

Dancing with Words, Dancing with Wisdom (48)

Emily Matweow

Dr. Janet: Emily is a master intuitive. She's a highly skilled 20-year practitioner of energy medicine. She helps people reach a place where all things seem possible, becoming the best they were designed to be. Not only is she a practitioner of energy medicine, but she's also an avid deep-water photographer, a classically trained pianist, and she engages in competitive Latin dancing. She has helped over 1000 people discover and step into their own impossible dream.

Emily, welcome to the show. How are you?

Emily: I'm great. Thank you so much, Janet, for having me on. It's always exciting to me.

Dr. Janet: Well, conscious conversations are always exciting, I think. Let's get started with one.

Actually, let's talk first about what a conscious conversation is. Do you have any thoughts on that that you'd like to offer? I can offer some of my own, but I'd like to hear from you first.

Emily: Conscious conversation is being present, being here now in the moment, not imagining, not inventing, just where it's at, where you're at, how wonderful it is right now. What are your thoughts?

Dr. Janet: My thoughts are yes; I agree with everything you said. It's be here now in the present moment experience.

But then you can use your words creatively and co-creatively and alchemically to listen deeply to another person, to speak clearly yourself, and to go beneath the words that are spoken to the underlying energetic dynamic that's going on. Whether you perceive another person to be stuck in some rigid, fixed worldview or whether the dynamic between you is flowing, you simply notice this, and then you notice what's going on inside you. You notice what kind of support systems you have around you, and then you choose your words or you choose not to speak and just to listen, as you please. To me, this is conscious conversation, with or without words.

Em, tell us how you went from being born physically on this planet to being an energy practitioner or a practitioner of energy medicine. Were there any big shifts for you in that process or big aha's?

Emily: Absolutely. I was that kid that wasn't quite like the other kids. You could say I was born a little bit different, but I think I was born just perfect. I could feel people's pain and their sadness. I could feel their physical affliction. As a child, when I would speak about this, I was usually told that I needed to be quiet, or that I was inventing things, or that it wasn't really real or really possible.

It took me a number of years to come to understand some of the words that apply to that ability or gift. We were called an empath. We were also called clairsentients.

Clairsentience is one of the intuitive gifts that means knowing by feeling. I know what's going on in you because I physically feel it in my body. I can empathize, and I do, but I take it to another level. It makes it really handy when I'm doing the work that I've been doing because I get it. I can feel it wherever it's going on in the body. It doesn't matter if it's mental, emotional, physical, or spiritual.

Sometimes it's very hard to put words to it because I'm not certain that we actually have a lexicon of words that apply to some of this stuff. We just know. We know what it feels like. We know when we're right. We know when it's off. But we don't know how to describe it.

As I was going through my journey, I had a number of speed bumps on the path, you might say. Don't we all? I was trying to fit in with the rest of the kids, and so I foolishly did something on a ski hill that caused me to fracture my back. That was the first time that I started hearing doctors tell me a lot of things that I would never do. I said, "It's not looking good this week, but let me get back to you."

It took me some time, but I skied again. I rode bicycles. I went up and down the stairs. I did all those things that they said I would never do. I'm in my 20's. I can't be doing it never — already. That doesn't work.

Then in my 30s, I received a diagnosis quite out of the blue that said I had this incurable illness. I was headed for hearing impairment, vision impairment, and lucky that I was only going to be quadriplegic or paraplegic. Quadriplegic was definitely in the cards. Once again, I went, "Wow, that really feels bad." It really doesn't feel like it was anything I felt a need to experience in this lifetime.

But as I worked through it, there was a part of me that went, "I see what I'm doing. I see what the challenges and the limitations are that are being put on me by others around me. I know I'm going to get through this," which I did. But if I could ever help somebody else head off all of the pain and the heartache and the trauma, you know what? That would make me feel like somehow my life had been worthwhile.

I didn't really do a lot with it. I was studying. It wasn't that I was practicing it, but I was practicing it for myself. I was learning and evolving.

