

Dancing with Words, Dancing with Wisdom (34)

Jae Rang

Dr. Janet: Today I have a fascinating guest with whom I'm going to have a very conscious conversation, I know. Her name is Jae Rang. She and I were in a mastermind group a number of years ago, together for a while, so we contributed to one another's thinking during that process.

Jae has been a professional athlete. She started a promotional marketing company at age 23. She is the author of *Sensory Media, 50 Simple Ways to Increase Brand Visibility*, and also an *Aha! Moment Journal*, which is something we'll be talking about a lot today. Her title is Strategist, Speaker, Author, Mom. As she says, "Mom is equally if not more important than the others."

She's an insatiable student of the human mind, of human behavior and universal principles. She's also a certified consultant under Life Success Productions, now Proctor Gallagher Institute. She is a thought leader and an influencer.

Welcome, Jae. This should be fun.

Jae: Thank you, Janet. Wonderful to be here.

Dr. Janet: Yes, I think we're going to have a good time.

I'd like to start out with a quote from the introduction to your *Aha! Moment Journal*. It's a quote from Wayne Dyer. "When you change the way you look at things, the thing you look at changes." How did that show up in your own life, in your own personal growth path, spiritual path, however you want to refer to it?

Jae: Good question. One of my favorite words is "empathy." I think when you start looking at things through other people's eyes, or from a different perspective . . . I remember when I started speaking and looking at the room from the front of the room as opposed to sitting in the chairs looking towards the front of the room, . . . you shift your perspective.

I was at a seminar that Bob Proctor did years and years ago. He had a book and he held the book up. On one side of the cover, there was writing about what the book was, and on the other side, there was no writing.

He held the book up to somebody and he said, "Is there any writing on this book?" and the person said, "No." He goes, "Yeah, there is," and the person said, "No." "Yeah, there is."

What Bob was looking at was the writing on the front of the book. The other person was looking at the back of the book and had a completely different perspective. I think that our ability to have that perception of being able to look at things in different ways is only inhibited by our creativity and our empathy.

Dr. Janet: As you're speaking, a couple of things come to mind. First of all is an optical illusion, where nothing on the paper changes. All that changes is what our minds do with the optical illusion. One minute we see the old hag. The next minute we see the young woman. Depending on which image our mind structures out of the single piece of paper, we stick different words on that image, and we probably have very different emotions, as well, depending on whether we see the old hag or the young woman.

Jae: I think the emotion part is really important too, because I think, as we're growing up, we have only ever been in our own bodies with our own minds. We don't know what it feels like to be anybody else or think any differently.

There is a point in our lives where we think that everybody thinks the way we do. It's not until you get older and you mix with people and you listen to others' opinions, if you're open to it, that you realize that you've had your opinion, which is based on your conditioning and your upbringing and everything in your life, but it could be a completely different perspective from someone else's.

We look at it around the planet. I had breakfast with somebody and she says, "How are things going?" At first, I would say some of the issues that I was having that I wanted to put on the table and discuss with her, but I said, "My life is amazing compared to so many people on the planet." The perspective was don't even go down that road of those issues because they're nothing in the bigger scheme.

Dr. Janet: Well, it's interesting to me. I think it's really important for me to go deeply into my own issues. Certainly I've struggled with terror. I've struggled with rage.

When I look at those emotions within me, and then figure out how I can move beyond them into a more useful and positive and serving path, I can then be much more compassionate with people whom I'm observing also going through these struggles in their own lives. I've been there, so I know what they're going through. It's not a fun place to be.

Jae: It is not. What I have learned through going through, and I'm always careful to use words like "struggles" because it is what it is. It is your perception saying, "Is this a lesson? Is it a challenge?" Whatever you call it, that's exactly what it is. I have become very good at being an observer.

When a situation happens, I step back from the situation and I step back from my emotion. I look at the situation completely separately as an observer and frame it in a way that you mentioned about serving you. You still can say it's positive or negative or whatever. You're still standing in judgment. But when you stand back as an observer and you look at it, you can say, "Okay, it is what it is."

So what can we do with it? How can we reframe it, repurpose it? What can we do that's going to make it useful for us?

I've been through all kinds of stuff in my life, certainly financial. I'm sure a lot of people can identify with having financial challenges. I've lost everything twice. This last recession was a real kicker.

I got in the middle of it, and I spoke with my coach, and he said, "Think of the time when you were at the top of your game. What were you doing?"

