, but I think if you are aware of that and you can ask it just like you did on the intention circle today, Darius, bring it forward. Talk to it – *I'm aware of you. I realize this is in my lineage. I'm ready to let this go now. I am the chain-breaker for this in my family.* Nobody has to come up and tell you, you are the one to break this.

No. If you feel like you are, you decide that you are and you break it and you talk to it and tell it thank you for what you have done, for the lessons people have learnt through this and we're ready to let this go now.

Darius: Beautiful. Well, I love that. I love the idea and the truth of people deciding like today is the day I'm going to change not only my life, but the future of the people that come through me and after me and the people that I come in contact with.

We're getting just tons of comments – we're over 100 now – of just people writing in with huge shifts and they're feeling a difference and feeling things sort of moving. A big part of this is allowing the energy to come in. Tell me a little bit more about that and I would love to hear about people that have done your work, that have gone deeper into Simply Healed as well and it had astounding results and things in their life.

So maybe we could touch on both of those things. How does allowing fit in with this and then what are some of the things you've seen that maybe have astounded you or really surprised you in this healing work?

Carolyn: Okay. Nothing surprises me anymore! Your first question was...I'm sorry. Say that again. I was thinking of stories about self...

Darius: Yeah, the principle of really allowing...

Carolyn: Oh yeah.

Darius: Is so important in this and how does that work and how does that sort of open the door for the healing people want?

Carolyn: Okay. Well, the allowing part comes from making up your mind that, *okay, I'm going to allow this to work for me*. All of this that we're talking about kind of fits together – making the decision of it's safe for me to allow and receive this and I'm capable to do that and make the changes – and that all fits in with the energetic stance and just some really practical no-brainer things that I can lift for people to do if they're feeling like, *well, how do I stay in that higher vibration*, which I think we all know, but it's always nice to have some little tips from somebody else, too.

Probably a lot of people keep a journal. I don't have a ton of extra time to write a whole journal entry. I notice some people write journal things to vent. So they'll write down all this negative stuff. I think that's kind of okay. If you're getting it out on paper that's great, but if it's a habit of that's how you always write in your journal...think about some day you're great-granddaughter may be reading that and do you really want her to see all that?

Then you've got that journal of just negativity lying around. So try to write feelings of things when you felt happy. Like I tell people do a success journal. Every evening just write down three to five

successful things where I felt successful today. It may be, *wow, I got that load of laundry folded*. It may be just a little tiny thing or it may be, *oh, I won the Nobel Peace Prize*, whatever it is in your life.

A gratitude journal, I always preach about gratitude journals. Write down at least three things every day that you're grateful for. You could get going on that and easily write a list of 100, but we'll make it easy on people – three things.

For me, personally connecting with God each day or several times a day in my case keeps me really grounded and successful as I go through my day. So whatever that is for other people. I realize there are people from all walks of life listening, so whatever connection they have to nature, to God, to the universe, to be open to that. That's another place where you need to receive that. You can say, *yeah, I'm very open to that; I believe in that*, but are you receiving that into yourself and letting yourself get the gift from that?

Like you had Caitlin...is that her name, Kaitlyn Keyts – on and it was so beautiful the way she talked about connecting with nature. I love that when she was talking about the message from the tree. That is a really great way for people to get grounded and stay in a higher vibration.

Reading good books, music that fills your soul. Music that is really hard on the soul that is really a hard beat, sometimes that's fun and uplifting, but if it's something that...ask yourself, ask your spirit, *does this soothe me or does it not* and if it doesn't, stay away from it because it's bringing your vibration down. If it's soothing and fun...I just got the funniest CD. Oh, should I tell you where it is? Okay, at Target. *Santa Fe*. It's just all musical. I love it. I put it on in my kitchen when I cook and it raises my vibration. I swear my food turns out better. It's just Mexican guitars. It's very uplifting...

Darius: Yeah.

Carolyn: So much fun. Like just simple things like that. There are so many simple little things we can do in our lives and what that does is that raises our vibration and you may think, "Well, how will that possibly help me make more money," or "How will that possibly help me find my soul mate?" Are you kidding? Any time your vibration is higher, that's going to get you in a better place to receive whatever is on its way to you. Okay, sorry. I'm rambling.

Darius: Well, Carolyn, we're getting a bunch of questions in and I feel like we almost have to get to these because I can feel so many people needing just something where they can really...

For example, Judy wrote in. She says, "I've struggled with depression for as long as I can remember since childhood. My health has gotten very poor in these past few years and now I feel only half alive. Doctors haven't been able to help me. I'm 51 years old and I feel like my life must be over, but I feel that I also still have so much to give. How can I heal and how do I know what to do?"

Carolyn: Okay.

Darius: That is Judy.

