

# Sunday Cathy Abundance

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Hi.

Hello, everyone. It's Sunday evening.

In it's almost seven o'clock eastern standard time.

And we're back for a little secret Sunday.

How are you? It is good to be back. I'm going to look on my phone to see if the comments are going to start so that I know that you're here. We're going to give everybody a couple minutes to find us.

I missed you guys the last couple days. And I've been trying to spend some time in the thread today.

So I can start to see your comments. Yes. Bianca, you're here from Australia. How cool does that mean? You were not able maybe to attend but now you can. Heather's here, there sonnet. That's just what is Rebecca's here. Hello. Katie Hendricks Hi.

How are you? Kristen's here.

Hi, guys.

So happy sacred Sunday.

I love Sunday evening, I used to take a restorative yoga class in Santa Monica Sunday nights, and there's just an energy to Sunday evening.

Before we begin the week, there's just like a little bit of peace, a little bit of extra peace on a Sunday night. So it's a nice time together. So look at you guys, just go in the distance. Certainly making me feel like a like a someone you're showing up for a bonus day. That's extremely, extremely generous, you know, your time, your time is the most valuable thing that you have.

And so it means so much that you spend it with me. I'm always so honoured by that, you know, when people listen to my podcast, even though the podcast is free, and all of that, it's still, it's still a something that people choose to take their time, I know that there are a lot of other things that you could be doing with your time. So the fact that you're here,

I don't take that for granted.

So we're going to give everyone just a second to find out that we're alive.

And today we're going to talk about

we're going to talk about

stepping into the portal,

unlocking the door to the mystical,

really finding,

finding our way

to true abundance.

To true

that true state that we can sustain, where we feel and experience

abundance where it's not just a feeling, but it's made manifest in the three dimensional space.

So we're gonna talk about that today. And I love this conversation so much. So it's really a pleasure.

And I always do this, whenever I'm given the the mic, whether I'm doing a five day challenge, or my my course, the way to do this journey, I always do it in real time, like I kind of get the hit

of what I feel might be helpful for me to share. And so I was looking and feeling and sort of just perceiving that we should have a conversation about abundance.

And about what it really means to step step in

to, to that

as a reality.

It's really a quantum shift.

And it's very real. It's very real. So it's 702. So we're just gonna dive in. So

I have a few things in my notes that I want to cover. But let's just see, let's just go for it. Let's just see where, where it takes us.

So

Oh, you know, it just happened. I'm not going to turn my computer screen just in case I were to unplug something but it just this second started to rain.

So and in. In Jewish tradition, rain is a sign of blessing and literally a sign of abundance. And just as I said that you can hear like Edwin McCain song, and I'll be and he's like you can hear Listening to the rain. It's like right now. It's just raining. It just started

and

So it is. So

that's literally right on right on key.

So here's what it is. We live in a vibrational universe.

And I love this. Because I love music. How many of you love music? How many of you play music.

So music

is amazing.

And it's sort of my, my point of entry.

For me, I could go to a concert or a Broadway musical and fully have a religious experience.

Music is incredible, because

they say that there was there was a time in history where we didn't have the words,

we just could sing.

And what happens when you sing and people sing with you,

you find harmony.

It's all vibration. In fact, if you really want people to let go, put their guard down,

sing, sing with them.

And the study is about music and how it heals.

Pretty much make everything I'm about to tell you

evidence based, but we actually have so much more science that backs up that we live in a vibrational universe that you wouldn't need to study music. But it's a beautiful way to see what I'm saying.

So we live in a vibrational reality.

But we forget that

we forget that we know that. But we know that because we are that we are energy in a physical

in a physical world, that is mostly non physical.

So mostly what's happening all day long, is that there's energy bouncing between you and the tree, you and your neighbour, and you and the people in your home. And there's energy just that's all that's happening. 99.9% of all of this is energy, right? That's what atoms are the big reveal. The big reveal is that this world

is only point 1% physicality, but we

we calibrate to the physical. So what does that mean? It means that we

we perceive

things backwards. We think that things are what they are.

And they cause us to feel what we feel.

We think that things are what they are. And that is just what's the reality how many times you heard people say, well, the reality is,

I can't afford this. Well, the reality is,

I don't have this. Well, the reality is, what does that mean?

When you go to a science museum, I took my kids, before the pandemic to New York, we saw a bunch of shows, it was so fun. And I'm so happy that Broadway is coming back. But we saw a bunch of shows and we went to the Natural History Museum and you sit in that planetarium and you remind yourself of this thing that we're swimming in. It's called the universe. And the more you study quantum physics, you get what's actually happening.

So it's backwards, we send out a vibration, we send out a signal constantly. And that's, that's what's actually creating. What what's here.

If you

look through your own eyes, depending on what you're calibrating to where you're at,

you're gonna see only certain things because there's a bias. And if there was a camera sitting next to the camera would see so much more than you see because the camera doesn't have the cognitive bias that you have.

So what's really happening is that and this is why I call this your soul's calling. So some people don't like the word soul, they attach that word to things that they don't feel comfortable with. So you can call it something else you can call it consciousness, energy. But how many of you have ever had an acupuncture session? So this is Chinese medicine, this goes back very, very long time. It works. Why does it work? Because

When you take a needle made of metal, you put it into the physical body. Why is that working? Because metals a conductor of what?

energy. So it's trying to get your energy back in the flow.

So what's this all about? There are now devices, I have one called heart math, which it's very non invasive, you just put it on your ear. And it's amazing. It can show you if you are in heart coherence, meaning

is your heart and your mind, is that energy in a flow state, or is it kind of chaotic and cut off?

When we are in a flow state,

you can then see both on an fMRI and an echocardiogram that both the mind and the heart are

working together. When that happens, instead of it being chaotic, it actually starts to create patterns.

When that happens, the energy actually extends out, seven to nine feet. So why is all of this so important? Because

our most creative tool is our energy.

And our energy

is connected to this thing called

our source. Could you want to call it call your consciousness, your soul, your centred place, that part of you is always within reach. What does that mean? So Dan Siegel, one of my teachers at UCLA, he writes all these books on

the science of mindfulness and all of that. And he said, it's really amazing because the more you meditate with people after a while, they recognise that there is an observer within that is noticing the spinning thoughts, it's sort of like the mind is a blizzard. But the The cool thing about meditation is you can start to at least observe that and you realise, oh, I'm the thing, observing that I'm not the thought. The thoughts are like clouds passing. And who I am is like, that thing, soul consciousness, observing all that, it's unbelievably amazing. So whatever that is, that's who we really are.

whenever you've had a experience, where you feel connected to that part of you that is that that soul that consciousness, if you really read into that part of you,

that part of you feels light.

It's like there's no heaviness there. It's connected to the one source of all energy which creates which which, which is in everything, and it connects everything. So it feels completely abundant, because it is.



So

if you've ever used a tuning fork,

you actually can see how energy resonates, and finds other energy. And then they come into congruence.

When women move in with each other, and they become roommates in college, oftentimes their menstrual cycle starts to come together.

So energy starts to match. They've done studies with fMRI, where they do brain scans, and they will put people in a room. And what they notice is that the person who has the highest frequency is the person who the part of the brain that lights up with enthusiasm, if that's happening for somebody, that person's energy is so much stronger than lower energy, fear, shame, doubt, that it will sort of become contagious and everyone will start to feel a resonance. Some of you have been saying, There's something about this week, where there's like a spark or something starting to shift. That's you, bouncing off of me holding this, and then you start to go, oh, whoa, I feel in me, where I'm unhinged from the weight of the fear and the shame and the doubt. There's only two things going on. We're either in a state of allowing, or a state of resistance.

What people don't recognise is that

the power of a non resistant thought the power of you, feeling your desire, it like goes off like a rocket like an atom bomb.