I took myself back to pre-recession, which was - we were just shooting the lights out. I looked at it, and all of a sudden, I looked at that situation and saw that I was volunteering and I was speaking and I was writing and I was connecting and all the things that I was doing.

I realized that in the middle of the recession, I had pulled back because there just wasn't the same amount of business. People were buying differently and things were changing, and I didn't feel like I had the tools.

I went back to that feeling of where was I at that time, and how do we need to look at this. It's not a difficult situation. It's a new challenge. Things are changing. What can I do differently? I embraced that and went forward with it.

Dr. Janet: Jae, let's talk a little bit just about money and financial loss. Obviously, you were doing all the "right" things. I put that word "right" in quotes. You were at the top of your game. And then I assume you were still doing the same things, and yet your market suddenly shifted, and people were purchasing differently.

To me, that kind of external shift is a really challenging situation to deal with, because I know for me, I've tended to think, "What am I doing wrong? What do I need to change?" You get into this "What's wrong with me?" pattern, which is not particularly helpful.

Jae: No, you're absolutely right. I've been through two recessions already, and I figured I knew exactly what to do.

The two things that people often cut in a recession are education or training and marketing. I thought, "I know that," because the point is that you want to sharpen your axe and you want to stay in front of people so that when you come out the other end, you're perfectly positioned to pick up where you left off.

The law of rhythm is going to say that the tide goes in, the tide goes out. It's not always going to be high times or low times, and you learn to ride through them.

But this recession was different. It was longer. It did, as I said, change the way people bought, change the way they thought. While my industry and promotional marketing remained relevant and is now stronger than ever, during the recession, our clients were saying, "We love you, but we just don't have any money."

What I realized in the recession was we were probably one of the best marketing fields to employ. People may not have had money to do the bigger campaigns, but they could do smaller niche campaigns with us. We were getting pieces of business, but not what we were doing before. So, it really was people, as you said. They shifted.

I was doing that, Janet. I was beating myself up and going, "Why can't I figure this out? Come on!"

I went to my coach. I went and sat with Bob and a couple of people. I got a little input here, there and everywhere. Then it was I need to do something different, but what is that? What is that different? What is that different?

One of the things I said to Bob is: "I love your business model better than I love mine." Basically, my industry in promotional marketing has set itself up so that we did all of the effort and the investment and the creativity and the presentation. And then if people liked what we did, (if) they liked our ideas, and (if) they liked our methodology, then they would purchase the product to use as the message communicators.

I said to Bob Proctor, "You deliver the how. You tell people how it works. You train them on universal principles. You give them the magic key. But you're not attached to their outcomes. It's up to them to actually utilize it."

That was one of the shifts that I made in the recession. Rather than beating myself up, it was, "I want to be paid for the information. I've been doing what I've been doing for 30 years. I know what I do works."

I wrote the book *Sensory Media: Discover the Way to Anchor Your Brand and Be Memorable* in the recession. I got some sponsors and stuff that helped me put it out there, had a great book launch both online and offline, had some fantastic help with Peggy McColl, who's an amazing support person, and other people who believed in the work, and that gave me some focus.

The other thing that I did was I started connecting with my clients in a non-salesy way, by something I called "Aha! Moment Mondays." What I wanted to do was: I would feed them some information and some shift in thought patterns, so that people could start to get an idea of how we thought.

That's why the beginning of my title is "Strategist." It's to help people understand that when we come in as promotional marketers, we're not coming in saying how many pens you want. We're saying, "Tell us what your core message is. Tell us what your principles are. Tell us who your community partner is. Let's get a feel for your message and who you are, and we will help you design programs and marketing and outreach that will connect with people in a way that you haven't connected with them before."

We all know that business is all about relationships, that you're always grooming relationship. Those are the two things that I did during the recession: I wrote *Sensory Media* and started connecting with people on "Aha! Moments."

"Aha! Moments," now there are thousands of people on that list in 12 countries. A lot of them aren't clients of ours. They are people who are just simply inspired by understanding universal principles and learning to look at things differently, as we talked about at the very beginning, Janet, about perspective . . . just looking to not accept things the way they are, but look at them just a little deeper and ask, "What does that mean and what can I do with that?"

I went from beating myself up to "Okay, let's do this. Let's do something different."

Dr. Janet: Yes. The opening, I think, is the light in the black tunnel that you feel as if you're in sometimes.

Jae: No kidding.