Carolyn: Okay, Judy, I'm going to give you a little exercise to do and everybody can do it and I also want to clear some things for her because 51 years old, seriously? I'll be 51 next week. You are way too young to be here, which I know you know and I know your spirit knows that or you wouldn't have written in, so let's get you some help.

Let me give you this exercise and then I'll clear some other things. Do you know what? I would say do this every day or a couple of times a day. You can't overdo this. This is a qi gong. I used to teach

tai chi and qi gong classes so I love some of those exercises from there and this is one. This is actually on my DVD.

You can put your hands in front of your heart in prayer position. You can do this sitting or standing and actually it works a little better standing and I like to do it barefoot. Barefoot outside is perfect, but you can still imagine that you're connecting with Mother Earth if you're inside, too.

So, hands at the heart in prayer position. You know what that means – palms together and you're going to take...it doesn't matter which hand goes first, but just so we can all do this together take your right hand up toward heaven. So your arm is stretched out. If you have any problems with joints or anything, it doesn't have to be all the way long.

So the palm of your hand is facing heaven. Meanwhile you're taking your left hand down the left side of your body so the palm of your hand is facing earth. So you're going to visualize all that fresh energy in heaven and all that fresh energy in earth and you're going to grab a little bit of those.

Grab a handful of those and bring them back into your heart center and take a deep breath and then go the opposite way. So this time your left hand is going up to heaven and your right hand is coming down to earth and take a deep breath – my fingers always tingle when I do this – and bring it into your heart center.

Now, when you do this, as you expand the body you expand the lungs, so now if you're still moving, your right hand should be up and your left hand down and take a deep breath in because you're expanding. Expand everything. Breathe in and then as the hands come down to heart center, you're contracting. So contract the lungs. Nice long exhale. Let it all go and then other side, left hand comes up, right hand come down.

This is a great thing to do first thing in the morning or any time. Sometimes if I've been on my computer for several hours I just step away from my desk and do one of these. If it's a nice day outside, I'll go outside and do it. I do it at least three times on each side. At least, but sometimes I go a little longer and sometimes I add different words to it.

If I'm having a hard time having my head and heart connect or if I can see the big vision of a project that I'm doing – and I kind of have a feeling a lot of your listeners will relate to this – if you see a big vision of what you want, but you're having trouble getting from Point A to Point B, like the little details, I think of it as how far apart those are and I'm connecting the big vision with the little details and bringing it into my heart. I don't know how it works, but for some reason it helps me get more connected and feel better.

So do that every day because it feels like for Judy your body and spirit are a little bit disconnected. Okay, I'm being nice. They're quite disconnected and I think that where a lot of the problem is, so just kind of actually being in your body. I see that a lot for people who have had depression for a long time, it's almost like the spirit tends to take a step back a little bit. So what we want to do is connect those two and get you really connected and have them be comfortable being connected.

Darius, do you care if I just work on Judy here for a minute?

Darius: Oh, no, not at all and could other people get some benefit, too, that may be feeling some of the same things?

Carolyn: Yeah.

Darius: Good.

Carolyn: Thank you for saying that. So, okay, this is for anybody on the call and there are probably lots and lots of people on the call that need

this very same thing. So my intention is anybody listening to this or to the replay who can benefit from this will get the benefit of it. So just breathe, relax, be open.

What we want to do is make sure it feels like...and I'm focusing on Judy so I'm talking to her, but just everybody else know this is for you, too. It feels like the cells are not communicating like they're supposed to. Like the cells in her body. It's like her body feels very separated to me. So let's just talk to those cells and get them open. We want them to hug together. I just see funny pictures in my mind.

Okay, the cells are all united and working harmoniously and that's safe to do. That's comfortable. They know how to do it. Your body has a perfect blueprint for help and all the body systems, all the body organs, yeah, everything just feels really disjointed. So let's just allow that to get in. Okay.

Judy, I love your energy. It's really softening up. When I first started, it just felt scattered and now it's like, *ooh, I get it*. Okay and what else did you tell me about Judy besides depression?

Darius: Well, health. She suffers from depression and her health had gotten very poor the last couple of years as well.

Carolyn: Okay. Oh, alrighty. That's where that came in. That's why it felt like everything was separated – the cells, the molecules, the body systems. It was like everything was in its own room with the door closed. So what I'm doing is clearing that clutter. I'm just the cleaning lady.

I'm just going in clearing it – whatever's cluttered in that – so that they can all open their doors and come out in the hallway and hug and work united because they're all in this same body and they need to all be working on the same team and they know how to do that. They know what to do. There just somehow has gotten some

clutter in there, just some residue that needs to be cleaned up and cleared out.

There's something else. Hold on just a minute. There are some childhood things there. So without going through all 51 years of her life on the phone, I'm just asking the energy to clear that for us. I'm doing what I call a timeline. It just kind of cleans up whatever's ready to be moved right now that's been just hanging on.