And what happens is when we

recognise that by being in a higher state of vibration, we start creating, right if if literally on a literal level, we actually can take images, photos, we can see that when people are in alignment with their, with these more abundant, more joyful, more enthusiastic, open hearted, compassionate places inside of them when we are coherent with that our energy goes out and extends seven to nine feet. That's why you can feel certain people, they walk in the room and they're like a magnet, things are just in flow state. So when people say, the reality is this, the

reality is I want you to unleash and unlock all of the abundance, the door to that mystical is here, it's right here, you can open that door. So how does that happen?

By knowing that that's what's also here.

In every moment, every possibility exists here. Whatever frequency we send out, that's our experiment with destiny, you send out the frequency of abundance, love, joy, compassion, first of all, you're going to feel good. And you're going to start to attract different things, you're going to start to see synchronistically different opportunities popping up showing up. But what's even more awesome is that you're going to be able to feel right away that feeling I mean, I do this every day, I meditate in the morning, and I find my centre.

And I let go of being in this three dimensional reality where everything's about moving things, and hustling and pushing, and you just go into this surrendered state.

And you can collapse space and time.

By feeling right now the feeling of abundance.

By feeling right now.

The feeling what does it feel like to feel to connect into to tune into the frequency of abundance of an open heart.

joy, love compassion, and then you become an antenna. That's kind of, you're sending that out. And that's what's going to come back. I want to give you an example. I want to give you some examples of how this is made into into real 3d things. So

I told you about Matthew McConaughey. Right, I told you that story.

But how to things happen, how to certain people open a portal, and their path becomes

possibility and other people are locked into. I can't afford this. And there's only scarcity and I edited it.

It starts with us dropping into

these higher, more abundant feeling places feeling it right now.

Knowing that that's here, that that's also here that the way that we opened the door to something more abundant is we literally open the door to it here that it's not something outside of ourselves. So the Matthew example is this. This is the same thing that's happened to everybody I know.

He's in law school. He's not happy. He's realising he doesn't want to be a lawyer. So what happens?

What happens is he starts to get excited and feel like what if I could do something else? What if I could be an actor, and he's thinking he's going to move out to LA and,

and go do this thing.

And he calls his father and says, I'm gonna quit law school. And he's worried about saying this to his father because his father's old school, and he doesn't think his father is going to be like, pretty supportive. And his dad's responses,

then don't have acid.

And that unlocks for him, this limited energy that was so bound up and I have to be this for my father to approve of me. It unlocked it. And he started to feel the excitement already of what it would feel like to be an actor to get paid to be an actor. And having had crossed that threshold. talking to his dad unlocked for him his own barrier of limiting belief. The next night, he's feeling on top of the world. You know how that feels. When you finally say what you need to say john mayer he finally say it.

It moves worlds. So he's all in in his

vibration that next day. He's calibrated heart coherence, mind coherence.

What happens when that occurs, you start getting ideas.

You start getting thoughts. You start getting that crazy idea like Gary Vee to start a YouTube channel, you start getting that crazy idea to do. You want to find a feel and move your future in. You get in that space, you remove the limiting belief, limiting the doubt the shame, you remove it. Now you're unbridled. Now it's coming to you. You don't have to go to it. It's coming to you, coming to you. So the next day, his friend says, Hey, come with me to the top of the Hyatt Hotel. My friend is bartending tonight. Let's go get some drinks. And he goes, let's do that. So he goes and gets drinks with his friend.

And sure enough, what's he sending out that night? He's sending out the vibration of I'm feeling good. Life is good. This is it, man.

Me Now I already got the abundance because I'm in it. Now it's just a matter of time. I'm all in. I'm all in. He's sitting at the bar. There's a guy at the end of the bar, what happens? That guy likes his energy.

He moves toward it. That's what happens with that kind of energy. People move right to you like a magnet. Sky moves over sits down. He says I'm in town.

Let's do some shots. He goes do it, man. Let's do it. And his energy is just fire that night. Fire.

And this guy's drinking with them. And right before he leaves. He goes, are you an actor? And he goes, I am indeed.

He says

What are you doing here in Texas? He says Actually, I'm going out to LA. I'm going out to LA this weekend, packed up my car. And the guy says, Well, lucky for me. I met you because I'm shooting a movie here in Texas.

And we need we need a few extras.

You want to be in it. And he goes, absolutely. He goes great. Meet me tomorrow at this address

goes down.

The guy says,

Oh, you got here a little early. He says, Well, I've never seen a movie set. I just thought I'd walk around. He's walking around and he meets the director. And the director says Who are you? He goes, I'm here because he brought me here.

And he says, Wait a minute. You're a good looking guy. I like your energy too. He goes, thanks, man. He's like full of enthusiasm, right? His energy's just supercharged at that point. No limiting beliefs. No doubt. No fear, no shame, no guilt.

Just,

he's just in alignment.

And he says, you see that girl? He goes, yep. He goes, You think you ask her out? You think you pick her up? He goes, sure.

He goes, Well, I'm gonna throw you into the scene. Can you go get miked up, and he thought he was going to be an extra? He goes. Yeah, let's do it again. Yes. Yes. No fear, no limiting. I can't. Let's go.

He goes, we're gonna put you in this car. We're gonna make you up. He goes, all right. sits in the car. Never been on a movie set. Sitting there. And he goes, God, this feels good. I'm just gonna let it feel good, man. It's feeling real good.

He goes, I'm gonna call action. And then I just want you to drive up to this girl. I want you to ask her out.

He didn't tell him anything else. He's like, let's go. Let's just be in the flow state. Let's freakin do it. gets behind the wheel.

Let's go. So he looks around. He thinks to himself who is my character? Well, I think my characters about three things, hot girls, hot cars, and smoking weed. So he looks around. He goes, Well, I got a hot girl hot car. And the actor in the seat next to him says, Do you want to smoke a joint?

At that moment, they go action. Matthew pulls the car up rolls down the window and he goes All right. All right. All right. Those were like the three things that he had.

And the director says, Can you come back tomorrow? He goes, yep, he goes.

Okay. And they wrote him in two days and confused

and

the second

At night on the set, his mother calls and says your father just dropped out of a heart attack tonight. And he goes,

I'm coming home. And she said, No, you're not.

What would he want you to do?

So he stayed, shot, that movie, then moved out to LA.

It happens first, in the vibration.

When you are all in, and you let go of this, calibrating to this small, 3d reality, which doesn't feel good at all, you surrender that for you open the door to this mystical which is right here, you will be led to experiences and opportunities. Because that's just how it is. That's just how it is.

And his story, it continues to go that way. In fact, I'll just tell you one other part of it, which is when he got out to LA,

he heard about a time to kill. And he said to his agent, I want you to let me audition for that part. And the guy goes, they're never gonna read you for that part because you're not famous. And he goes, Well, Sandra Bullock, you just told me she's going to be in it. She's only done one other thing? Why can't I be in it? He's like, they're not going to choose you. I'm not going to get you that audition. So he kept calling his agent. And he's like, I just feel it, man. I just feel it. I know the book. I just feel it. I'm in. I'm all in. And so he kept hounding his agent. And he said, You're embarrassing yourself. They're never going to choose you. And he's like, just enough with it, man. Like, let's just get me in there. And so the agent says, I'm going to let you audition, but on a Sunday, so you don't embarrass yourself because I don't want anyone to see you walking in, because you're not going to get it.

He calls his mom on Mother's Day on the way over on the Sunday of the audition, and he says I'm auditioning for a time to kill, but they're not letting me audition for the lead. They're letting me audition for this part with like, five lines. He goes, but I want to play this lead. I can feel it. And his mother says,

Don't you walk in like you're trying to buy the place? You walk in like you own it.

