

# Gen Y Shift: Julie Migneault

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Ben: Hello, hello, everybody. Welcome back to the Gen Y Shift series. This is Ben with you again. I'm very happy to be here with you this evening or morning or middle of the day depending on where you are in the world and whether you are with us live right now or listen to the recording later.

I'm very excited for our session today. We have a wonderful guest, Julie Migneault. So, Julie, welcome! Thanks for being here.

Julie: Thank you. Thanks for having me. I'm so excited to be with you all.

Ben: Awesome. Well, I sent out a few emails so I think most of you on the call know about Julie but if not I'll just briefly say she is an intuitive business coach and channel with a very interesting story and just a lot to share with us.

I alluded to the channeling that she's going to be doing on the call later but I definitely want to start just with your story, Julie, because I feel like it's such a great example of what it is to listen to our inner guidance and what it is to really follow the path we're meant to follow. It's just something we've been talking about a lot on the series. So I think the best place to start would just be for you to share about your story and what brought you to doing the work you do now.

Julie: Sure, I'd love to. Again, I'm just really, really happy to connect with each and every one of you that's on the call today and hope that we can all open to the connection and that you see some value and nugget of information today. So, let's see.

I grew up in a really traditional family. I grew up Catholic and I grew up in a small rural town in New Hampshire. And I went to business school which was interesting. I remember being in college and saying "My gosh! How did I make this decision to be in business school?" I was really young; I didn't really know what prompted it.

But when I was 21 I did -- I think I was 20 or 21 -- I did a program called Semester at Sea and I travelled for a semester around the world on a ship

with other students and it was like this first really opening experience in my life that taught me a lot of lessons about following my passion, following my impulses, and that this like freedom of being in the flow that came from that experience.

Because of that experience I was in all these third world countries doing volunteer work, and I came home. I'm like "Okay, I'm in business school." I've been open in so many ways. I ended up really trying to bridge these both two worlds of business and this longing, this desire I have, to help in a humanitarian way.

So I've got involved in the business world, in the corporate world, doing human rights and environmental work. I started out with Reebok in their human rights and environmental programs and the thing about programs like that what we were doing is we were looking into the working conditions in the supply chain and where all the footwear and apparel was made, looking into child labor issues, migrant worker issues, and then the environmental impact of the production as well.

And so on things like that once you're inside of them you realize it's kind of like being on a non-profit inside of a big corporation. So some of the things of a non-profit like being understaffed and no resource can come along with it. So I've seen a lot of opportunity for leadership really fast in my working career which was always kind of a natural thing for me.

I remember like being a month into the job and being sent off to train staff members in Thailand and do all these amazing things and really connect with workers in China, 16-year old women that were coming together coming from rural areas to work in these big factories. Those are another really big wave of expansion in my life.

That career took me to working with Adidas as they bought Reebok and then on to New York City where I was hired by a company called Phillips-Van Heusen. Now, they owned Calvin Klein. Anyway, I was leading a really big international program. I was making fabulous money. I was living in New York City and I had a spiritual awakening kind of amidst all of that.

And I'm not exactly sure what prompted that. I have always been inner-seeker looking inwards at myself and I was doing that. I was always interested in holistic health and taking really good care of myself. And as part of that, I have been introduced to an Abraham Hicks book. I'm sure you know Abraham Hicks. I hope most of my listeners do.

But Esther Hicks is a trans-channel; so this energy that speaks through her is a non-physical energy. And the book, I picked up the book one day. I was actually on a business trip somewhere. I think I was in L.A. and as I started to read this channel guidance, out of nowhere there were just tears streaming down my face. It was like nourishment. It was like food. The truth of the words was like nourishment to me. And I remember at that moment making a decision that I didn't want to go outside myself for that kind of truth. I wanted that truth to come from within.

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It's kind of like you make some decisions sometimes and you don't know where that's going to lead you or really what you're doing when you make these commitments to yourself. There was this kind of commitment like, wow, really a hunger, a wanting for truth, and for that to come from within me.