Then kind of in response, and I'm not sure what it was in response to, but I had a high-speed collision with a bull moose one night. I don't know if all of you know a bull moose, but they weigh in usually at 3,000 to 4,000 pounds. They're pretty big guys.

Dr. Janet: What is a bull moose?

Emily: A bull moose? That's the male.

Dr. Janet: What is it? A male elk?

Emily: Moose.

Dr. Janet: A moose. Okay, thank you.

Emily: A moose, yeah, a big guy. I killed the moose, I killed the car, but I walked away.

Dr. Janet: Amazing, amazing.

Em, right before the break, you were telling us about this car accident and this moose that ran into your car or your car ran into the moose, not sure what happened. Both of them were killed, I believe, but *you* walked away. Tell us more about that.

Emily: Yes, that silly little moose did not look both ways before he crossed the road, or he would have known that I was speeding along. At any rate, he died, and I'm still not good with roadkill almost 20 years later — actually more than 20 years later.

Cars can be repaired.

That was the next time that doctors told me a lot of things about my recovery, because high-impact trauma — I felt like a bug on a windshield and it took me a year and a half to two years to heal my body and recover. But I did, and I did it very systematically and purposefully.

At the end of it, I even competed and won third place in the Alberta Open Salsa Championships, which was pretty cool. Latin dancing is a favorite thing of mine, but I healed my body because it seemed like if I didn't, I was going to be towing

those illnesses and injuries around for the rest of my life, and that didn't feel very good.

After having recovered from the broken back, it was a fairly serious thing to have had such a severe trauma. But I'm good and my back is good. My chiropractor said, "Really? And you're golfing now and you're doing all these other things?"

"Yes, because I'm well."

That actually was a transition point. I'm getting ahead of myself. The moose accident was a transition point for me. I left a 30-year IT career as a project manager of infrastructure and development, and I moved into the arena of energy medicine. It's very cool. I went left brain to right brain, and there's no stopping me.

Dr. Janet: Tell us how you healed yourself. I'm sure some of our listeners who are listening to you now, who maybe are struggling with doctors or other people telling them that there's something wrong with them, that they've got to fix . . . (they would like to know). Because that happened to you. People were telling you that you weren't good enough and you needed to fix yourself, and you tried really hard to do that. But then you had all these bodily traumas, and yet you healed yourself, and you did what everyone was telling you that you could never do. How did you do that?

Emily: It's a great question. I actually got to the point one day where I asked myself that. I started to have all this training in different healing modalities, and it was wonderful. I learned how to apply things and then take my intuitive gifts.

But there was still that question nibbling away at the back of my head going, "Yes, but what did you do? You're very articulate and very aware. What did you do?" You want to be able to repeat this.

The first two things that I did, the first two things I always do is I look to things that you can immediately control without any particular amount of training, and that's your food and your fitness. I knew after the back injury, certainly after the moose accident, I knew that I was going to have to do some very specific things to get my body physically back in shape. I was very clear I wasn't going to be having a lot of fun with it for a while. But hey, there was a prize at the end, and I deserved that prize. I wanted my fitness and my wellness.

Well, I learned an amazing amount about nutrition, about how to combat or compliment where our foods have ended up today because it's not the same food that we have access to that I ate when I was five and ten years old. The world has changed. We put chemicals on it. We've got mass production. There

are a lot of things that make it hard for our bodies to do what they were designed to do. That thing is to heal, because when you cut your finger, it bleeds and then the bleeding stops, and then you get a little scab and that heals, and then the scab falls off. If it's not been too bad a wound, the scar heals and you're good. Your body knows how to heal.

But we put all sorts of limits and impairments in the way, and we make it very difficult. The food that we're eating often makes it very difficult for our body to do what it was designed to do. Fitness becomes a challenge when we're now in an era where we're spending our time with our necks bent looking at cell phones and sitting on chairs in front of laptops. There is fitness to do that doesn't require you go out to the gym and be a jock.

There was that layer of intuitive things that I just seemed to know to do. I didn't always know how I was doing it, but I was very clear that I was doing it.