I goes all right, mom. So he goes in. And he reads this crappy part. And he says to the director,

I'm actually here to read for the lead. And he goes, Well, that's actually not what my notes say he goes, but that's why I'm here. He goes, really? Okay.

Go.

So he reads the scripts.

And it's pretty good. And he says to the director, Can I throw this script away and just do this part for you? He goes, Okay.

And he just is all in any like, throws this chair over and he delivers this like passionate monologue.

And the director goes back and says to everyone at the studio, I know you don't want to bet money on this dude, I know you want a blockbuster actor to bring people into the blocks office. He goes, I'm telling you, this guy is the guy. And Matthew said he walked down to Third Street promenade. The night before the movie came out, got a bagel went home. The next day went to the same deli on Third Street promenade The day after the movie came out. And he was stopped and stopped and stopped anyone Oh, I'm a celebrity. Like overnight, he was famous because the movie had come out the night before. But literally, it's it's just amazing. It's the difference between successful people and people who aren't successful is not that they lack this resource or this talent. It's

it's seeing opportunity everywhere. And feeling so good because you see it already. And then you feel so good. How many times have you wanted to set up a friend you have this friend and you want to set her up with guys but she carries like this heavy bitter energy and it's a forcefield and then you know these other girls maybe have this other friend who's kind of just like, puts her hair up and like a messy whatever I just like the energy is

she's just so good. And so all these guys are just so attracted because

There's just this,



this good feeling vibration. So

it really it takes 20 seconds of pure courage, he let go, you let go have that familiar,

that constant limit. It's so exhausting, and it's bad for you by a lot biologically, it's so bad on our bodies, it creates disease, it's like, we see the way limiting thoughts what the cortisol does to the cell and how there's no protein that's created. And then here's the crazy part. When we think, Oh, I just need to think positively. You're literally like trying to like move a mountain. Because here's why our body creates receptors for these chemicals. And so just like a smoker, whose body has now created receptors for nicotine, and those receptors are addicted and they want it that body wants it. And if it doesn't have it, it goes through withdrawal. And it makes you crazy until you get that cigarette. Your body has built receptors for cortisol, cortisol is a drug.

And when you fully drop into that shame, feeling, ah, your body's like, yes, yes, it's so addicted to it. And of course, it feels like garbage and hurts and your mind going crazy. And your body is like addicted to that cortisol.

When you are like trying to have some new experience, and you're letting go and you're vulnerable, and you're dreaming of something, or you're letting it letting a person love you a little bit and you go a couple days and something starts to feel expansive, your body goes, No, come back, come back, come back, and your body starts to try to get that emotional hit. They want that addicted, like chemical release, it's no joke. This is what's happening on a very real science based level, like go research and it's amazing. And so it will do anything to unseat you from starting to let go of it. But the more you feel that surrender, that abundance, you can feel it every morning. And so that's why I say it's backwards because people go through their life and they're like, this woman in traffic bothered me, my husband's The reason my bank accounts, the reason and all these things are the reason I feel how I feel. And that's what makes my life the way it is no, we are so much more powerful than that. Our environment should not dictate how we feel. We can literally simulate the feeling of abundance, we can simulate calibrating to our soul, which is all infinite and awesome, and pure and loving and not just loving, unconditionally loving. And the more we feel that, Ah, that's energy. And now we start to move out of the body. We start to move out of those receptors. We start to come up, up, up up. I'm going to tell you another story. So

how many of you know who Brian Grazer is?

Brian Grazer?

runs a company with Ron Howard. It's called imagine entertainment.

I'm sure you guys know who they are. They're the most successful producing team ever in Hollywood history. They made movies like Apollo 13, A Beautiful Mind TV shows like Arrested Development. You know they are.

Ryan has written books on this now.

But

I loved meeting Brian, I love having Brian on my podcast. And Brian says, there's so much here. There's so much potential. There's so many possibilities constantly. The moment just this moment, every moment is so fertile with this possibility. If we can just align with possibility, boom, there's the abundance. So he goes you know how every project that's ever come, that's ever been birthed from us from me. I've never had the agenda. I never know where it's coming. I'm bringing it in through the power of vibration.

So when Brian was 2324, he didn't know what he wanted to do with his life. He was going to go to law school.

I guess this is what a lot of people choose to do. If they don't know what they want to do like

I go to law school.

So the summer before law school, he gets a temp job at Warner Brothers, just a temp job. And one day his boss says, I want you to take this manila envelope to Warren Beatty. And he's like, Oh, that's so cool. Warren Beatty so famous. He was like the guy, the actor at the time. And Brian Grazer was a no one. And he drives the Beverly Wilshire hotel, the same hotel where they film Pretty Woman. And he goes up to his penthouse. And Warren was actually living there at the time in that hotel, and knocks on the door. And the assistant says, Thank you. And he says, No, no, no,

no, this is legal stuff. And I actually have to make sure I hand it to him, which he made up on the spot. Good for him. He had like the hutzpah to just be like, you know, I gotta give it to him. So he goes in and warns us, thank you so much. And right before he walks out, he says, Mr. Beatty, you're the most successful actor there is in this moment. I'm so mesmerised by you. Can you tell me what's one reason you think you've had the success you've had? He said, Cathy Warren sat down and proceeded to talk to me for over an hour. He said, I loved it. I was drinking it in he goes, I had no agenda. I didn't need a job from him. I didn't have anything to ask him for. I legitimately wanted to bask in this guy's energy. And I had the courage to ask him a question. And he felt seen. And he loved getting to talk about himself with somebody who is genuinely interested. PS. This is a tangent, but in 1998, I was flying standby from New York, back home to college. And in I went to Florida State, and I had to get to Atlanta, and I couldn't get out of New York because there was a snowstorm. This is a true story. 1998 couldn't get out of New York. I was there for my grandmother's 80th birthday, snowstorm February, missed the flight, miss the next flight, finally get on the standby flight.

And the woman says there's six people ahead of you.

But I'll put you on the list. And I go, I go.

I really, really get that you've been on your feet all day. I go. I'm 18 years old. I'm scared to spend the night in this aeroplane aeroplane. I really want to get on that flight. I really want to get out of this airport. I go I so I so appreciate you though, because I can imagine that you're more exhausted than everyone else, because you're dealing with all these people's negative energy. Long story short, she calls my name Cathy Heller. I go up. She says, You're getting on the flight. I go. How did that happen? She goes because you're the seventh person on the list. I go. Yeah. So how did that happen? She goes, we have one seat. And the six people ahead of you were in a couple. They didn't want to get split up. I go.

Awesome. That makes sense. She says, But guess what, because of the snowstorm, we got to get everybody out of the airport, you're getting the last seat on the plane. It's in first class, you guys. I was 18. I never flown first class at that point. I get on the plane.

And I'm sitting next to the hottest. I know I keep telling you these guys are hot. This guy was also pretty hot. Great energy. The sky was amazing. The de icing the plane for an hour I started talking to him.

He's wearing like glasses of beanie turtleneck. He's all like kind of like incognito, I get off the plane. I spent two and a half hours hanging out with Michael Jordan. I sat next to Michael Jordan. And when I got off the plane, and he took off all his stuff. And I realised who it was I was like, I can't believe I just spent two and a half hours with this dude, we talked the whole time. And they didn't know who it was. But I'll tell you why it was so awesome. Because I didn't know it was him. And I said, What do you do? And he said, I'm an entrepreneur. He goes, What do you do? I go, I'm in college. And he said, What do you want to do? And we had this incredible conversation. He talked to me about how every single thing is all right here. It's about making a decision

that we either play full out and live up to our potential or we don't. And if we choose to the opportunities will come. And I thought this guy was amazing. The reason I just went on that tangent is because I can tell you from firsthand experience like Brian Grazer, when you

meet anyone, if you really are genuinely present, it doesn't matter if they're the king of the world. They love there's no person who doesn't love presence, true genuine presence from another person. So

Brian had this experience with Warren Beatty.