So, the long story short, I followed that commitment and I ended working with a woman who is a trans-channel and getting in touch with my own guidance. And that led me to really understand that I have some natural gifts as an intuitive and as an energy healer.

So, not knowing to do with that, I enrolled at the Barbara Brennan School of Healing. The Barbara Brennan School of Healing is a really intensive four-year journey of personal transformation. We do a lot of shadow work. We do a lot of deep work on ourselves and allow that to translate into holding a really safe space for clients to do energy work and deep soul work.

So I'm about to start my fourth year of that training now, which I'll get to, but I started in that training while I was still in the corporate world and I was kind of juggling those two things, travelling at times for my schooling and then being really fully immersed in the corporate world – and it was starting to not fit anymore.

I really love that I was able to make a difference on the humanitarian level but I really, really dreaded getting up in the morning, getting on the crowded subway, sitting in a cubicle, dealing with the office politics, and I started to feel like miserable which I think happens for a lot of us when we're out of alignment.

I knew that I was shifting in a big way and my world did not fit anymore. So that led me to really making a pretty big leap. I decided to leave New

York City and moved to Maui where I traveled a few times and always felt home and I felt like a literal **[0:07:43] [Indiscernible]** energy pulled towards living in Hawaii and being on that land.

So I just took the leap. The job fell away, my apartment fell away, and the relationships happen to fall away, all these things when you say "Yes" to your life that can get in the way. They just kind of all fell away. I remembered going home around Christmas time and telling to family that all I had worked for – I had my Master's, my MBA, and this amazing job, and I was recognized in my industry at that time – I was leaving it all to go to Maui and see what happens.

So I did that. It's been about two and a half years since I made that decision and I will be very honest that it has been some of the most challenging years of my life and some of the most rewarding and deeply satisfying years as I've given myself the space to explore my purpose, explore what it is that makes me tick, and actually took steps forward to sharing the gifts that I have.

And so, I found that after two and a half years there, I have come to this place where now I'm actually serving a wide range of clients and helping them do this same thing when they're at that place where of being really stuck doing the same thing. So that's sort of my journey.

The only thing I left out was a little bit about the channeling piece and how that came to be. Would you like me to share about that or did you have any questions about what I shared?

Ben: Yes, that would be great. Well, there are some of these things I want to choose out but I think it would be great to share that. Then we can dive more into it.

Julie: Okay, cool. So along the way, like I had said, I was just energized for truth and for that to come, my own truth to emerge. And I was working with the trans-channeler. I would sit in meditation and I would feel this presence, this energy around me. And remember, I came from a very traditional family that we were not metaphysical or spiritual. We were kind of, you know.

So it's this really interesting place of awakening I'd feel this presence of this energy and I knew that it wanted to speak. So I began with automatic writing. Maybe of you know what that is. For some of you who don't, it's really where you open yourself in a meditative state and you can let

guidance from this more knowing part of you, this Universe part of you, come through.

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And I would never believe what I wrote at that time like "I can't. That's silly like this guidance would come through." But then I would go back to it later and it would be crystal clear and it would be exactly what I needed to take the next step. And so, that was happening when I was in New York and as I was grounding myself in Maui I started to open even more. The energy of Maui is really supportive to me in opening and being really in my truth.

So I remember feeling the presence of this energy. I said, "I think I am supposed to be allowing this through but I don't know how. It was just like this inner exploration." And someone said, "Well, did you ask who it is?" which this thought had never occurred to me.

So I went home. I sat in meditation and I felt this presence and I just said, "Who is this? What is this?" And I heard so loudly and clearly "Shakti." I think at that moment I kind of like left my body. It kind of freaked me out. I went back, I did the same thing, I asked again, and I got the same answer. Sometimes my guidance comes really quietly or it's like a intuition. This was like a loud voice that you don't always hear.