Dr. Janet: Did you experience some kind of energy flowing into your body and giving you direction on this? I don't care what you call it, whether you call it "intuition" or whether you call it "Cosmic Energy" or "God" or "Allah" or "Brahman" or the "Tao" or whatever name you want to give to this experience. Did you experience something coming into your body and mind that gave you direction?

Emily: Absolutely. You gave me such a great set of choices, and the answer is all of the above.

After the illness — and that diagnosis that "you have an incurable illness" — I was shipped home with a bunch of medications. I was feeling properly sorry for myself. I sat there. "It seems to me I should probably figure out whether or not I believe in God, because I don't have enough energy to pray to somebody who's not there. Let's see if that will help."

Dr. Janet: Em, we were talking before the break about allowing this energy to flow in and give you guidance rather than getting stuck in conceptualization or doctrines or ways of thinking. Talk a little bit more, would you, about this experience of energy flowing through your body and back out into the world.

Emily: Well, that's a two-part answer for me. I decided I did believe in a "Higher Power." I call him "God." But I could call him, as you said, any number of nouns.

Dr. Janet: Him or her?

Emily: Yes, as you wish: Mother, Father, God, Creator, the one divine source of all that is, all of the above, because everything and everyone, we're all energy. Everything is energy. I was very aware in my recovery that there were days I

could not possibly have got from the beginning to the end of the day without some sort of assistance, and yet I had managed to get through that day and I was okay. I was leaping tall buildings in a single bound.

But there was some sort of extra energy. Maybe I had a pair of angels. It doesn't matter. But I was aware that I had help.

Before this diagnosis, I was also a martial arts Shaolin student and subsequently became a Shaolin Master in healing forms. I went to my masters and I said, "Will you work with me?"

They said, "But we don't understand about this illness."

I said, "Well, you're in good company because neither, it seems, does anybody else. That's why it's incurable."

They said they would try.

The energy that I work with, they work with, is what traditional Chinese medicine calls Qi. It is essential life force energy. There are specific stances and positions, very much like yoga where you take certain stances and positions — poses in yoga. Poses was the word I was looking for. Stances in Shaolin was how I was taught that specifically causes an amplification of this Qi, this life force energy, to run through your body. That's the kind of stuff — it's almost like if you don't have gas in the tank, how can the engine run? But if you've got a full tank, you can go places.

I worked to help my body heal because I fed it ~~chi~~Qi, specific stances, and I prayed, I ate the right foods, I did everything anybody could conceivably imagine. I monitored what my response was to see whether this was getting the traction and the recovery that I was seeking or whether it was just wasting my time and product. Not everything I did was a winner, but I ended up with what was a successful formula for me.

That's actually what I do with my clients. I finally got to a place where I knew what to put on my business card. It says "Everything is energy." When energy flows, life works. I remove energy blocks because there's stuff that happens to us in our lives that causes that energy not to move freely and easily in the body. Most of us aren't trained on how to help ourselves on what to do with that.

I came to my training because I had very near and dear reasons. I decided that I didn't want to have my life punted into a dumpster because somebody said I would never do something again. It's like, "Well, let me get back to you." I

studied and I worked and I learned and I used myself as the guinea pig. I continued to study. I continued to not use myself as a guinea pig any longer.

But what it says is everything is sort of a Rubik's cube of solution. We don't all get exactly the same solution because you and I are not the same. But there's a way to keep twisting that Rubik's cube to get the colors to line up. This solution that you seek is available to you, whatever the limitations or the intrusions are that have happened in your life to block that path that you seek.

I've just become really good at learning how to remove all those roadblocks. Clients teach me, but mostly, I've got to the point now where I guide, I counsel, I direct, I support, I'm their number one cheerleader. I do energy work in the background to do that stuff that I can do, and I give people exercises and practices.

It's like Einstein said. If you change nothing, nothing changes. If you keep doing the same thing and expecting a different outcome, you're not likely going to receive it. I can do what I do, but I have to get you to start changing some of what you do so that together ~~it's kind of like~~ one plus one equals three. We get the magic that you seek.