And he got back to the Warner Brothers lot. And that day he said, You know what, I don't know what I'm going to do with my life but I'm not going to go to law.

School. I'm going to do that. And he's talking to his buddy in the temp office. He goes, What's that? He goes, I'm gonna have those kinds of conversations because I don't know why I'm so buzzing right now. And I just know that that will leave me like, I just need to do that, like that thing. So he's that day, just came back from Warren Beatty. He's looking out the window and he sees Ron Howard walking across this quad at Warner Brothers and he screams out the window. Ronnie Howard. Ronnie Howard and his friend goes, dude, that's so embarrassing. Why are you screaming his name? You don't even know him. He goes, I know. Because I'm on top of the world. I just talked to Warren Beatty for an hour. I want to connect to these cool people there right here. Why can't I connect to this dude.

Ron Howard looks up doesn't see who this voice is. goes to his office goes to his office. And Brian Grazer is calling his office is Ron Howard pick up the phone.

Ron Howard picked up the phone. He goes Who is this? He goes, I'm the dude that just screamed your name. He goes, who are you? I don't know you. He goes, Hey, I'm Brian Grazer. I work in building 103. Can I come over? I want to tell you something. And he goes, I never do this. But you're so excited. Fine. Come over. He comes to his office. And he's like, I think you're so awesome. Isn't it? So cool. I saw you out the window. And Brian. And Ron's like, Stuart is insane. And so Brian goes, I think you're so awesome. I watched you on Happy Days. What do you want to do with your life? And Ron's like, this is why you came here. This is why you came here. What I have stuff to do when he goes, I don't care. I want to know. I want to know, I'm so excited that you're here. I'm here. This is great. Tell me about you. Tell me what you want to do with your life. He goes, Okay.

I really want to be a director. But nobody takes me seriously. He goes, I do. He goes, we should do something. We should do a project. And he goes, why would I do a project with you your attempt in the office? He goes because I haven't those he hasn't Don't you see, I was willing to call your name out. I can make things happen. I can get people in a room. And he's like,

Okay, fine. He goes, I actually I have an idea for a movie. He goes, I wrote it down like two years ago. It's about a guy who falls in love with a mermaid. And Ron's like, that's dumb. That's hokey, that's not going to sell. He goes, Okay, what if I could make that sell? Would you direct it? And he goes, sure, sure. If you can make it sell, all directed. And Ron's like, I got, I got momentum. I'm sorry. Brian was like, I got momentum. So he just starts to make phone calls. And he's like, I got a pitch. I got this. I got that. He starts setting up meetings. And they go in and everyone's like, no, that's dumb. And he's like, we'll do it. We'll do it. Anyway, long story short, they, Brian has the idea to reach out to Tom Hanks who was like, just up and coming. But he says to Tom, I got Ron Howard to direct it to the day and Tom's like, Alright, I'll do it. So then they had Tom Hanks, and Ron Howard. And Brian basically sold this movie, and it became a smash success. And on and on, and Brian's like, honestly, Kathy, he goes, and you can hear this on my podcast, he tells the whole story. But he goes, every single, every single day of my life. If you ask my assistant, I say to my assistant, don't like book me meetings with like, things and like, like whiteboards. He goes just booked me a meeting with an interesting person who I don't know. And I don't care what the agenda is. I don't care. So Brian says, some days, I meet somebody who's like a master at teaching Mandarin, and I just have the best time with this person. He goes one day, I my assistant booked me a meeting with this really cool person who is an astronaut. And I'm sitting and I'm listening. And I'm like, Oh, my God, this is a movie. And that's he goes Apollo 13. That's how it came. He goes, when you're not forcing and there's no agenda, you're just literally open. Like there's possibility everywhere. There's momentum everywhere. That's how things come. Another example of the same thing as my friend, James altucher, who has an amazing podcast and one of the biggest, most profitable blogs. And he's like, literally, Cath, he goes, every major success I've had came from giving ideas away to somebody else. He goes, like, I'd be listening to another

podcaster. And I would think this person is so genius. They could write a book about this, this and this here would be the five titles, and I'll send off emails like that he literally makes like idea pads like this. And every single day, he'll find someone else in the world to give an idea to like, literally just give it away. And he goes, I like doing it. It's really fun. It goes he goes it keeps me sharp and nine times out of 10. The person responds and says, that's like an amazing idea. Do you want to work on that with me? And sometimes he's like, Yes, great. And sometimes he's like, No, no, that's for you. But you should do that. You should do that. And I'm telling you, like, that's literally every time I've built

Something or done something, it's just like what's here, no agenda. Let's go. All I can tell you that's here is it feels good. I know that there is abundance, it's only abundance. When I moved to LA, I'm talking about a girl who there is no trust fund. There's, there's, there's, you know, single parent family, there's coming out to LA, my mom's dealing with her mental health. At that point, my dad and I hadn't spoken in about seven years. I'm just going out there. Like every other kid who needed a day job, all the things and I actually worked, worked in a casting Office of Buna Murray, I worked on the real world and wrote, like, in a casting office, I worked in an oncology office at UCLA, I taught Sunday school, I worked in a floral shop, I mean, I just had day jobs.

But whenever I would get enough of a little money together, even though I didn't have like, the reality was I couldn't afford it.

I would go to the peninsula Hotel in Beverly Hills. Because I found out that there was a spa there. And if you got a massage, which was like \$220, that for me was so much money, then I found out if you got a massage, you could spend the whole day at the spa.

And so I would go

and I would walk into this alternate reality where the blanket felt so good, they would give you this blanket in the quiet room. And there would be this tea with this little cookie on the plate. And I would go into these, the the steam room and it smelled like Eucalyptus, and they had these roll towels and ice that were seeped in lavender. And I would feel what it felt like to just feel that good. I spend the whole day there. And I'd be like, Oh, we all belong here. It's so empty. like nobody was enjoying it. It was amazing. It was so good. I just enjoyed it so much. And my friends would be like, how can you afford that? I'm like, how can you afford not to do that? How could you afford not to go spend a day plugged in? let it wash over you? Do you know that my friend,

James clear, wrote a book called atomic habits. I said, what's the most important habit? He goes, you know, cap. And you can hear this on the podcast. He goes, when I first wrote this book, people asked me that my editor asked me that I said, I don't have an important one. They're all important. He said, But now that the book has been out for six months, I have an answer to that question. The most important habit is who you spend time with, we become research shows, we become the sum total of the five people we spend the most time with, we become like them, we start thinking like them, we calibrate to them, that literally becomes that little elephant with the chain around its foot. That's its perimeter. That's that's becomes our cage. He said. So now I see that if we

spend time with certain people, we develop totally different habits because our identity starts to completely shift. So and that's so true, right? You think about like your kids and like who they're around or even think about yourself, like you go out to lunch with a certain person. You're like, Why is she gossiping? Why does this feel bad? I don't like it. And then there's other people, they just bring something better out of you. So I used to say to my friends, you just told me you can't afford to spend \$220 I get it. It's a lot of money. How can you afford not to? Like I go there for the day I walk out, I'm just shifted.

When people this is what I'm saying. When people ask me about me to do this. I mean it. It's a quantum shift. It's a paradigm shift. It's stepping it's opening a door that's invisible door, but very real. And it's a new reality. It just is. And then it's and then it's what is and then it's what is and then it's what it is. And so it is and so it is and so it is. So when people say I want abundance, I want abundance, first of all,

just saying it like that you're in a state of scarcity because it's not outside of you. It is you right here. Boom.