So I began to sit with her and allow it to speak through me. And what I found was that the guide then was always very loving and a very centered and grounded and beautiful. So I just started to trust that and as I began to allow this energy to spoke through me there is this like natural way that it seemed like something I had done for a lifetime.

And the more I explored it and began to practice and sit with this experience being a channel for this energy, I realized that it was actually a collective of energies that blend together and were speaking through me. And I began to offer that to some of my business coaching clients.

Then one person asked for it and I was like a little freaked out like "You're a business owner and you want me to channel for you." But I did it and she got a lot of value. So I started to incorporate that work and I started to realize the power as people were beginning to have a lot of emotional release and getting really clear on their next steps in their lives and deepening into themselves.

So I'm kind of freaked out by the experience of being a channel but when I see and when I experience how it's supportive it just kind of goes away, yeah.

Ben:

Beautiful. It's such a fun story to hear I appreciate it. I've heard this. I've heard you speak of it before but really I love hearing it because something we talked about early on in this series is the idea of each of us going on our hero's journey. And really a hero's journey is really so apparent in what you've gone through and where you continue to be now at two and a half years later and really going into your unique journey and facing those fears.

So I love it and I have a lot of questions and a lot of things to come up when I hear what you're sharing. Thinking about my own life and people who are listening, I make up that we all want to connect deeper to a sense of clarity and alignment within ourselves. And this idea of guidance, it's something that's talked about a lot.

And I'm wondering how do you relate to your clients, how do you relate to people you share with, who don't necessarily have something that they're going to channel through them in the same way that you do. I'm just wondering about what is it that you suggest for people around guidance to connect to their own and also kind of what might that be.

Julie:

Yeah, this question is one of the first questions most people have when they come to a session with me a lot of times. And the thing about guidance is that it comes in so many ways, and it's the same for me. It's not that I always am accessing this energy and it's telling me what to do in my life. I think I had this notion "If I could channel, then I must have all the answers," but it doesn't really work that way.

It is a resource, it is truth and I do have access to it. But in my day-to-day life when I'm not opening to be a trans-channel, to be a direct voice channel, I'm in that same place of listening in so many different ways. So it can come through a sign like seeing something and just noticing it and then asking, "Why is that butterfly flying by me? Why did I notice that?" like "What does it have to speak to me?"

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It can be just as like impulse, that kind is like that intuition or like just something speaking. Sometimes it can be a loud voice but sometimes it's much, much shallower and quieter. And what I found almost always and

probably not always but almost always with myself and with my clients is not a question of whether or not we're receiving guidance.

I see that we're always receiving guidance. It's whether or not (1) we're listening but (2) is if you had an inquiring, you're on that path of finding truth, usually it's trusting what you receive as guidance, that it is guidance just like when I would get this automatic writing that would come through me and I would just put them aside. I would totally doubt that there was any value there for me or I had made it up, whatever. All these doubts would come in.

But at the end of the day, the guidance really I always see that it's usually there. The question is can you trust yourself? And some things I offer to people as ways to support them in connecting with their own guidance is what it takes making space for it in your life.

Guidance is receiving so to be receptive we have to be in a receptive state of being which means stillness, quiet, allowing and so, there has to be a space. And when you're actively seeking for that guidance a space that you create for yourself daily is really great. Just spending ten minutes to half an hour, whatever feels good, in a state where you can open to receive.

And then the second thing is to trust what comes through. You can even ask. You can ask your guidance to come in certain ways. So I have a friend that he asked for like a noise so if he'll here a cellphone go on and he'll know that's a confirmation of something that was just spoken. And he's sort of creating a structure around his guidance so that it becomes so clear he always that that means "A-ha" confirmation. Some people get chills. Have you ever had that experience when you know something is true? I don't know. I sometimes get chills.

But that's my biggest piece of wisdom after exploring this for a while – to really trust yourself and what comes through you, how it comes through you. Now, it doesn't have to come through like it comes through me or like anybody else.

Ben: I'm wondering --

Julie: Do you find that similar?