We download the stories of our lives and so there are some things there that are hanging on that they just want to move. Tell them goodbye, Judy. "Goodbye. Thank you for the lessons," because you're ready to move forward and move up and you're so young that you've still got a lot of living and a lot of life in front of you.

Darius: Amen to that.

Carolyn: Yeah. That feels a lot better. Okay.

Darius: Very powerful. Judy, if you feel something, if you're still around and also what other people feel. In fact, many people that were on the call as well...

Sandy says, "This is amazing. I love it. Simply Healed is the most amazing thing I've done for myself and my family. My mother and I have both taken Carolyn's amazing class. It is amazing and it's allowed us to assist everyone around us. I look forward to the day when I can help on a larger scale like Carolyn."

Carolyn: Oh, awesome. Thanks, Sandy.

Darius: Yeah. A lot of people are very happy. I want to hear what people have experienced and it's just sort of like a flood of people opening up to what their challenges are, what they want to release, what they want to move beyond in their life. This is a very, very powerful thing.

Now, Carolyn, what I want to ask is as people are thinking about the work you're doing here right now for them, one of the ways that you're very different than some people that are on our series is you actually teach people to become healers and not only heal their own life, but earn income as a healer, become a better person as a healer and actually take this gift that for a lot of people feels like, well, *Carolyn was born a healer and I could never do that work or I could never learn what some of these people on your show do.*

You actually show people and train them. I remember last time we called it the Harry Potter Hogwarts of the healing world where average people are learning to become healers and awaken that power in them and in doing so, like you said, get out there and do something fun, transforming their financial lives and the lives of others. Let us know this is not something for the select few. This is something that people can do.

Carolyn: Oh yeah. I always tell people if you are drawn to the work, you definitely have a place in it. There are none of us that cannot do this kind of work unless your energetic stance is totally skiwampus and you want it to stay that way and you want to stay in a really dark place in your life. Then it's probably not for you, but almost everybody – and I'm sure all your listeners on the call – yeah, anyone can get inspiration, can get intuition.

That's funny that you said people might think, "Oh, Carolyn was born with this." Really? Yeah, I cannot deny it. It is a gift from God, but I had to tear through a lot of wrapping paper and boxes and ribbons to get to this and I'm still working on it. I'm always learning new things from working on clients and all sorts of things. That's what keeps it fresh and new and exciting.

I wasn't like, "Ooh, this is me. These are my natural gifts." Oh no. I prayed and I asked for them and that's okay to do. I think that it's fine to do that. That's what we need to do if we want some help

with something. It's okay to ask. My belief system is God. Some people might just ask the universe or go out in nature and get some help, but we already have it inside. We already have it inside of us. So when people say, "I want to get so much better at my intuition," as if they're reaching for something beyond themselves, it's like it's already there. We just need to learn a few tools to help us connect with it.

I have people come to my classes who have seen and heard things all their life and they've been set down, they've been stifled, they've been told – *shhhh, don't tell anyone you can do that. That's weird.*

I've had people like that come to my class a lot actually, that go, "Oh my goodness. I can use this in a good, powerful, good way." Then I've got other people who come and go, "I was just really, really drawn to be here. I've never done anything like this before. I don't know if I can do it. I'm going to see if I can learn those skills," and they're beautiful at it.

So across the board I have people come. We all have a seventh chakra. We all have that access to the divine and the access to intuition and I explain it in really simple terms. My brain works in pictures, so for me, I have a metaphor for everything I describe. For example, when I said earlier, "Well, I can cut you out of the web, but you have to kill the spider," I have to have a picture for everything so it makes sense to me, but I didn't know if this could be taught.

I kept getting a spiritual prompting for a year to create their own course – teach your own course – and I'm like this is all in my head. I can't teach it. I don't know how to explain it. Some of the words I don't have mortal words for because it's so spiritual for me, but finally I just listened to that and went, "Okay, I'll try teaching a class and see what happens," and it worked and people could learn it. Anyone can learn it.

Darius: Oh, wow.

Carolyn: Fun.

Darius: Well, that's the point I wanted people to get, was they can actually not only take care of themselves, but the people that they love. Could we do something to really take care of everybody here? There are two clearings that I know you talked about with our group that you'd love to do for the crowd and I'm also feeling it's important – (1) feeling worthy and (2) being capable of accepting the new positive changes that this information could bring into their life.

Carolyn: Okay, awesome. Those two are really connected so let me just see where we need to start here. Okay, so this goes out to everyone listening. Oh, that feels so good. That's such a nice strong vibration. Everyone united.

Okay, so first I'm just going to start with...because we've already plugged in *I own my own power and it's safe for me to move forward, gracefully and naturally* and we did the letting go of resistant and letting go of stubbornness – *I allow, accept and receive good things into my life and I am worthy of good things in my life.* That one's got some snags on it. Let me clear that up real quick.