You do not have to live a life of compromise. That starts to get into how beliefs limit us as opposed to some of the physical things that come out. Beliefs are as important, if not more so, in terms of supporting us or restricting us. We inherit so many beliefs from culture, from family, from politics, from religion, from school, from profession, from peers.

Unlike that three-year-old who's always testing boundaries and the teenagers who are testing a different set of boundaries, we accept these beliefs and we don't challenge them. We take them as some sort of ~~an~~ ultimate truth. Some are. When you sit quietly with yourself, you know what's right, you know what's true, but there's an awful lot of noise in the world that calls itself a belief that really gets in our way and it ~~kind of~~ says we have to live with a compromise if we don't have everything that we want. There are a lot of poor people who are happy and enlightened. There are rich people who are unhappy.

Dr. Janet: Emily, you were talking about beliefs before, and you made the statement that beliefs can either limit us or support us. I think that is so very true. Of course, it's different for each one of us because each one of us is a unique human being, but I often think of an analogy.

Suppose you are inside a building that has strong walls and a roof over your head. That building, if you are in a hurricane, for example, can be a support system. If the walls are a prison, that is a limitation. Maybe you have the same

walls and the same roof, but a lot depends on how you're seeing these and how these walls or these beliefs, whether they're supporting you or whether they're imprisoning you and ripping you down and draining your energy.

Do you have any comments about that? I think it can go either way. It depends on our own energy field and what we need at a particular moment as to whether or not these beliefs are support systems or prisons.

Emily: How much time do we have, Janet? I could go on for a long time.

I actually have a series of work that I've developed that I call "~~Belief-smithing~~", because we are apparently a very limited human species by our beliefs. If I said, "Yeah, I can't do that," that's a limiting belief. When the doctors told ~~me~~, I would never climb stairs again, I would never ski again, I would never ride a bicycle again, I was going to be lucky if I wasn't quadriplegic, that was a very heavy limiting belief.

My response to it was, well, if it's at all in my power, I don't think so. Watch me. I believe I can. I believe I'm going to try.

We say lots of words regularly that limit us. Neurolinguistic programming is very fond of saying get rid of the "no, not, never" because the human brain doesn't hear that word. It hears all the other words. I've long wanted to write MADD ([Mothers Against Drunk Driving](#)) a request to change their tagline because "Don't drink and drive," what does the brain hear? It hears "Drink and drive." "Get home alive" is a much better iteration that they've come up with.

We say this to ourselves all the time. It's our inner voice. You can call it the subconscious, but I call it the rat mind. It's usually the rational. Rat is short for rational. I call it the rat, the rational ego brain that's running around, trying to preserve status quo and restricting us.

But it picks up the imprints that we've inherited from family. I genuinely meant from family, from culture, from religion, from politics, from education, from profession, from peers, what people say you should or should not do. You should never "should" all over yourself because it's a limit. "I want to do this. I'm doing this. I can do this. I can be everything and anything I will myself to be. I will do this. Watch me."

But there's a society and a culture around us, supported by advertising on billboards and TVs and radios, that tends to impose a set of goals and inherently a set of limitations that come with what we must do or how we can go about achieving those goals. The minute we embody them, we have a limitation.

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It takes a tremendous amount of effort to look at your own beliefs and see where you may be challenged. I'm really good at that. You spoke to it actually earlier at the beginning of the show. When we start repeating ourselves, and I look for this in the words that my clients tell me, when I see a pattern established that "Oh, we're going around that hamster wheel again," we have to step off that because the hamster never really gets anywhere. You spend a lot of energy, but it doesn't translate into progress.

I had some of my own. I suppose we'd call them limitations based on the way I was raised. I wasn't allowed to say what I really thought and felt. I found that I was saying, as a favorite response to "How are you?" "Oh, not bad." Well, if you're not bad, how are you? I'd really like to know. Are you good? Are you fabulous? Are you tap dancing? How are you?