Ben: Yeah, I definitely do. I think what is really true is the trusting and it's almost like kind of stumbling through learning like feeling guidance and

not listening and seeing how does that feels, and then feeling some guidance and listening to it and feeling like a sense of vitality and alignment and energization in myself.

Julie: Right.

Ben: It's really a beautiful experience. One thing that is coming up for me as I'm kind of just looking back on my own life is I remember times earlier in my 20's when I met a number of mentors who also I experienced getting very clear guidance and they're sort of very aligned and very on purpose and very bright.

And I had this fear in myself of you said the word "receive" like you need to be open to receiving. I had this fear of to open up the guidance would make me passive or make me kind of following something else's will. And it happened in the cases I've explored it more but I'm wondering what's your feeling around that like what is our relationship to guidance in terms of where it comes from and how we relate to it?

Julie: That's great. That's a really good inquiry that I have for myself, so like I'll share with my own experience. One of the things that I have to really look at, and I've done that in the last year, is some resistance around allowing this energy to speak through me. What is it? Like is it submitting? What happens to me in my voice when I channel for people?

I've done a lot of inquiry around that and I don't think I have all the answers at all, more of a trusting again of the impulse that this is really valuable, loving when it happens. But what I like that you asked about was like "Is this my will or is it being passive?" Sometimes it takes some shadow work on this piece.

What I find is that when I am truly following my passion, my pleasure, that actually it is the same as Divine will. It is the same as what is in my highest good. It is the same as what my guidance is leading me towards. So, I never have to give up or be passive because it's like the part of me that feels like the human personality that has this deep longings or deep soul longings when I'm living that. The guidance brings me towards it.

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When I am out of alignment and it's something that maybe a part of me that is unconscious or in shadow that wants to hold me back for whatever reason – fear, pride, doubt, whatever, and an old belief system

that doesn't serve me anymore – then there can be this feeling like I have to give this up, whatever it is, to live my purpose, to be aligned with Divine will and I feel like a power struggle within myself.

And so that has been a practice for me to see by trusting and just seeing what happens when I step forward towards these deeper longings that there's giving up of nothing. It's actually the receiving of everything when I say "A-ha! This guidance is actually bringing me all of my deepest of those longings." Does that make sense?

Ben: Absolutely, yeah. That's beautiful and I certainly have found that to be true in my own life. It seems like the times when it's been difficult to listen or when I'm releasing things that no longer serve, it really is kind of stepping into even more of what really I'm called to but, yeah, it can be some growing pains in letting go of the relationships and the jobs and the many, many things.

Julie: Yeah, I mean I think when I left New York I had spent the better part of almost a decade working towards achieving this career and being of service in this way. And even though my soul is calling me towards something else, there was a deep grieving of "My gosh! Here it is. I created it and now I have to let it go."

I have to let this people who I love so much in this particular way go in this way so that I can open. And there is always the grieving and the fear of the unknown for me that I think a lot of us can get stuck in like instead of being willing to face that piece, we'll stay with what's familiar.

But when you jump off that cliff into the hero's journey, sometimes you don't right away see the reward that takes that phase of growing pain and challenge before "A-ha" like you can look back later and say, "Wow, it all makes sense now. Imagine if I hadn't taken the step forward towards what I really wanted."

Ben: Yeah, absolutely. Have you found that, as you listen more and more to the guidance that comes through and you've trusted yourself, that life is becoming easier and easier in terms of like the flow and the opening and your ability to continue listening?

Julie: Yeah. Yes and no. I think in certain areas of my life I'm really good at that and then in certain others it's like I've watched myself, knowing I wanted something different but not being willing to let go of what I was holding

on to. And this has recently happened for me with a particular relationship that I was like "No, I don't want to let it go. I don't want to." even though this bigger part of me was saying like "My gosh! There's so much more to experience. Let go, let go!" There is this again that inner battle.