Once you drop into that, you're gonna go oh my god, I had three ideas. Oh my god, I went to lunch with someone and I was in such a high vibe and we had this conversation. You know what we're doing? We're starting a podcast, we're doing this like boom, boom, boom, the abundance is here. But in order to get the physical manifestation of the abundance, you have to be in that flow state of abundance. And then the thought comes the idea comes inspired action comes from the idea, the energy you give off is

in alignment with that, and then the people who are in alignment with that abundance, you guys

start coming together, you guys start doing your thing. I just had Cheryl Hines on the podcast who plays Larry, David's wife on Curb. And she said, I went to audition for that part. It was supposed to be a one hour special, we get on the set to shoot the one hour special. And Larry's like, I actually think I could do this. I like this. I'll do it with you guys. And she goes, and then overnight, all of us who were unknowns who were cast in a pilot, because he took that step, and then we all enjoyed it. It was a yes. And and and and a yes and and a yes. And and it's been 20 years, 20 years. So we are so calibrated to the physical reality, the 3d, we are so calibrated to the negative, the low vibration, and we spend so much time around that that's all that think about the news. There are so many talented producers in the world, think about how possible it would be to show and capture, like the high vibrations, the things that are happening, they don't capture it. So they're constantly showing you like, this is where fear and shame and doubt like you know, blow up and look at what it does to people and they think that that's what's going to sell. So we just keep getting like brainwashed, you know, into this into this reality. My friend, my good friend Rachel Platten, she wrote this on fight song. And

I had her on the podcast, too, but she's become a good friend of mine. And the story is that she played that song, that song, not another song, she played that song for almost every record label, and they were all like, No, no, no, no hear it. And instead of going like, Oh, no, no, no, her parents actually called her. And her parents are like therapists and like they, they wanted her to be successful. And they said, rage, we love you, but we're gonna cut you off. Like, we're not gonna be able to, like, keep funding your musical dreams, because we actually want you to take responsibility and like, go live your life and do something with your brain. And she was like, Great, so I'm just gonna, like keep doing music, because I just know that like, this just is what is. So she had this thought, okay, so the record labels don't want to sign me. But I want to sing that song. So she said, Where could I sing it? Where can I be in abundance with the song? Where can I get this from my heart into someone else's? So she goes, What if I went to the hospitals? And I sang for cancer patients? How would that feel? So she starts going every single day, this is my fight song, take that. Song, choose Alright, so

you know the song, and I don't really care, nobody else believes. So she starts going like over and over and over again. And one of the nurses says, you have to let me play that song for my brother. Because every time you come in, and you sing that every person on this floor gets better.

So she goes, Okay, so this nurse had a brother who was a DJ. And she played it for him. And he goes, That's such an amazing song, I want to play that song. And he played it. And then the hospital decides we should make a video of all of us singing this. And they do. And it goes viral.



And then she got the record deal.

And so it is.

So what I'm trying to get across. And this is not just about whether you think that the reality is that you don't have the money for my programme.

I'm sitting here fighting for your future.

You have to be obsessed with the vision of the future instead of obsessed with the memory of the past. And right now, you're obsessed with the memory of the past, not just what it looked like, but how it felt and how you believe it continues to dictate how life is.

And that's the quantum shift.

Instead of saying, I can't afford it, I

you have to go, oh my god, I'm rich. Oh my god. I'm needed. Oh my god.

I'm breathing.

That means in this moment,

all all physical manifestations are possible. And then your heart opens up and now you're seven feet bigger literally. Now you start putting out a different energy. Can you get a hit, then you get a hit. You actually literally turn the engine on for your brain to finally give you an inspired idea.

Then you put it out there, then people receive you. Now 15 new opportunities come to you and you go, oh, there's the 3d manifestation of the abundance, just like that.

Whenever you sell anything anyway, whether you're watching someone on Instagram, whether you're in this programme, whether you're walking into Bloomingdale's, and you're meeting with the person who's like selling you, this ring, you're never buying the thing. You're, you're you're, you're, as Malcolm Gladwell told me, there's an immediate, there's an immediate gut, you're either bought in or you're not. And you buy in within four seconds based on the person's energy, the person, we literally get hit like a like like a whip, which like people like their energy comes right at us. And it's either like a boomerang and we were just like, want to repel it, or we want more of it. And then we're like hypnotised by it. So you can say, I can't, and I can't, I can't, and then you can't, and you can't, and you won't. And then you'll keep you'll keep that part of your brain like a zombie, like cut off. And you will just keep calibrating to what you can. And you will look for evidence of what you tell yourself as true. As you'll say, I can't you see, I can't, he can't, and she can't, and it's not and it's bad. And your body will go more, more. I love this. I'm addicted to it. Let's go, let's go, let's go. And then you'll be like, these are all the reasons why I can't, I can't, and you'll be in that low vibration. And so it will be. But if you step into this abundance, which is right, literally right here,

you step in and you reach

for your soul, you reach for you that you have you that consciousness, you realise, oh, I'm really living in a vibrational universe, thank God.

Nobody's like objectively deciding that because I have this hair colour, or because it did it. It's all energy, it's all energy. It's all energy, people are attracted. People literally get moved out of lower vibrations when somebody comes in the room with enthusiasm. So if you have open heart, if you have compassion, joy, enthusiasm, you literally love people into life, their life force goes up, we literally see that in the data. So if you walk through the world like that, it's just like setting off atom bombs everywhere you go. And when that happens, it's done. It's already done. Like, once I started to drop into this space, it's a state, it's not a physical place. It's a state. When I'm in that fit, when I'm in that state vibrationally there's no end. There's no end. And

it just feels so good. I say to people, why on earth would you want to continue to suffer that way. And like keep living in this lower vibration? Why on earth, when you right now in this moment, you could drop it. In this moment, you have access to higher vibrations, you could drop into abundance, you could reach you can lift, you can lift up the same way that will honestly this is how it works like the same way that if I talk to you about chocolate, your mind starts to think and your body starts to feel a next you know, your mouth will literally start to salivate. Same thing

with a sexual experience. If I start to talk to you about somebody who you think is really attractive, and I started to describe that it ended in like, your body will start to think it and feel it and you'll start to get like turned on right your body physically reacts. Same way, if you start to think and feel abundant. If you start to think and feel compassion, joy, open hearted, your body starts to live it already and feel it already. And then it's amazing how that changes, how good your day gets, it gets really good. And I just think there's a lot of lies like well, the reality is life is hard. And that feels like crap. It's like, that sucks. That just sucks. That's such a waste of us. It's such a waste. How about the reality is it can feel so good. It can feel so good. It'll scare you how good it feels. How about the reality is, you are meant to change the world, not somebody else. You You can do it. It's incredible what you can do.

It's, it's about us. It's about us opening the door. Right? So

this is what I wanted to talk to you about. And you know,

when I do these five day challenges, I kind of like start off I talk about this a little bit and then I talk about other things because people,

people often they need to kind of be open and ready to really listen and hear the truth. And so I figured I started to talk to you about it, but I wanted to like spend an hour

Talk about it tonight.

I could literally sit here until the sun came up and give you story after story after story. I'll tell you one more story I have so many, I have so many ways that I can articulate to you that this is true. But I don't actually need to even I'll tell you one more, I don't really need to because you've known it your whole life. Our default

is joy. Like Think of yourself as a child. Think of yourself as a baby, how easy it was to smile and make other people smile just looking at you, because they calibrated to your resonance, which was just pure joy, unconditional, abundant,

supernatural grace, right, and then we lose it because we calibrate to our parents lower

vibrations, or somebody else, it's just, that's what starts to happen, but some people don't. And some people keep firing and wiring into something that is just so much more abundant. So um,

another story like this is on a different plane. But when I was dating my husband, we broke up, we broke up for seven months. And then we got back together, and we were together for another year. And then we got married. When we broke up, I was in so much pain, that I was kind of reliving my parents divorce, I was reliving trauma that I hadn't even known how to feel earlier on. So I was in so much pain, I was in so much pain that I felt that if I went to the ER, they would be able to see my heart ache on an X ray. That's how much my heart hurt. And

I got to a place where

it was like one of those like Jesus take the wheel moments, I couldn't literally do it. I was like, so, so uncomfortable with so much pain. And I went this one day to this tea house on Melrose. And I was sitting in the back writing in my journal, and I could barely write my leg was shaking, my hand was shaking. And I close my eyes and I just sent out

a request from the universe to let me know that I would be okay.