I'm worthy of good things in my life and worthy of success in all areas of my life because a lot of people will have success in one area and have this kind of underlying false belief that, *well, I'm so good at this, it's okay if it's not really successful over here,* but you know what? It's okay to be successful, to have all your spokes of the wheel the same length. We need to to have a smooth ride, so *I am worthy of success in all areas of my life.*

Also, having patience, *I have patience with how this unfolds for me.* That's a big one for people. *I'm capable of accepting these new changes. Capable of stepping up to the changes this new vibration*

will bring. Okay. Sorry, that one was stuck for a minute. My life gets better every day. I find joy in this journey. I believe in myself and I believe in my abilities and this one might sound negative. It keeps coming to me that I know we need to plug these in for people so I'll explain this a little bit, but it's I can do hard things.

So how I mean that is a lot of times...and in our society everything's so quick and easy and fast we forget that it's okay to have patience and to work toward things and that it's okay for things to be hard. I mean, yes, I'm all about Simply Healed – get it, clear it, get it out of the way – but it's also important for people to trust their ability to, *oh, I'm going through some hard things right now* and to feel good about that. Like, *oh, but I can do it. I'm strong enough. I can do this.* So it just really felt like we needed to plug that in for some people. So I'm going to go one step further with that one – for the women on the call – *I am a strong woman.*

Ooh, there's some generational stuff that came up on that. Let me move that. There's a lot on that. *I am a strong woman and it's safe for me to be a strong woman and I step into that.* Yes, there we go. That feels better and for the men – *I am a strong man.* Oh, they're good. Yes, good on the men. Let's see if there's something else on the worthiness. Yes, there's some generational stuff about worthiness that I'm just moving and let me see if we need anything else.

A nice little exercise for people to do too is look yourself in the eye in the mirror and whatever good affirmation jumps out at you that you really like, look at yourself in the mirror and say it and perhaps it's just *I am worthy of a great life.* If you're feeling like you're not, if you've been struggling with things and it doesn't even have to be in the morning, it can be when you're brushing your teeth at night, but look yourself in the eyeballs in the mirror.

Louise Hay calls that 'mirror work' and it's really successful, actually. Some people have a hard time. They don't even realize

that they rarely look at themselves. I've assigned that to clients before and said, "Okay, this is your homework," and they'll come back and say, "That was so miraculous, the things that came to me just from doing that. I never realized. I never looked myself in the eyes in the mirror."

Darius: Wow.

Carolyn: Women, we think we do because we put on mascara and we put on eyeliner and we think we're looking, but we're not. We're just looking at the outer. We're not really looking at our soul. So just saying to yourself *I am worthy. I am worthy of a great life. I easily sustain and maintain this work and energy healing works for me. I'm worthy of it.* Oh, there are just a couple of other things I need to plug in here.

Darius: Sure. We're getting a lot of comments back. People are really feeling. They're connecting to this big time.

Carolyn: Oh, good. Okay. *I am connected to my life's mission.* Yes, that what we need to do. I'm always a little bit funny about how there's so many coaches and people out there in the world today preaching your soul's purpose and your soul's mission and you have to know what that is and get connected with it and I love that.

It's powerful and great, but it can also freak people out. People will go, "What is my mission? I don't know what my purpose is. I don't have a purpose," and yes, everybody does have a purpose.

Darius: Then your whole life it's like you don't feel like you're being worthy if you're not living your purpose every single moment and you miss all the other parts of your life that are your purpose because you think you've just narrowed it down to one little thing.

Carolyn: Yeah.

Darius: I agree, yeah.

Carolyn: There are so many seasons in life. We have lots of different purposes at lots of different times in our life, like right now my purpose is to be a great mom, to be a great wife, to do this out in the world. Yeah, but in ten years from now my purpose may be something totally different, maybe off in a Third World country helping people or something. I don't know what it's going to be then.

So I want to make sure that people are connected to their life's mission, but how I mean that is all the many different things that you will do in your life. All the things that the intention for you to do is there and we just need to feel worthy, feel capable, step up and know that we can do it. That's how I mean that when I say it.

Letting go of the fear of other people's expectations of you and letting go of the fear of other people judging you negatively or misunderstanding you because that really has nothing to do with you. Eleanor Roosevelt believes it was that no one can make you inferior without your consent.

So we just want to get rid of any of those fears of *what are other people going to think? They're going to think I'm crazy if I go down this path.* That has nothing to do with you. That's their insecurity and we can have compassion and love toward them, but it's okay for us to move on, so *I am supported.* There's another affirmation we need to plug in. *I suppose others and I am supported and my energetic stance is congruent with my positive expectations for my life.* Ooh, that's a good one. Okay, we needed that.

So, to me, I think the thing with the number one secret to alter energy work forever and it's not really such a secret, but the number one way to alter energy work and get it to work in the best way it possibly can for you and to maintain it and sustain it is to be proactive.