And what I noticed for whatever reason there was some lesson in here that for me to actually all of the pain around it, the suffering, the real suffering was in that dance I was playing and the holding on. So in other areas I let go of so much and just jump right it and in some there is still that place of watching myself suffer for a while knowing I'm suffering, knowing my soul is telling me something else.

And again I come back to trusting myself that, a-ha, I know this is a process and I'm going to let it be a process. I could do it perfectly, totally human in it and that's always been a really, in this particular case and in my life, strong force, that trust in myself that "Okay, I might not be letting go like I could. I may be causing some suffering but I trust my life's path that I am in the process." Does that make sense?

Ben: Yeah, absolutely.

Julie: Overall, it does get easier. I mean after I did let go, all these amazing stuff showed up in my life that just couldn't have happened because there wasn't enough space for it and it was like a confirmation of the decision. And that made it the next time easier.

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Ben: Yeah, yeah, absolutely.

Julie: A little bit. There's always fear.

Ben: Yeah. I'm curious. From your own life, I mean you're speaking to us a little bit now actually and also the work you've done to clients. But obviously everyone is individual and unique. But are there particular blocks that you're noticing, kind of the things that people need to release or move through in order to deepen into their connection to guidance? Does any seem that you've seen throughout your work?

Julie: Well, I think that there are some things. As part of my Barbara Brennan training, there's a structure that that training has provided to really see the major wounding that we all may have experienced either in this

lifetime or another one. So that's been a really strong framework from my own diving into what my blocks are and then also being with my clients.

And something else that I've noticed is that life is a mirror of ourselves so my clients tend to mirror in some way "A-ha! I've been there." Maybe I'm a little bit further on or some similarities. So I'm not sure that what I'll share as blocks would be the same as somebody else might share about what they experienced from their clients because I think I attract clients that I can help because I've been through it. Does that make sense?

Ben: Yeah, it does.

Julie: So I don't really know if the themes will be universal at all but for me one of the things I've really been diving into in myself is claiming my power and looking at the places where I need to or I'm afraid of seeing my worst or I don't acknowledge my own value or all these doubts. There's always a theme around that and I see that in my clients as well.

And I can usually trace it back in a lot of my clients to this place of not really – to me it goes back to that original feeling of being separate from the Source, from the soul, or who we really are and somehow bringing this belief system really on that we aren't your love or we have to do something to be loved. I've been working that for years and I continue to work it and I think I'll probably spend my whole lifetime working on allowing myself to be as amazing as I am and seeing it in myself so I can see it in others. It's a tender journey.

Ben: Yeah, yeah. It's great. I'm wondering if you could just reiterate those steps that you laid out before. I think it's so simple yet so important and often not really integrated into our life to make time and make space to connect to our guidance. I know you and I both hope that people really take from this call a deepened connection to their own walk in the world and their own guidance. So I wonder if you could just repeat those steps that you laid out earlier.

Julie: Okay, I have to think of it. What did I say?

Ben: You can make up new ones too.

Julie: There are a few things that are coming actually. I don't know if it's what I said earlier. But when connecting to guidance, well I would start with committing to be yourself for your own truth. So many of us, myself

included, we want someone to give us the answer. "Let's go to a psychic. Let's go to someone who can channel guidance." I think the first piece is really committed to moving your own guidance, your own truth, whatever that might be. And we can tap people to support us in finding that and mirror it to us but I think it's number one, really. It's committing to living your truth whatever that might be.

And then the second is really making time every day you're open to receive. And I can say that so casually. It can actually be just sitting down and being quiet. But I found in myself and in people that I work with, in my colleagues, a lot of us being receptive is actually something we need to learn to do.

It doesn't come naturally. We have belief systems around receiving and needing too much. And we've been living in a consciousness where those masculine energies of taking action and moving forward and giving out energy are more predominant than the feminine receptivity.

So opening to receive means having a practice to do it, but you also might find that there are places in you that are blocked from doing that that need your attention and love. That's two things.