We "not" a lot of things, and just the very process of putting that "not" in there inserts a limitation. Depending on how our life experiences present, what the feedback is that we get from our peers, from our family, from our friends, from what we're watching and listening to, we can actually augment, we can strengthen those limitations and really be very unaware that we're doing it. We're not taught. We're not taught that this is a problem. It's a risk that we have to be aware of. I've become good at helping people undo their "nots." I don't mean "knots" though sometimes it is, but it's the "nots". What did you not do or what did you not think was going to be possible?

It was almost like where we ended. Poor people are happy, and many of them are enlightened. Just as many rich people are unhappy and unenlightened.

There's something very fundamentally different in those two sets of beliefs. While I don't recommend saying, "I want to be poor," I'm pretty clear about saying, "I want to believe that which means everything. I want a possibility for me." Then I just have to figure out how to go do it and make it happen.

There are ways to use words to support that as well. It's different sorts of practices. Does that ~~does that~~ make sense to you?

Dr. Janet: Absolutely. It makes me think of some questions that I came up with many years ago when I was struggling with some blocks. This is getting yourself out of the ring that you're stuck in with your mind going around and around in circles. My questions were: What do I think? What do I feel? What do I need? What are my choices? I have since added: What do I need to know and whom can I trust?

~~So~~ Emily, let's talk a little bit about some of the support systems that each of us can use. There are a zillion support systems out there ~~such as~~ practices, ~~or~~ tools, or techniques, ~~or techniques~~ to support this shift where we let go of our

blocks, our stuck worldviews, and shift into this dance of energy. Talk ~~a little bit~~ to us, if you would, about some of these energetic vehicles or support ~~systems or practices or tools~~ systems, practices, or tools; or whatever you want to call them, and some of the ones that you personally have developed.

Emily: Well, when you finished the last segment before the commercial break, you were asking a lot of questions about: What do I need? What should I do? Who do I talk to? Who can help?

You have all those answers within you. The problem is that you haven't figured out how to access that information. Rightly so, you go out and you start seeking others who know.

That was one of the problems that I posed myself when I said I want my clients to become as independent as possible. I want them to only call me for the tough stuff, but I want them to have a certain level of independence when they go away so they don't have to call me every time something goes wrong.

I created something that haunted me for a couple of years. I did it once the first time, and it was incomplete, and I got back at it last year. It only took about a six-month waiting period and I got back at it again. I developed something called Chakra Energy Cards. These cards, it's a deck of 77 cards, and there are 11 different kinds of things that you can do for each of your seven chakras.

A chakra is an energy center in the body. When there is something not in balance or less than optimal in any of these energy centers, in any of these chakras, the result, over time, starts to show as illness, mental illness, emotional unwellness, physical illness, trauma, spiritual distancing, you feel like there's something missing. Often you don't know how to articulate that there's a problem. I don't even know the words to say, "I feel off. Something is missing. It's not good enough. I don't feel right."

But what does that mean? What do you do with that? Well, if you take these cards and you start just a gentle shuffle, you don't get to be a card shark or a poker dealer. You just shuffle the cards. Or maybe you'd rather put them all out, make a mess of them on a tabletop and pull a card.

Your inner wisdom, your body will know which cards you need. There are instructions there. I call these things interventions, 11 different kinds of interventions. It's stuff like affirmations that you need to make to just kind of remind yourself how good your life is or your world is. Archangels. Who do you need to talk to when you've got a certain sort of a situation going on? Color, crystals, essential oils. I know you use essential oils, Janet.

Dr. Janet: I do, I do.

Emily: You use them as part of your preparation before you go on the air.

Dr. Janet: I've got frankincense on this morning.

Emily: There are herbs that will help different meditations, nature, all of these universal laws, a yoga pose, 11 different things that I have found consistently in my 20 years that we need from time to time. Certainly no one person needs all of these things all the time, but we each need something on one of those days when we feel like something is off, when it's not right, something is missing. I don't even know who to ask or what to do. I just need something.