And for the first time, I had the thought to do that.

And what I heard back when I felt back was you're already there. You're already there.

Take a look around. So I was just like, I felt this feeling of It's okay. It's okay. It's okay. It's okay.

And I stopped writing and I just sat there for a while. And I just felt like oh, this piece is within reach. And I realised that maybe that that breakup had been a gift because it let me actually deal with the trauma and the PTSD of my parents divorce, which I had never been able to feel as a kid. But then I could like feel it.

Anyway, I walk out of this tea room, and I'm the most

open I had been in months like my energy broke, it just shifted. And I'm walking down Melrose true story, and this woman sees me and she goes Miss, and I'm like, okay, she's weird. And I keep walking. And she crosses the street. And she's like wearing khakis and a T shirt was wearing a purse. Like she didn't look like a weirdo. But I'm like, she's not talking to me. I don't know her. She had her hair in a ponytail. And she was Excuse me? I go, are you talking to me? She goes, I just crossed the street to talk to you. I go, Oh, hello, hi. She said, I never do this. And I know this is gonna sound weird. But I had to do it. And I said, Okay, and she said,

it's going to be fine. And you're going to get back together. And

I just needed you to know that. And I go, what in the actual f just happened. And she goes, I know that this is weird. She goes, I have this like, psychic ability. And I usually don't do that. But I just knew I needed to tell that to you. And I did. And I was like, No, no, no, that doesn't happen. And she goes it's it is a thing but but I want you to know it's good. And you guys will be good. And then she doesn't ask me for money. She doesn't give me her card. She doesn't. She goes, I you're gonna be it's gonna be good. And I'm like, this is insane. And I go in my car, and I kind of forget about it.

And Pamela Brody, who's one of our ambassadors was with me three months later at do cars, which is a like a diner at the grove at the farmers market. And we had gone to Barnes and Noble to get like books and journals or whatever and my husband and I at the time were dating, we're still broken up.

And we go to get pancakes at midnight because that's what you do when you're 28 or nine you can go get pancakes I've been night and we're sitting there eating pancakes and whatever breakfast and in walks a group of people who look like they just came from a wedding and they say

Sit down at this table. And I say to Pam, a woman looks really familiar, whatever. And I'm just going to eat my pancakes. And

sure enough, she gets up and she comes to the table and she says, How do I know you? And I said, I'm trying to I'm trying to figure out how I know you. And we're both staring at each other. And pammy was there as a witness. And she says, Oh,

so what happened? Did you get back together? And it was the woman from Melrose except she was in like a

wedding type attire with her friends from this wedding that they had just gone to.

And I said, No, we didn't get back together. And she goes, You will?

And she goes, it was good to see you. And I say to pammy, what are the odds in a city of 11 million people I run into this woman twice sick, really weird. And she goes, it's very weird. So Cammy says, Can I ask a question? When you say they'll get back together? Is this the person or like a person? And she says, No, no, he's, he's the guy. She goes, hope you guys have a good night. And she goes and sits with her friends and like, they're like, whatever. And I go, that is just so weird. It's so weird. You know what happened the next day. The next day, Pammi flies from LA to Arizona. She gets on the plane. She's talking to this cute guy, and she's following this cute guy to her seat. The cute guy who she was talking to who she met online on Southwest. They decided they were gonna sit near each other. When she gets to the seat. He's my husband's friend, because my husband's on the plane. And Pam is now sitting next to my husband on a flight to Arizona.

And she goes, Oh, my God, this is insane. Because my husband hates flying. So he never goes anywhere. But he went to go see the Dodgers play. It's insane. And she goes last night. I was with Kathy and he started to cry. And she gets off the plane and she texts me. You won't believe who I just sat next to on the way to Arizona and I said Who? And she said LR? This is his initials. And I was like, Who's she talking about Lionel Richie Who? Who is it? She's like him, him. I'm like, why he doesn't do? She goes, it's done. It's done. It's done. It's all done. And I go, No, no, no, no, no.

And the next then the next week,

I have a meeting with a guy from EMI Records, EMI capital. And he says, You know what, I think we're gonna do this deal with you. I want you to meet my wife, come to my house. I live on canon drive in Beverly Hills, I go, okay. And I go to this guy's house at like, 545 at night, and I drive up and I parked my car. And right in front of the house is my husband getting something out of the trunk of his car.

Because his friend lives on canon across the street from this house. And he goes, Caf, and I go, Oh,

my God. And I don't speak to him. And I go knock on the door. And I go in for the meeting. And he texts me the next day. This is just too weird. This happened, this happened. Let's just get together and like clear the air and we got together we got back together. But what I'm trying to tell you is

I could literally sit here until the sun came up and explain to you

that the world is not physical.

And that when Matthew McConaughey decided to like drop all the way in, of course that opportunity was going to come and if it wasn't that guy at the bar, it would have been a different guy. And Brian Grazer when he dropped in if it wasn't Ron Howard who took a chance on him, it would have been someone else. And on and on. And everything literally in my life. That's why when people like I don't have the money and like you want to start a podcast tomorrow and see what happens because it turned into a eight figure business for me and my out of my closet, like literally out of a closet.

What's that about? You don't have it. It's right here. It's right here. It's so much bigger than right here. That's why when people say like, it's so hard, I'm like, no, it's the inverse. It's so much harder to just scrape by than it is to open up to abundance because when you release but here's the here's the kicker, here's the trick. You have to surrender your resistance. That's it. You have to surrender your resistance. So you can actually play in the quantum where space and time is not as important as vibration. When you surrender that it's done. Now you're in. And so it is and now you're able to use all your vibrational ability rather than your physical ability, which is such a, there's no contest. There's no contest. It's the reason why people's like love always wins. It's true. Because when they measure heart coherence, and you look

Get the vibration that it gets emitted, we can actually measure the vibration of hate. And it doesn't extend seven to nine feet. It actually makes us smaller and tighter. It's like cold water and hot water one expands one contracts. That's why hate is like, it's like a, it's just a distractor. It's like smoke and mirrors. When love comes into the picture, it's like, boom, it sets off this rocket, it just it's a rocket. So I want you to

work on calibrating to pure rockets of desire. But you can't say Kath, I really want abundance. But but but but that's not that's not flow state that's resistance. So if you say, I really want to be able

to live into my potential, I really want to make abundance, I really want to see myself, like in that meditation we did today where I'm doing something I love and my relationships are like, really firing on like better like peaceful, like magical cylinders. It's like, great. So let go with the resistance. That resistance.

It's like, it's it's not? How many times if you wanted to give someone something, whether it's a compliment or give them that's okay, no, no, no, no, no, no, no, no, no. How good does that feel? It doesn't feel good. It doesn't feel good. You have to do this, you have to palms up, open up, right? So I look at it, like the creator of this universe is trying so hard to give us but on a level that's so far beyond what your brain is going to be able to come up with. But we just are like, No, no, no, no, no, no, no, I went rock climbing the other day, we went on this family vacation. And we're like, you know, rappelling down this wall. And the guys like, I'm not going to believe you. You're gonna do it yourself and let go. And I'm like, No, no, no. And like, he goes to the rope has you the rope has you? And I'm like, Oh my God, my body will not let me do this. And then I let go. It's the best feeling or just like Yes, yes. And when people say it's not realistic, it's not practical. Here's the deal.