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Thirdly, I'd say let it be your own. It doesn't have to look in certain way. It doesn't have to be a vision that you see. It doesn't have to be a word. It doesn't have to be a knowing. It can be any of those things. It can be a sign. Just let it be your unique way and explore what that is because that's going to be the most powerful for you, how it naturally becomes.

Then if I have to give a fourth tip, it would be trust. Trust what you receive which is a practice because, like you said Ben, sometimes you kind of have a sense of something and you won't follow it and then something will. "I should have trusted that intuition I had." Sometimes you do and there's this like "Argh! My God! An opportunity shut up because I trusted this guidance, so this intuition." So trust yourself, trust yourself, trust yourself.

And if it's long it's long. Then you'll know too. It's not a playground. You don't have to have it right all the time.

Ben: It looks great. I love that.

Julie: Does that sound familiar to what I've said?

Ben: It definitely does. Yeah, thank you. Well, hearing you speak about it, I was just thinking to times in my own life when I felt like I was trying to learn to trust myself more and I kind of create little games with it around just like small decisions throughout my day.

Like I remember one time I was coming home from work and I really want to stop at this restaurant, but for some reason I felt like I was supposed to go home. In the past I was completely not paying attention to that. I would have gone to the restaurant. But I was in the midst of like playing this guidance game.

I mean for some reason, I'm supposed to go home. So I said, "I'm going to experiment with this and do it. And I got there and a friend I haven't seen in a long time happen to be at my door.

Julie: Wow.

Ben: Seeing him standing there, it's just like such so fun for me to play little games with that where in the past would've press it off.

Julie: That's a really great story. It reminds me of sometimes guidance is really - we're being like trained or something. I don't if that's true but it feels like sometimes we are being trained or tested on little things and I remember at one phase saying "I need to know the answer. I am asking for guidance. Where is it?" and all of a sudden it hit that I have been receiving tiny little things like "You need to sleep eight hours," like every day you need to do these things, these little things that I was like pushing aside and ignoring because I wanted the big answer.

Then I realized I am getting the answer. It's these little steps. It's not always laid out as the big picture. This is the answer: the answer is to listen to the next step, just the next one. Go to bed and sleep for eight hours. That's what my body needs. That's what my soul needs. And then the next piece of item will come or the next knowing will just be there. So that's it.

Ben: Yeah, I love that. Yeah, I can totally relate to it. Early on in my life, I was waiting for guidance to be like "Show me my life's purpose and what I'm going to do for this year."

Julie: Exercise.

Ben: I'd like you to tell me to eat this banana. Okay, I can start that.

Julie: Yeah.

Ben: Well, this actually feels to me like a perfect time to transition to our question and answer channeling portion. I'm wondering if it feels right for you to do that now.

Julie: That sounds great, yeah.

Ben: Okay, great.

Julie: Well, let's see. I'm wondering if you have any questions about the process or if you want me to share about that or that I'm going to go share.

Ben: Yeah. If you want to just give a little overview of how it unfolds, that'd be great.

Julie: Yeah. So I'm going to get quiet for a couple of minutes and before this call I got really open, opened on my energy centers. I'm aligned for the highest good of myself and started to feel the connection of the whole group that's here.

And it's like I told you earlier. I feel this presence of this energy when I opened my throat chakra. And I just kind of get out of the way. I stay present. I could hear it but I allowed the energy to move through and speak through me. So you might notice my voice changes a little bit or the quality of the words seems to change. And, Ben, I know you've been collecting questions so you're welcome to ask any question that you have or that have been submitted.

And as I start this process, it takes a couple of minutes for me to make this transition and then open, I just invite each and every one of you to connect deeply with yourself and breathe into your core and feel the energy of the group because this is a co-creative experience. And here's a great time to practice opening to receive because I've noticed and you might notice that there's an energy that's being transmitted as the words are transmitted. And so just open to receive those into your heart and trust yourself. Again, if it doesn't resonate for you let that be totally okay. And if it does, let yourself receive it. Does that sound good?