Live your life in integrity and be proactive and seek out good things rather than just say, “Well, I put my order into the universe so I’m waiting for it to come to me.” Speak out beautiful things and make sure... or somebody you can write a nice thank you note today to or someone you can smile to – simple.

Darius: I agree. Yeah.

Carolyn: Yeah.

Darius: Yes. I totally agree. Let’s do this. Let me read back what some people are feeling and experiencing here. Carla says, “Wow! I’m crying. I always thought that I was doing it wrong while living what I thought was my big mission.” Linda said, “I’m feeling so much better. I love Carolyn Cooper. Thank you, thank you and thank you.”

Carolyn: Ah!

Darius: Rock Sand said, “Thank you for addressing soul purpose. That’s exactly where I’ve been stuck. I’m been freaked out by not thinking that I’m doing it.” Fanny from Redondo Beach said, “Thank you for giving all your healing power to us today. You really made a difference.”

Janice said, “I’m really feeling this. Thank you so much. She’s hitting all my major things.” Carla says, “Yes, that is one strong woman. I guess she was everybody’s rock,” and now because of health problems, she’s afraid she can’t be on her own anymore.

Judy wrote us back and said, “Thank you, Carolyn. You were right with me. I do so compartmentalize in every single way. My body now feels right. I feel all stirred up now, very emotional, my heart chakra up. My sternum has becomes very warm. I feel like I’m releasing. Thank you,” and on and on.

Another person, Angela, said, “I felt this huge enormous energy download while you were working on Judy,” and the list goes on.

There are literally over 117 people. They're just flying in. Yeah. It's like trying to drink from a fire hose over here. It's amazing. People have just opened up and awakened and awakened.

I want to talk about the University because this is a very different university than probably any university you've ever seen. This is a university to help you and show you your own ability to be a healer and also heal your own life. Can you tell us about the Healing Clean & Simple University and what it is and what you put together for us here today at the *You Wealth Revolution* and then in a moment...let me do this really quick. I want to tell people where it is so they can probably follow along and I might just do that now before we get too deep. I'm sorry about that Carolyn. It's at...

Carolyn: Okay. No, that's great.

Darius: Yeah, we're going to probably go through and talk about all this so I think it's something that you just have to go deep into because it's so revolutionary, www.youwealthrevolution.com/carolyn and it is revolutionary. To arm ordinary people with their extraordinary superhuman abilities to heal and change the planet is a revolutionary idea any way you look at it.

Carolyn: Wow. I love how you said that, awesome. Okay, so you want me just to explain what we got here? That's great. I'm happy to do that.

Darius: Oh, yeah.

Carolyn: Okay. So it's Carolyn Cooper University. It's an online platform so this is all done in the comfort and convenience of your own home and this is called Energy Healing Clean & Simple. It's my online course. I just opened it, I think, right before my last time I was on Darius and I've already had over 1,000 people go through it. So it's awesome. It's fun.

Just so I stand in my integrity, I want to make sure you know this is not my Simply Healed training. My Simply Healed training is a four-day live course. This is a prereq to that. This does have some tools on it that you can start clearing things with, but it's not all my advanced stuff.

It's got five different modules in it. So the first one talks about vibrations and how your vibrations look with the law of attraction and I know a lot of people on this call are already familiar with that part of it. I cannot tell you the number of emails I've got from people though that took it is a prereq to my other class and they've been in this line of work for years and years.

They'll send me emails that say, "Wow. I thought I knew all that. I learned so much from going through your class." So even people who go, "Oh yeah, I know all the basics," these are basics for Simply Healed. These aren't basics for all the energy healing modalities out there. This is my stuff. So you may not know all of this.

Then module two is Your Amazing Energy System. So it talks about all the seven energy systems, the chakras, auras, meridians, grids, Celtic weave, radiant circuits and rhythm, of which a lot of people are not even aware of all of those. So it gives an overview.

Darius: Yeah. I've never heard of the Celtic weave. I've never heard of that.

Carolyn: Yeah. So there's a lot of some things and in my live practitioner training we go in a lot more depth, but this gives you kind of in a nutshell what they all are so you're familiar with them and then there's a module on listening to the wisdom of your body and the exercise that I had you do earlier with writing down how does this benefit you. There are handouts in each one of these. There's a little home – I don't want to say homework – home play assignment with each one of these. I love the assignment that goes

along with this. It's a little bit similar, but much more in-depth of what we did earlier today on the call.

Then there's a whole module about intuition and what 'clair' are you. Are you clairvoyant, clairaudience, clairsentience? We all have a different way of picking up intuition. Some people just feel it in their gut. Some people know it without doubt in their heart. Some people hear things. Some people get shudders. Some people get cold chills. Some people get tears in their eyes.