I developed these Chakra Energy Cards. Everybody has been using them, and that's people and practitioners, and they just launched a couple of months ago. It's actually really exciting because I'm launching a new website and Chakra Energy Cards and they're all coming up first quarter, second quarter of this year.

~~We're—I'm~~ going to do a slight ~~little segue~~segway into my ~~—My website—is~~ emily.org. You can find the cards on the website. You can find all the information about the different processes and ways that I work with people. But sometimes, when you don't know how to say that something is missing and you're looking for something, the Chakra Energy Cards can help you fill in that hole and restore some balance.

One of the people who bought the deck, it was absolutely sweet. She came to visit me at a tradeshow that I was at. She bought the cards. I get a text message from her. "I keep pulling the same card. I don't want the card. I put it back in the deck. I don't want it. Four times I've got that card." ~~I'm going~~I said, "Okay, statistically, it's not possible for you to pull one out of 77 cards four times in a row unless your body is saying this is what it's asking for. This is what you needed." It was a certain yoga pose. She says, "What do you think it means?" I said, "I think you should probably do what's on the card and let me know how it goes."

The next day she said, "You were right. It was fine." But for whatever reasons, she just didn't feel like she wanted to do that yoga pose. ~~I'll let you know,~~ Listeners should know, I made a point of finding easily executed yoga poses so nobody gets to be a pretzel. But it was just, for whatever reason, she didn't want to. I said, "Four times you got the card. I don't know what I could say to you other than you should probably just do it."

That's a lot of what happens in the different sessions that I work with my clients, I do the energy work. I give practices and exercises for my clients to do. Just do

it. You might not see results immediately, but you will begin to see results within a few hours, within a few days, within the week, maybe by the following morning. It's different for every person in every situation.

I have things on my website like a test drive. I don't give my consults away for free. I charge you because you have to really want to get results. But I'll give you your money back if you want to work with me further. It's kind of the same thing as a free consult. That's called a Test Drive with Em. Let's see if we can work together for a good fit.

Dr. Janet: Em, you were talking to us ~~a little bit~~ about this new website that has just gone up and your Chakra Energy Cards which are a support system. I think it's almost a reminder of who we really are or maybe what's missing in our life at a particular moment. Anything else you want to offer on this?

Emily: I call the Chakra Energy Cards a healing tool. They live on a website that has a number of healing tools that I'm starting to slowly but surely grow. Because in my practice I've found a number of tools that simply support us. Sometimes we just need help.

Sometimes you can have a catastrophe, a major event happen that you need immediate support on, which is why I provide a [“9-1-1 Em Call.”](#) Something bad has happened, it's big, you need to get grounded, you need to get focused, you need to start feeling better right away.

If you want to work through something that's been a persistent energy block or a persistent limiting belief, and Janet was just mentioning on the break, abundance and finance is one of them. I said I've got this monstrous category on BeliefSmithing. It actually is two segments because we have so many financial limiting beliefs.

There's a guided healing process. You can work with me for a month to start breaking through some of these limitations. If you've decided that you really want to get a whole lot of stuff on the go for yourself, there's a learning-how process where you can work with me for three months to really start effecting change and learn how to help your family, your friends.

All of that is on emily.org. The Chakra Energy Cards live out on a site that has a link on Emily. I call it Fanatics Collections, because I, quite frankly, am a fanatic about energy and the healing power of good energy.

Dr. Janet: Okay. That sounds wonderful. Are there any final words you want to share with our audience, Emily? What's the most important thing that you can leave our listeners with today?

Emily: Love yourself unconditionally. Believe in yourself that everything is possible and that you were created and born whole and perfect.

Dr. Janet: Good advice. Not always easy to follow and that's why we need the support systems.

Emily: It's a big deal. It's not that easy to do because we have a lot of noise around throwing us off that game.

Dr. Janet: Exactly, exactly. Emily, thank you so much. Thank you so much for being here with us today. I've thoroughly enjoyed all your wonderful stories, suggestions, and the energetic flow of your melodious voice.