**[0:35:38]**

Ben: That sounds great and I just invite people. I do have a list of questions that people offered earlier in the day which are great, but I just want to let people know that if you're on the webcast now, you feel free to type in any question that arose for you during this first half of the conversation and maybe I can bring some of those in as well. All right. So it sounds great.

Julie: Okay, give me a minute here and everybody can just start taking some nice deep breaths and opening to receive. Yes, we're here. We're an energy collective of the Divine feminine here to support you. How may we help you on this day?

Ben: Thank you for being here with your support. We have people here with questions and opening and connecting to their own guidance more deeply. So I'll just jump in to a question that we have that's an overarching one. The question is: "There's so much talk about each of us finding our life's purpose. Do we each actually have a unique purpose that we're here to fulfill or is there something more general for us like just recognizing our Divinity?"

Julie: Well, the answer to the question is as you have said. It is both being a human, being a soul in a body, on the physical plane, there is a general purpose for evolution through this unique experience of the individuation process. As you experience the incarnation process, you are experiencing the uniqueness of your Divine essence through the physical body. And so for all beings there is the similarity in that purpose to explore and to experience and to deepen into what does it mean to be an individuated expression of Source energy. Do you understand?

Ben: Yes.

Julie: And as part of that, of course, each being is a unique being and how they choose to express and the way in which they choose to evolve will vary and will be a very personal, soulful decision upon incarnating that can even shift along your life path as to what lessons you may be choosing to learn, what ways in which you like to be exploring that individuation process and so, yes, each individual being comes in wanting to express that individuation, that Divine spark, the unique spark in their own way. And as they explore that there is the sharing of the gift of that. Do you understand?

Ben: Yes.

Julie: As they explore who they are in their unique essence, they then have the opportunity to be of greater service and share that as a gift to themselves and to all of humanity. But they're only recalling forward in that way to the expression of the Divinity in the experience, we shall say, of your unique Divine spark.

Ben: Thank. Could I ask another question?

Julie: Yes.

Ben: Another question is about the recent collective wounding that occurred in Aurora, Colorado with the shooting and the participant says, "This is remarkable different for me than other past similar events in that I saw the presence of nurturing Divine feminine energies shining through the horror. I'm wondering if you could speak about this and about how we can remain centered in our hearts even when things around us become so shocking and painful."

Julie: Yes. Yeah, there are a few things that we'd love to share about this and what we think you were experiencing or this individual was experiencing in the energy of the feminine that was embracing, it felt like an embrace, is that there is an opening, an increasing in the vibration of your consciousness that allows for the veil to be thinner, so to speak. So you actually are feeling the energy of the Divine. It is more accessible to more beings and it has always been there but we think you will continue to experience the feeling of this energy which is of course a mere reflection of aspects of your own Divinity in your experience as you move through your day.

**[0:40:35]**

And what we shall say that you can do to support this experience of the pain is two things. One is to allow this to open your heart. Part of being human in a body, a soul in a human body, is that you may experience pain, you may experience things that seem painful to you. Part of that is to support you in opening to the Divinity of your being.

So this is an opportunity to open your hearts and find compassion for those that were affected and also for you as secondarily to look within and question what was awakened in you, what pain may have been triggered, loving that part of yourself if supporting the healing of the

greater consciousness, do you understand, of the mass consciousness as you as an individual, and this is a universal truth, as you heal aspects or bring love to parts of yourself that are in separation or not integrated, feeling integrated, into the wholeness of your being.

It is mirrored. It is mirrored in the mass consciousness. So allow it this experience to touch you. Allow it to open your heart and for you to feel more compassion for your brothers and sisters while also allowing it to, if it does stimulate pain within you, allow that to bring more love to yourself and in doing so you are having an impact on whole. Do you understand?

Ben: Yes.

Julie: Did we answer your question, dear?