We all get it different ways and most us a combination of a lot of different ways, but it helps you kind of get aware of, *oh, this is what I notice when something is tapping me on the shoulder. This is how it comes to me* and then you're much more aware of that and you realize, *oh, I do have some gifts, wow*, because we all have those gifts, really, and then there's a question/answer. So these are commonly asked question about energy healing. Then there's three mp3s of the little short clearing I did here today.

Darius: Yes.

Carolyn: Those are full hour clearings. There's one that comes as a bonus in the University, which is Healthy Body and then there's another one on self-worth and money and those two – money issues and self-worth issues – I do monthly calls. I do a monthly group call. Every single month I had about ten different topics that I locate.

Those two are my most popular ones. I always have tons of people call in for those. So those are the ones I wanted to give your people. I thought, "What are my most popular that people love the most that I can give to Darius's people on this offer," and that's what you're getting.

Darius: Well, I love that. Let me ask you about some of the specifics here. It's first at www.youwealthrevolution.com/carolyn and just to let everyone know it's a \$97 program that she's offering at 73% off.

In it there are the modules, but you've also included a self-worth clearing, I think, and a group clearing that also allows people to integrate sort of like a positive imprint and also reprogram their subconscious beliefs and shift things on a cellular memory level and also emit, obviously, new vibrations and signals to their surroundings on self-worth and self-esteem.

Let me ask about that. Is that an additional bonus that is being included here?

Carolyn: Okay. Well, one of them is on self-worth and then there's another one called *Your Energetic Relationships with Money*. So I'll just give you kind of an overview of what they both are. So they're usually about an hour long. I don't know exactly to the moment, but they're about an hour long and all you have to do is relax and listen and breathe.

Darius: Oh, I like that.

Carolyn: Yeah and how I do these groups calls is I'll put the invitation out that, okay, the group call is on such and such date, this is the topic. So people register and then if they have something specific on that topic that they really want to make sure that I don't miss, they send me emails. So I get tons of emails and, yes, I have a whole team, but I personally read through every one of those emails and pick out...I spend a lot of time before the call. I pick out things that, okay, this person wants to make sure I touch on this. This person wants to make sure I touch on this. This person wants to make sure I touch on this.

So I just kind of go by all of those emails that come in and whatever else I'm feeling on the call as we're going along. So we clear a lot of generational issues, we clear specific issues that people have written in and if there's 150 people or so on the phone, if one person has written in about *I really, really want to work on this particular thing*, I know that there are tons of other

people that have that same thing because like attracts like. So we just go through and clear out a ton of stuff and reprogram with new affirmations.

I use affirmations as kind of a clearing statement, really. It's like the affirmations are going in, but it's cleaning up all those old murky things that don't need to be there anymore.

So that's what both of these are. A lot of them on self-worth, which would be great for any of the people that wrote in today because it really gets right to the root of so many self-worth issues for people and I think that's the number one thing that people struggle with at the base of all their... it's the common denominator for all of us, I think.

Then that energetic relationship with money, that's just a fun one for me to do because we have to have money to survive in this world and most people have some kind of something with their relationship with money that they want to improve in some way. So that's one's great, too.

Darius: So in additional to the modules that you have – modules one through five – there's also some clearing work around self-worth and then also the energetic relationship with money to help people really clear out the past blocks that can even repel money from coming to us.

Then, Carolyn, included in that, too, is the cellular work from, I guess, the ancestral side as well. Honestly, that's something you do that's very unique to your own gifts. So that is included as well on both of those – self-worth and also the energetic relationship about money as well, correct?

Carolyn: Correct and can I just say something about the generational thing? You might think, "Well, she already did this and it's a recorded download and so it was whoever was on the line with her at the time and she felt ancestors from them or she felt generational

things from them and cleared.” People have asked me, “If I listen to that replay, is that still working for me generationally?”

Like they get that it’s working for them with the affirmations and everything, but can I just say, yes, it is because there is something in your generational DNA that comes up that connects with what I’m talking about when you’re listening to that replay. Yes, absolutely, that will pull that up and clear it, too.

Darius: Wow.

Carolyn: They’re really powerful.

Darius: Very, very cool. So they can listen to those as many times as they want. I also want to ask you really quick. One thing you talk about is how people can flip limiting self-doubts into powerful positive affirmations and then also your personal formula for manifesting health, wealth and joy. Tell me a little bit about those two pieces because I think those are very interesting, especially your own formula to manifest health, wealth and joy.

Carolyn: Okay. Well, my own formula basically is everything we talked about today. It’s like trying to live in integrity. I’m not perfect. I’ve got a long ways to go, but it’s getting up every day thinking, “Okay, how can I serve? How can I serve in the world today? What can I do? What needs to be done?”