If you want to be in control, you don't want the universe's help. You don't want God's help, you don't want some vibrational help you want to do it.

You're not going to figure out the how the analytical minds not going to get you there. Because the analytical mind is a record of the past. So you're only going to be able to come up with as much as you've already experienced in the past. So there's a limit on how much you can actually think your way to you can't, you have to let go with that and go, I can't figure out the how I can feel my way into something more expansive. And once I'm up and out of this limiting place, it'll find me. Yes, that's I think one of the reasons why made to do this is successful for everyone who does it. Because we put everyone in this vortex I hold that resonance, my team holds that resonance. So with such certainty

and then everyone in it does it then what happens is everyone collaborates with each other these two starter podcasts, these two are each other's first customers this one did because this one a testimonial, and then tells it to her friends. And so it like it, there's enough good energy that it like it's like, everyone kind of collaborates and hold each other's hand as we let go. It's scary to let go of the resistance, the resistance to letting our desires fully just like come and overwhelm us because they're so unbelievable. The resistance is just protection. Growing up, there were things that happened. And you you legitimately had your heart broken. That's a fact that's already happened, right.



So what we do is we think I got to be in control, I got to be in control while we're not so great at that. Right? So it's much better if we like Stop, stop, stop trying to control it and and we kind of let go and let the universe do its thing because it's it just wants to flow through us right? You just need to be like a lightning rod. That's like taking in the most amount of energy most love most compassionate, most abundant is just put it out in the world. You start calibrating to that. It's like well how high is the sky?

How high is the sky? There's no shame there. There's no doubt there your souls not ashamed of having your souls not ashamed of loving other people. Your soul is not ashamed of having a resource like money or oxygen. Your soul is not ashamed of any of it. It just wants to give it right back away. It's it's the only thing that actually feels good. It's anything you have you want to share it with someone right I got a coffee I went to Haagen dazs today and had the most epic thing. I had espresso with coffee chip ice cream. Almond milk, don't you love that? I was like well, I want to save the calories. So I got the almond milk, but actually tasted good. Um and she mixes it up and my daughter's ordering hers which was like Oreo. I go in. I taste it I go. You have to taste it. Because the only thing better than having the shake was sharing it with her. And as soon as she appreciated it, I liked it.

More. As soon as we have something, we naturally want to share it and give it away. So the more love we have up, you see that movies, people fall in love, then they're skipping down the street hugging everybody. But that's the way it goes. It's like the bouncing ball. It just keeps bouncing. So I posted earlier, how many of you want to do this programme? And what are the reasons and so many people's reasons you don't know about me, I can't afford it. I'm like, that's, I know that story. I know the story. I know what it looks like. And I know what the 3d manifestation of it looks like, I get it. I lived in a single parent family where we sometimes didn't have electricity. And I worked two jobs. And it was what it was until I started to be able to bring in just like command it just like bring in abundance, like, and now I know how to do it, you feel into this expansive place, and then you take that inspired action. And then it just, it's just, it just is. So

in this programme, people are like, but I want personal transformation. I don't know if I need to start a business. It's both right. true spiritual enlightenment is the balance between the physical and the spiritual, right heaven and earth. So I'm, I'm saying do both. I'm saying you got to do both. I think that the best personal development work, is starting this business. Because it'll give you something concrete in which to move through your resistance. And I think the greatest fulfilment for any human

person is contribution. And so it allows you to take your gifts and give them away and and by the end of the second week, we're going to be like, Let's go, what's your offer? Let's go. And then we will work with you on. Let's expand that. And so we'll kind of I've, I've reverse engineered, like, what is it that I do? And I'm like, do this, do this, do this, do this. And it just is, it just is so

like, feel it, feel it, feel the shift, feel the shift? And then think to yourself, okay, so if I spend

my time with x group of people, and I become the sum total of people I spent. So where's that going to let me off at. And I just think that we come to a place where

we are so

obsessed with the breakthrough, that we just cannot continue to buy into what feels bad anymore, that the vision of the future becomes so much more captivating, than the thick resistance of what's trying to convince us that life is just what it is. You just break at some point, you just do. And people say like, Why? You know if Kathy is swimming in abundance, and it's clear that she is I can see that I can look around, I kind of got that. Why does she need to charge me? Well, if I don't charge you, you're not going to have a breakthrough. And it's in the science.

Because we have to have sunk costs, or there's no impetus a human being doesn't change unless they have to.

So

we've looked at this, and it's not done, my friends don't do that my friends don't spend hours of their week live. I love it. But I know that the market value for this is probably closer to \$20,000. But that feels like I know I can get you that breakthrough if I just get you a little bit uncomfortable. But you've got to be uncomfortable. Because if you're in your comfort zone, oh I miss it, whatever. I'm not going to show up for it and whatever it was \$95 it was hard. I thought \$95 but what I don't really have to show up. When you pay to go on a trip. You're not going to go I don't want to go on the trip. You're gonna go when you pay for something, you know, we've done an experiment. We did live before COVID we were we were shooting the podcast live at a theatre in LA and we were like free tickets.

When I tell you that we had like incredible guests call me kelleigh all these fun people Andy grammer like we had all these people lined up. And that was like free tickets at this theatre. You can spend two hours see it live q&a. We booked the theatre.

We put out the thing. All these people RSVP free tickets. I'll be there. I'll be there like 140 people we had 100 seats.

One person showed up for the event.

One person.

Next time we did it, we changed it. It was \$25.

Every person showed up. It's psychological. I paid \$25, I'm gonna go. If it's free, well, probably a lot of people are going and you know, actually have a deadline. And that's like, one person showed up. It was so

amazing. It was amazing.

If you want to move,

you have to also

let go of the resistance. It's the chicken before the egg.

Right? If Matthew McConaughey would have said, I'm willing to believe that I can do this, show me the guy show me the director first. You know, you see people who are like, I'm willing to believe that love is real, but show me the person first. Not gonna happen. You got to go first. Right? Isn't that what every movie is about? Isn't that word? In Charlie Willy Wonka's Chocolate Factory, and he gives back the everlasting gobstopper. And he's like, that's it, you get the whole thing. You get it all. You get it all. We have to be willing to do something, take some action that is beyond what

feels comfortable. But it's a way for us to tell our body and it did go into something that's like, I'm really out like, and it's amazing. Money. Money is value. It's energy, we exchange value for value. So we are only energy. We are life force, right. So

we can exchange that constantly, there's opportunities to exchange that constantly. We have to get that we have to get that.

So um,

I am just looking here

at my notes.

The last thing I mean, we've talked I'm looking through this, we talked about a lot of this

the most valuable

the most valuable thing that creates abundance is truly an open heart. When people show up, they're like, this is me.

I am brave. I am Bruce I am who I'm meant to be. When people show up, look out because you come. It's amazing, right? It's like this is me. It's like open heart being present. loving people. That's kind of his whole story, right? It's just people want to feel good. There's so much momentum that's created. I sit here and I think to myself, gosh, if I wanted abundance,

I would be reaching out, sending ideas, giving ideas away to any influencer, I love and I'd say God, you know, you'd be so great with this person. Or you should write a book about this or I loved your website and I just added this whole thing you should use it. Gary Vee Gary Vaynerchuk, his his video guy D ROC. You know how he became like head of media at VaynerMedia. He reached out to him and he was like, I want to follow you around with a camera. And he was like, he's like, let me do it for a day.