Dr. Janet: That "Dark Night of the Soul." As you're talking about different perspectives, it's interesting, because one perspective I always have on myself is as a participant, an active participant in whatever present-moment dynamic is going on. But then if that present moment is documented in some way, and I choose to go back and watch it from an outside perspective later on, it's a totally different experience. First of all, it's passive and it's probably more analytical when I'm sitting outside and just observing how it would sound to an outsider.

Then, there's a sense, too, in which I'm also the producer, or at least a co-creator of this dynamic. It's as if I have three different roles going on almost simultaneously. To me it's fascinating, but then I can also split them out and look at each one of them separately, which is a fun thing to do.

Jae, talk a little bit more about what you perceive as universal principles.

Jae: This, to me, is like the keys to the kingdom. Yes, absolutely, I love talking about this. Here's how I usually will open a conversation when people act like victims of life. Many people will say, "Well, that's the way it is" or "That's the way I was born" or "The economy this" or "My spouse that." They act like victims in their life.

When we start to talk about universal principles, I love gravity, for instance. Gravity works all the time, whether you accept it or not, whether you understand it or not. If you step off a ten-story building, it doesn't matter if you're Asian, if you speak Spanish, if you're four, if you have autism, you're going down. That's all there is to it. Gravity works the same with everybody all the time.

There are other principles that are nonphysical that are also at work all the time. When you understand them, all of a sudden you are in control of your life. The law of all laws is the law of vibration that says everything vibrates.

The law of attraction that was the one law that was discussed on *The Secret*, the book and the movie that came out about ten years ago, is a sub-law of the law of vibration. Basically, it says "What you think about, you attract."

The law of polarities, everything has an opposite. You can't have an up without a down, or a black without a white, or an in without an out. There's always an opposite.

The law of cause and effect, the law of gestation, that everything has a timeline, the law of detachment, all of these principles I have studied for probably 25 years now under a number of different people whom I've seen or I've read. Once you understand the principles, they're like the keys to the kingdom, because you go, "Oh, that's how it works." It's like being given a life instruction manual. I love the principles.

You know, Janet, the first book I picked up before I started studying the principles was *The Four Agreements*. You mentioned about accountability. *The Four Agreements* also really changed how I look at things.

The agreements are: Be impeccable with your word. Don't take anything personally. Don't make assumptions. And always do your best.

I have embraced those principles of exactly that. I will always be honest, because that's my word. That's everything.

Don't take anything personally. We do that. We talked about perception initially and emotion, and that's what we do. Because we see everything through our own conditioning, we tend to always see how it affects us. In a lot of cases, the situation has nothing to do with us. It's just a situation.

The third agreement is about not making assumptions. We create a lot of stories. "Why didn't they call me? Why haven't they placed that order?" We start creating all kinds of stories before we actually know what the truth is. I think uncovering the truth is always an important thing to do.

And then, always do your best. At the end of the day, if you can put your head down at night and say, "You know what? I gave it all I had," and that's all you can do right is to stay on purpose, do your best, which is not going to be anybody else's best, but feel good about what you did.

Between the agreements and living by law, by these universal principles, then, as I said, to me, it's the keys to the kingdom.

Dr. Janet: It's so interesting that you should bring up Don Miguel Ruiz's *Four Agreements*, which has been a major book in my life as well.

Earlier in this series, I interviewed a woman, Eva Charlotte, who has spent a lot of years working directly with Don Miguel Ruiz. Now, she is out in the world, doing her best, giving her all, to open up people's minds to new possibilities.

You don't do that from the top down. That's something that opens up. I don't know where it comes from, but it's kind of a grassroots opening like your "Aha! Journal." Aha! Oh, I didn't think of that before. Well, let's go try that and see how that one works."

Using all of those principles of staying in integrity and staying in transparency, which are sometimes really hard to do, I know it's helped me a lot when I've been in a situation where it feels as if I'm being very abused by another person. I don't blame myself for what's happening, but it's almost like feeling a compassion for that other person who is going through such hell in their own life that all they can do is abuse other people.

So, what is my job in this situation? I personally see it as, first of all, staying in integrity and transparency and authenticity, engaging in conscious conversation, which to me means listening deeply to the words of another person and speaking

my own words about my own experiences and my own perspectives with as much clarity as I can.

Then what seems to happen, so much of the time, is there is a coming together, an alignment and a resonance. Maybe you can even call it a compassion for one another and a gentleness and a willingness to understand and somehow move forward.