I actually have to make a conscious thing and help me to see outside of myself and outside of my own little life here because sometimes I struggle with that. Sometimes I get really kind of limited vision on, *oh, I’ve got to get all this stuff ready for work and my daughter’s got dance practice and my son has this.* We get really self-absorbed with everything in our own little world.

So, for me, it’s consciously asking. It’s doing exercises like that one...oh, I don’t think I gave you the name of the one we did with Judy and with everybody else where one hand goes up to heaven

and one goes to earth. The name of that actually is *Heaven and Earth*.

There are lots of different names for it, but that's what I call it. Connecting with heaven and earth, that's one thing I do. As I'm doing that I'm thinking of, okay, from my heart, spreading out a little wider than just my little space here in my home, in my cul-de-sac, in my neighborhood.

Darius: Right.

Carolyn: So for me it's just trying to live in integrity, seeking opportunities to help other people because if people want to raise their vibration and they're feeling low, the very best thing you can do to get out of your own stuff is to find somebody who needs help and it doesn't have to be spending two days helping somebody move. It doesn't have to be that intense. It can be just some nice little thing you do for somebody that literally raises your vibration. That's my formula, just simple, simple things. I'm all about simple, as you know by now.

Darius: Yes and Simply Healed.

Carolyn: Yes and the part about flipping limiting beliefs, so if people think about what is a challenge. Do you have an email there that someone's written in a challenge that I can give an example of how I would do that?

Darius: Yeah. Let me do that. A name and address one. Mary's asking what page is this on. Again, Mary, it's at www.youwealthrevolution.com/carolyn and this package – really quick because we're getting some questions on it – is this available immediately to people once they order or is something that comes in the mail?

Carolyn: Oh, big question. The downloads of the self-worth call and the money call are immediate. You can go right there.

Darius: Okay.

Carolyn: The other thing, my team gives people when that comes in, they see that come in and my team goes, "Oh, let's set this person up for a login." It's kind of like the administration sent to a university, I guess you could say. Within a day, they will get their login for the University because we usually have a whole bunch of orders coming in at once and so there's a certain login procedure that we do on the backend. So it just makes it much, much smoother for all the students coming in.

If you haven't got that in more than a day, then write to me and I'll make sure you get it or check your junk mail, but yeah, the downloads are immediate and while you're listening to them, our team will be getting you all logged into the University and hopefully get an email out to you right away.

Darius: Okay. Let me ask people who are listening in...you are looking for what, Carolyn, something that they can flip a limiting belief into a positive empower...?

Carolyn: Yeah. Like if someone wrote something in that was a challenge for them or how they explained it as being a challenge and I will show you how to just take that and flip it.

Darius: Okay. Well, anybody that wants to write in – I want to involve everybody here as much as possible – with a challenge and we can flip that and sort of do our alchemy on it. Send that in right now if you're at the webcast. Okay, there we go. There's Sherry. Thank you, Sherry. She says depression and sadness is her challenge, her depression and sadness.

Carolyn: Okay. I was looking more for a statement, but I can put that into a statement for her.

Darius: Oh, a statement? Okay.

Carolyn: Yeah, but that's okay. I'll work with that. Okay, so sadness. So I'm going to take...so first of all she's got...

Darius: Sherry, she's going to clear you!

Carolyn: Yes. She had generational stuff on mom's side and dad's side on depression.

Darius: Very good.

Carolyn: So we cleaned up that piece of it for you anyway, however much of came up today to be cleared. So sadness, so let's make this simple. If someone said, "Oh, I have so much sadness in my life, I am so sad," you just flip that to, "Okay, what would you want to have happen," and I ask my clients that all the time. Okay, ideally what would you want to happen in your life? "Oh, I would want to wake up happy every day. I would want to have my life full of joy. I would like to have more laughter and more fun in my life." Okay. There's your affirmation. Make some affirmations out of that and plug them in for Sherry here.

My life gets better every day. I see the joy in my life. I see the good things in my life. I'm worthy and deserving of the good things in my life. We've already done that so that one should be okay.

My life is happy. I choose to have happiness in my life. It's safe for me. Oh wow! Something came up on that. It's safe for me to be happy. There are some childhood things on that. I'm just going to move that right now. There's some other stuff on that one. Okay.

She's got generational and childhood both on that that just - whoa - jumped out when I said, "It's safe for me to be happy." So let me see and that just goes along with owning my power and there's something about it's okay to own my power and be happy with it. Happiness is a big...there's a big stuck thought. There's a big knot in this. Hold on just a minute. There's something else there. Okay

and something else...okay. Yeah. I had to bring in the advanced stuff for that one.

Okay. Yeah, that's what she did. It was like just a big knot in her energy that when we got to that *it's safe to be happy. It's safe for me to have joy and some fun and just comfortable...being comfortable there. It's I can be comfortable in happiness.* Yeah, it almost feels like it just needs to start at her heart and come out from her and she needs to believe that happiness can start with her. Even though she's in a place of sadness that she gets to now flip the switch on that.