It just stuck. It's like, there's so many opportunities when we just

accept that and see that there is literally we're swimming in opportunity. It's like, you know, I was telling. I was telling my family this yesterday, and I think I might have told you guys but this guy, Tim Grover, he had him on the podcast, and he was he trained Michael Jordan for 15 years, and then he trained Coby and then Dwayne Wade, he reached out, he sent 14 letters to the players of the bowls. And he thought, I'm going to send a letter to every player except for Jordan. And he's going to work with this one guy, and this guy's holding the letter in the locker room. And Michael Jordan goes, What are you doing? Who's this letter? What's this about? And he goes, Oh, I'm excited. I'm gonna work with this kid. He's gonna train me. And he goes, he's not gonna train you before he trains me. He's gonna train me first. So

Tim gets a call from the bulls and they're like, you need to show up at this time at this address. And he's like, he's not sure which player he's going to train and he opens the door. It's Michael Jordan, and Jordans. Like, alright, let's do this. So they start training. And three years go by, and Michael looks at this guy, Tim, and he goes, has anyone paid you like, I haven't paid you as my team paid you? And Tim goes, nope, no, sir.

And he says, That's ridiculous. You've been with me every day in the gym for three years. He goes, Yeah, I just trusted it. Meanwhile, he's like working a day job on the side. So

he goes, how much do you want? And he says,

You decide, you decide what value I brought to your game.

Michael writes, macek puts in an envelope handed to Tim. Tim said, he never opened the envelope, I might have told you this. He just gave it to his parents. And he said, it must have been significant because his parents like bought a house and a car and everything else. From that point on he, he paid him and he paid him

really, really well. And then he went on to work with him for 15 years, and the rest is history. But there are opportunities everywhere. We can do so much.

And you'll just be amazed at the opportunities, the synchronicities the way ideas come to you. But you're not going to find that evidence and those ideas, when you keep telling your brain, I'm going to lower you to sleep, because I'm just gonna keep telling you it's not possible doesn't exist, I don't have it. dadadada for every thought you think like that 17,000 thoughts get fired and wired. But if you think there's clues everywhere, there's abundance here, I can do this, I can feel it. And when you feel it, the feeling is more powerful than the thought the heart is, like, many, many, many more times more powerful than the brain, you know, the hearts created first for the brain. So you feel it, you start setting off rockets of desire, and it's amazing. It's amazing what happens. So

in any case, let me tell you what's gonna happen. I'm gonna get off now. I love this conversation, I believe, let me look to see if my team texted me.

Um, I believe that there are

I believe that there are

there are bonuses that expire tonight. And you guys are probably like, Oh, yeah, here there.

So chalene Johnson, she's awesome. She's gonna come in and TJ, like marketing Instagram workshop, that's a bonus. Also my friend Laura Bell grey, who's one of my favourites, one of my favourite humans, she's gonna come in and teach you guys how to write, copy to make you sound like a Hugh like a person. So she's gonna come do a bonus on email. And then we're gonna give away some like templates. So you can drag and drop some stuff that's gonna like actually open people up to going oh, I can see in here, this person because it feels authentic and real. So those bonuses expire at midnight.

I know there's a couple people who DM me and said, the server was down and then I thought it was over. So if you had a problem like that Friday night, the server, the server went down on Thinkific. And so I know a couple people were like and died. But I was there I tried. And so if that had happened to you, and you're like I wanted to get that podcasting bonus, we can just use the honour system you can like write in, we can try to honour that, because I feel really bad, we had no control over it, obviously.

Let me tell you some more fun goodies. So I'm going to come back tomorrow with Melissa, my awesome

partner in crime. And we're gonna do a little taste for you just a little taste of one of the aspects of the programme, which is a little bit of an implementation session. So tomorrow, we'll come back at noon, she and I will go over sort of like what we do and an implementation call, we'll roll we'll give you time to process, your homework and all of that stuff.

And I believe that we're gonna offer you two ways to get into that, I think we're gonna do it on zoom, but we're gonna stream it in here. So you can either be on zoom with us, or you can watch from Facebook. So you can either show up here or get on the zoom. But the zoom is nice because it's, you'll feel what the programme feels like, it's intimate, I can see you I can say hi, Stephanie. What's up, I can I can like unmute people. It's really, really intimate and awesome. So we'll do that tomorrow.

Um, and then Tuesday, Angela and I are going to come back and do something with you guys at noon. And then Wednesday night, there's going to be an opportunity for those of you who like the evening time better. We're going to do a little gathering in the evening. And then Thursday, will sort of be like my like, you know, sort of Goodbye, and then we will close this group on Friday. And so if you haven't caught up on the replays, you have until Tuesday night to watch all that you can watch it in the group. You can watch it at Cathy heller.com slash replay. If you guys have questions, our mentor team is so amazing.

Today, I can't believe I'm going to do this today. Trisha. Huffman is one of our mentors sent me this message from Jason Mraz, who's her really close friend. Hey, Kathy and team, it's Jason rose here hanging out with Trisha. I don't know if you could hear that. Could you guys hear that? Hang on. I'm gonna put it on speaker. I literally was sobbing, that he's texted this message. Let me play it again.

Hey, Kathy and team. It's Jason Mraz here hanging out with Trisha half

Men who has been over my house, working on her stuff and working on your stuff, I hear you guys up to big things. Thanks for making the world a better place through dream realisation and dream fulfilment. Thanks for being cheerleaders for everyone's dreams, I get touched, choose

hearing about it, keep up the good work. Oh, my gosh.

So that happened today. Um,

our mentors are amazing.

So you should be utilising it like I didn't just pull together. Like I said, like a group of people who I don't know, who have no training, like all of the mentors are such solid humans who live in abundance. Tricia is one of those people. And they're literally available to you right now. So how could you not take advantage of that and reach out and say, Hey, here's what's coming up for me.

I want you to get so obsessed with the vision of your future, that this, reliving the past just stops being interesting.

And that's what me to do. This is about me to do this as a decision to do it. And I said, it's not for everyone, because we don't want you to sit back and watch videos, there's, there's none of that. It's live and it's every week, you'll be with me at noon on Mondays, and some people are like, but I can't I work. Okay, a what if you said to your boss, that's the hour that if I do that hour, I will be better, I will be better at everything else if I can figure out how to be there. And let's say you can't. We got you all your mentor sessions. When you enrol, you get to choose your mentor time. That session, each one of our mentors has a session with a small group, you get spotlight question, answer feedback, one on one, all that happens in that group, you get to choose your time zone. There's one for everybody. So there's really no good excuse. Plus, I do about 10 expert calls where I'm with chalone Johnson or Laura Bell grey, and it's good and it's training, and it's all the fields. So I'm basically there not once a week, but many weeks, I'm there twice a week, and those calls will be at different times so that people can be there. This is a programme about doing it, actually doing it. And then 12 weeks from now you go, huh, I can't believe I thought I could afford to not do that. Because I want to I just want to live in the quantum I want to be in the shift. I want to play full out. I want to experience things that are miraculous things that feel amazing. And I want abundance. So I'm going to reach for it.

And that's it. That's what it's about. And we can't take everyone and we do that on purpose to people are like Well, why don't you take everyone that's not the name of the game. That's just not we make all these choices. So that's my choice. I hope that you guys are enjoying this. We'll be



back at noon tomorrow. The group will close on Friday, enrollment closes Friday but tonight the bone if you're going to enrol anyway enrol tonight.

And there is a two week refund periods of you getting the programme and you go enough. It's not different than the challenge. It's it's different. It's it's like specifics, weekly things to do in steps and so much that you It's so beyond this. This is like a taste of what that is. But if for two weeks, you're like i'm not i can't i don't. You're out. It's fine. We don't say no, no, no, no, no. It's like fine. You can leave so you have that.

Feel it, process it know what's good for your gut. It's all good with me either way, and I hope that you

gots something a big something out of this. It's a coming home.

It's coming home.

Hope you guys have an amazing night. I love you.

And I'm coming back tomorrow because it's just too fun. So I'm going to go watch in the heights with my daughter. Have you seen that yet? I saw the Broadway show. Guys. Have a good evening. Thanks for being here. Bye.