Jae: I think that compassion comes from not taking something personally and saying, "Just because I am being abused." Understand that you're allowing yourself to be abused. We're always teaching people how to treat us, so understand that you do have a choice, and then step into your power. I agree with you, Janet. Yes, I agree with you.

Dr. Janet: Jae, let's go back to these universal principles you were talking about. How many of them are there, all together?

Jae: Oh, gosh, I'm not sure, Janet. It depends on who you study. I mean whether it's Deepak Chopra . . . I have a book here by Bernard Jordan that I absolutely love called *The Laws of Prosperity*. He's done an amazing job of framing them. There are a lot of them.

Dr. Janet: Okay, well, pick one, if you've got a story about it, or you can give us more context about what it means.

Jae: Sure, I'm happy to. I think the one that probably most people are familiar with is the law of attraction. I think because of *The Secret*, people are familiar with that law.

I think *The Secret* left people a little bit hanging, in that they thought, "Oh, all I have to do is create this picture in my mind and I'm going to have it." I think that you do have to get into action as well.

I can tell you a couple of stories. This is from starting to work with Bob and understanding the principles and working closely with him because he is actually a client of mine. We do develop a lot of his communication tools for his events and seminars and have for over 20 years. What an amazing person to be close with.

I'm going to go back about 15 years that I had created a goal card and the goal card started, "I am so happy and grateful now that I have perfect health," (which is always my first mantra,) "and that I have \$1.2 million in my bank account."

My business was not at that level at that point, and 1.2 was a huge stretch. I had put some other things in my goal card and ended it that that would take place on December 15th.

December 15th came and went that year, and there was no \$1.2 million. Bob always says, "Well, if you don't make the date, just move the date." I said, "Okay, I'll just move the date."

I kept December 15th, but I just changed the year. Sure enough, the next year, we just kept going, kept our eyes open, kept doing what we needed to do, stayed open to possibility, kept sharpening our axe. December 15th came and went and I thought, "Ugh, this is not fair."

The following year on December 12th or 13th, I got a call from Gina, who at the time was Bob's president. She said, "Jae, we want to work on this new program and we need your help on it." I said, "Great, I can't wait."

We got together. If you can believe, it was New Year's Day when we actually created the program. But this was about December 12th or 13th, and we got the first piece of business going for it and the order was for exactly \$1.2 million. I thought, "Gosh, I should have asked for more."

I understood how the Law of Attraction worked. The first thing I actually put into practice: somebody said in one of the first seminars I went to over 20 years ago about asking for a parking spot, and I thought, "Oh, that's a good idea," because I go to a lot of meetings and events and get a parking spot.

The point about the law of attraction - it's not about wishing. It is about creating a very clear mental picture and fully getting emotionally involved in owning what that is, getting in tune with the vibration of it, but fully expecting to receive it, which means that you have to prepare your mind, your environment, everything to receive whatever that is. It is a process. The parking spot thing, I said, "Okay, well, I can give that a try."

I started fully expecting that no matter where I went, I would have a parking spot. Janet, I am not understating this by any stretch by saying for over 20 years, it doesn't matter where I go, I will drive up, and there will be a parking spot. If there isn't a parking spot immediately available, within a very, very short period of time, someone will pull out.

My son, now, is 25. But when he was little, we would drive around and we'd go, "Where's our special spot?" That became our conversation. We'd walk in, and I would just follow my instincts as to where I needed to go. But I almost always just pulled right to the front of a building.

Last week, I went to a chamber event and I did the same thing. There were probably 150 people there. It was being hosted by one of the members. Of course, the parking lot wasn't anywhere near large enough to hold 150 cars coming in. The cars were parked all down both sides of the street in both directions.

I saw all these cars parked, and I thought, "Well, I'm just stuck. For 20 years, I just drive to the front door." I drove up to the front door and there were three spots at the front door. The center one was vacant. Needless to say, I pulled in.

There was a gentleman who was walking when I was driving down the street. He had just parked behind all those cars. He was walking in. I was getting out of my car just as he was coming to the building, and he said, "Wow, it's as if that spot was reserved for you." I kind of smiled and I said, "Yes, I always have a spot." But I do because I fully expect it. I fully expect to have a spot.

Dr. Janet: That, to me, gets into this whole idea of right intention and setting intentions, because intentions are huge. They're different from goals for me. A goal is a very specific result that I'm trying to achieve, but an intention is much broader, and it opens up my mind to receiving in ways that I wouldn't expect the support to come in. I don't know if that makes any sense.