Oh, that was a longer explanation that I was meaning, but we needed to do a little work there. So thank you, Sherry, for writing in, but honestly, to flip beliefs you can just simply put into words what is it that's annoying me right now or that's challenging or that's hard for me? Then ask yourself, "How would I want that to look?" You always start it with *I am* whatever. *I am now experiencing blah, blah, blah* or *my life is this way now* because you always put it in the present tense as if it has already happened because that's what raises you and gets you in that energetic stances so the universe can answer you where you are.

Darius: I love that. I love that. Well, Carolyn, I just want to thank you for being here and doing just gobs and gobs – I don't know if that's the right word, but a lot of clearing work and releasing a lot of energy. I want to hear what people are feeling right now, how this benefited you, where you are.

One person wrote in, "Carolyn's statement that it's safe for me to be happy really hit me and I'm in tears now," and she just says, "Wow! I can't believe..." I think there's the shock of how powerful some of these things are.

Everybody, it's at www.youwealthrevolution.com/carolyn. It is a \$97 program and includes all the stuff we talked about including

the ancestral clearing and the DNA clearing on issues of money, self-worth and all of the modules. You can read all about it there and if for any reason you're not happy with it – Carolyn, they also have a certain amount of time if for any reason they're not happy with it. Is there a refund policy on this?

Carolyn: There is. We don't have it on the thing, but yeah, if you get into it and go, "Oh, this isn't for me," – I think in a thousand people I've had one person ever do that because she thought it was the advanced training course – and, like I said, it's not, but it gets you to towards that, so yeah, sure.

Darius: Fantastic.

Carolyn: Because I know people love it so I'm happy to say, yes, if you're not happy with it, we'll refund.

Darius: Yeah, we just want you to be happy and that's obviously our motto and what we hold as our highest value here and so it is there. Carolyn, any final words for the group or any final things that you feel as you're reading the energy of the group that they need to hear so they can take the next step in their life, whatever that may be? Be it with you or just in their own path and destiny? What final words do you have for this amazing group here at the *You Wealth Revolution*?

Carolyn: Well, I just want to say thanks. I feel very supported. This was a really fun group. I can feel the energy of them. I can't see them all. Yeah and I really appreciate it. I'll just be very transparent here. I was a little bit nervous about this topic because this comes from my heart and this is what I really feel is, yeah, people need to live in integrity if they want the energy work to work. It's just as simple as that, but I was a little afraid of sounding preachy. I didn't want to come off wrong.

Darius: Yeah.

Carolyn: I just want to say thank you, everybody, because I can tell these guys really got it from my heart how I meant it, like in a way that can empower them and help them and just things that I've seen in my practice over the years and how I'm just trying to help people to get to that place. So I just really, really appreciate their openness and their willingness to hear it with their hearts. They're on a good path.

I would just in final say be proactive and step you to who you really are and do some talking with yourself to find out who you really are. Sometimes our hero within is hidden a little too far in there, but he is in there.

Darius: Yes. Yes, I agree. I love it. I love it. Patricia wrote in. She said, "I was feeling depressed and disappointed when the call started. Now, I feel very hopeful." Another, Priscilla, "I feel like a lot of energy has come up. Thank you for clearing me of so many things. I know there's more work to do now, but there's room for those things to be cleared."

Maureen said, "The happiness thing that she taught was huge. Thank you." Sherry said, "Thank you, Carolyn. I feel a tingling..." That was the person that you cleared mostly recently...

Carolyn: Oh, yeah!

Darius: "In whole body when you were working on me."

Carolyn: Yeah!

Darius: I love it. I love it. I love it. I love it. I think we are good. We have so many people responding back. "Thank you for this call, Carolyn, it's so awesome." So Carolyn, thank you. We love you here and you're always welcome back. Maybe we can have you back and do like a Q&A or something really deep and just keep going deeper and deeper into how we can really bring people into the world of simply being healed and connecting to their own power and

ability to heal others and, ultimately, if you help enough people get what they want, the universe cannot in any way be stopped from bringing you everything that you want and that's what I love about your work is you're empowering people to heal, to help, to grow and bring others the joy that they want and in doing so they get it themselves in a huge way.

Carolyn: Well, thank you. Thank you so much, Darius, and everybody on the call. I've loved being here and I appreciate you having me and I love to talk about Simply Healed.

Darius: Yeah. I want to just do this real quick before you go. I know you've got to run, Carolyn. Everybody, let's send Carolyn just a huge amount of love. I'm sorry for interrupting there. I get so excited. On the count of three - one, two, three - let's send that to Carolyn, just our love and our thanks and gratitude. There it goes.

Carolyn: Yeah! Smiley faces. Thank you. Thank you. Thank you, everybody. I've really enjoyed it.

End of Transcript