Jae: That's what's really important, too, Janet, I think, to keep your mind open. My son quoted Steve Jobs the other day. He says, "You can only connect the dots backwards." It's true. If you think that you can figure everything out, how it's going to work, you're so wrong, and you're probably limiting yourself in your creativity and opportunities.

I think you're right. When you set your intention, it's like setting your GPS. You set your intention. But so many things can happen along the way. If you're in tune, you're emotionally involved in that intention and you're on purpose, when you're in tune, then all kinds of things are going to happen to steer you in a direction that's going to fulfill your intention that may not be what you thought initially, right?

Dr. Janet: Yes, I think that's absolutely true. Of course, I've got a lot of stories of my own that are similar. I think about this whole idea of abundance, for example, where I started reading about Sanskrit mantras.

Of course, the words that they told you to say meant absolutely nothing to me. But I figured, "Well, that would be a fun thing to do. Let me give this a shot."

I started toning "Om Shreem Kleem Lakshmi ay Namaha" over and over and over again. I was on my way to Panama at the time.

It was interesting. I did this on my whole drive up to Tampa before I left, and then I forgot about it. I got down to Panama and gifts started flowing in. They were just little things. For example, I saw a penny on the ground or a taxi driver would offer me a ride at the same price he charged Panamanians, instead of charging me three times as much. It was a fascinating, fascinating experience.

Jae, you certainly sound very knowledgeable, very astute, as if you have everything all together and you know exactly where you're going. Are you ever in a space of surrender or not knowing? If so, what is that like for you?

Jae: Yes, absolutely. Let's put it this way. I know the rules. Whether I always can play by them is a different situation. I mean, we're human, right?

Sometimes the old conditioning and the old paradigms and the old labels and some of that old destructive behavior or crappy self-talk gets a hold of me, but I know the rules. I know how it works. That's when I become the observer and say, "Okay, here's a situation." You created it, didn't create it, you take responsibility for what you can do, and then you go forward.

It is empowering to do that, because you don't wallow in the negativity of something. I think that's the difference. Stuff happens all the time. Life doesn't always flow the way we expect it to. The law of rhythm says that this, too, shall pass - the good stuff and the bad stuff.

I think I've got the keys. It is a matter of constantly being present. You mentioned about that earlier - about being present. I call it channeling. Now, too, is the trust factor of just knowing that I trust myself, and I always give it everything I've got. I know I'm a good person. I know my intentions are noble, that I put out good energy into the world, and that I want growth and abundance for everyone. I'm not a competitor, I'm a creator. I have that intention.

At the end of the day, I just say, "You know what? I'm about goodness. I fully expect to attract goodness and to bring goodness into the world."

They say everybody brings joy to the room, some when they come in and some when they go out. I like to think that I bring joy into the room by coming into the room. It is that impression of increase that you want.

I figured it out. I don't know. Stuff still happens, but I'm getting way better at understanding how to deal with that stuff and what perspective to take, who to call in.

I love the fact that you talk about words, Janet, because words are so powerful. Every year I have what I call my operative word. This year my word is "easy." Anytime I step into a situation where I say, "Oh, I've got to call that person" or "Oh, I've got to develop that workshop," and I start to think that it's going to be weighty, I say, "Ah, I'm going to do this easily. This is going to be so easy."

It is amazing, just by saying that to myself, how much lighter I feel. When you feel light and you're not allowing that negative, cloudy thinking to occupy space in your mind, you are so open to possibility. Your energy just changes immediately. As you know better than anyone, those words have so much energy. So "easy" now is just a fabulous word for me. It's just a fabulous word. It is very light and airy and open to possibility.

Dr. Janet: As you're talking about "easy," it occurs to me that there's an element of timing in easy. You can be doing exactly the same action, but if you do it at a time when you are surrounded with all kinds of strong support systems, then it becomes easy. If you try to force yourself to do something that you really don't feel like doing, and you don't have the support systems around you, it becomes very hard.

I know I am always aware of timing. Is this the right time for me to do this particular task? Is this the right time for me to speak these words or not?

Jae: Yes, I think that that does make a difference. Timing makes a difference. When you mentioned about trusting, about abandonment, that is a huge factor.

I often call what I do channeling, because just as we're talking now, it's like I'm just listening carefully, and I'm allowing thoughts and words to come into my mind and go, "How can I add to what you're saying and how can we create a nice message together?" which we always will anyway. But it's about channeling. It's about staying present, staying open.

I agree with you, Janet, about not forcing anything. If something doesn't feel right, then it probably isn't. However, in terms of having a support network, again, back to perspective, it's the difference between "I have to do the dishes" and "I get to do the dishes." "I have to do the dishes, oh my God, look at all these dishes," as opposed to "I just had the most amazing meal that I know a lot of people around the world will never see, and I get to do the dishes that belong to that meal."

So, when you change the way that you look at something - and that's where "easy" comes in - all of a sudden, when I think in terms of something being "easy," the situation, right this moment, hasn't changed at all, but my attitude about it has. I think having a brighter, more attractive attitude will bring in the positivity that I need to make that easier. The people will come in. The ideas will come in. Whatever it is to make it "easy" will happen.

It's only March. Believe me, the year didn't start off as we expected it to. It's a little bit slow to start. But I just kept going and just kept saying, "You know what? This is meant to happen. It's going to be "easy." I don't know how we're going to win, but I know we're going to win."

All of a sudden, like the middle of February, the floodgates opened and we just became very, very busy. So, I think you just need to trust.

And as you said, timing. I think timing - if it doesn't feel right, or you feel like you're forcing it, you probably are. The universe is going to push back. Maybe it's just not the right time.

Dr. Janet: I often think, too, that there's a connection. I may not feel like cleaning up the mess in my sink, but I may do it, because I want to create space, within which I can function more easily and freely.

Jae: Yes, absolutely. I never was a real neat freak. I like things clean and organized. But I have really discovered how efficient you can be in a nice, clean, organized space so that you don't waste a lot of time looking for things and, as you said, that when you have a clear desk or clear countertops, that's creativity just waiting to happen.

Dr. Janet: Exactly. For people who want to know more about you or about your work or want to get tuned in or attracted into your energy and your tribe and your positive thinking, where should they go to look for you?

Jae: Thanks, Janet. If they want to go to the "Aha! Moments" site, which is www.ahamoments.ca, that's where they'll learn a little bit about the "Aha! Moments" and the "Aha! Moments Journal."

I started writing the "Aha! Moments" almost four years ago now. They come out every Monday morning at 8:00 a.m. Eastern Time.

My son was one of the ones to review the book, and his quote is on the cover. It says, "This genius journal is flooded with lessons that will trigger breakthroughs, shift your perspective, and inevitably improve your life." I said, "Oh my God, that's so good. I'm going to use it." I got some great feedback on this.

The "Aha! Moments" have been coming out every Monday. The feedback was absolutely fantastic. The people were saying, "My God, it's like you're following me around," or "I really need that message" or "Geez, I never thought about things that way."

What I realized from doing the aha's is that when you start to look at things differently, and you start to have more aha's, you begin to create those breakthroughs, which is exactly what William was talking about here.

Last year I took 60 of the aha's and put them into a journal. There's the aha on one page, and then on the opposite page is a question about the aha so that you can actually take a little bit of time. I say give yourself the gift of time. Take a little bit of time. Read the aha. Answer the question.

Journaling, as you know, Janet, is just such a powerful thing, mostly when you do it with a pen, because writing causes thinking. You get more emotionally involved when you're writing with a pen or pencil.

The journal actually has a little bit of a mosaic background, so that you can doodle while you're journaling too. It's a fun tool.

The pages aren't numbered. You can open it up at any time and read an aha when you need some inspiration, or you want to look at something from a little different perspective.

If people want to jump on board with us, it's at www.ahamoments.ca. They can register and receive their aha moments every Monday morning, or they can purchase the journal, either through the site, or it's on Amazon as well. I would love for anybody to give us more feedback on what they think and how the aha's have inspired them.

Dr. Janet: Just to add briefly to that, I know that when I journal it's so important for me to journal without any censorship. Nobody is going to read what I've written except me, unless I choose to share it with other people. So, I can be really honest and transparent about the thoughts that are coming through my mind, the feelings inside my body, what I'm experiencing in the outside world.

As I write, it's not a straight-line process at all. It's a process that weaves and twists and turns, and suddenly comes out in a place where I didn't expect it to come out - with the answers.

Jae: It's all unveiling. Talking about allowing yourself to be that transparent with yourself and that honest and that accountable. It's amazing what happens when you journal.

Dr. Janet: Jae, thank you so much for being my guest today. I really enjoyed our dance with one another.