Ben: Thank you, yeah. That leads well into this next question. You were just speaking a bit about this time in history potentially being significant in terms of individuals or culture shifting to being more aware, more connected, and the question is: "Is a shift like this actually occurring and, if it is, what role can those of us in our 20's and 30's focus on and play to support this shift."

Julie: Yes, there is a shift in consciousness that is happening and we think most of you have felt it whether consciously or unconsciously. There is a balancing. There is a balancing of the energy to make space for the truth of your being to emerge. And so it's a very personal transformation. It is also a very collective transformation. And as you focus inward on your own transformation, you are affecting this greater shift that your planet is going through. That your consciousness, the greater whole consciousness, of this unique planet is going through.

And so, we would say that those of you who are at a particular state of life that you are – in your 20's, in your 30's – you have incarnated at a time when there is true opportunity for leadership and for the remembrance that there is nothing outside of you that you need in order to remember or express your Divinity.

And that is unique about this generation. You will see that in your generation, you will not find many that are looking for a guru outside for themselves – support, teachers, guidance. Yes, but there is an awareness that you came in with that it is within you and so we would encourage

you to follow that impulse if it arises in you and allow the exploration and the focus of your transformation or the shift to be an inward process.

Of course, within community we are not saying not to be part of community but the true power that you hold is to go within and claim who you are and allow it to express. Do you understand?

**[0:45:10]**

Ben: Yes.

Julie: That will be a powerful example for generations that have come before and it will pave the way for those that are coming in at this time who are even more deeply seated in knowing of who they truly are. There is less forgetting and there is less forgetting for two reasons.

They had less time to be in the density of the earth plane which has quite a dense energy for such light beings that you are and secondarily there is a willingness that you each have that comes because of the transformational work that those before you have brought. Do you understand?

Ben: Yes, thank you. Would it be time for another question?

Julie: Yes, please.

Ben: So from what you just shared, I'm wondering if you could recommend or share any tools or techniques that we might use to deepen our connection to our essence or our own inner guidance.

Julie: Yes, this is something that you can do in the moment because -- why it is so important, dear, to have support on the journey. And the reason for that is sometimes we need to experience another who has already claimed a part of themselves in order to help us remember that part of ourselves. Do you understand?

Ben: Yes.

Julie: And so in this moment there is the opportunity to open to receive the energy that is here which may remind you of who you are. And so truly the best technique that we can offer and we will say that each and every one of you will have individual ways to go within, individual pathways that are the most effortless, that comes with the most ease and grace.

And so, we encourage you, each and every one of you, to explore that. Allow yourselves to create space for your unique way and that comes from a silent time. That comes from a listening. And so, we would support you even this moment in just allowing your energy to drop from any mental space and just think downward into the core of your heart space, breathing into the heart space.

You are shifting more and more to live from the truth of the heart. It is so simple. It is so simple and yet it takes your focus and commitment. From this silence, begin to feel the essence of your being, the light that you are shining forth from the core of your being. From this place, ask your question and sit back into the heart which can hold all of your pain, all of your joy, all of your experience, and allow the truth of your being to emerge from this space. Do you understand, dear?

Ben: Yeah. Thank you. Another question that is posted right now is: "What is the difference between the inner guidance that we're talking about connecting to in ourselves and guidance that comes through a channel like we're experiencing now?"

Julie: Well, the energy that we are is contained in each and every cell of every being. We are the consciousness of the feminine which exists in you. And so while we are being expressed uniquely from the inner being of this channel, you have the same access in your own way to the same consciousness. Do you understand?

Ben: Yeah.

Julie: You can. Each of you will have unique pathways that are easy to follow inward and there are so many ways that we could explain or try to explain what each of you already know which is that the truth of who you are is the truth of we are. It is the same and yet you will express that in different ways.

And so while this channel connect with her inner being and allows this consciousness to speak through her in her unique way, you have your unique way of accessing guidance, your higher self, or those beings that are representative to you in some way of guidance that would like to speak through you. Do you understand?

**[0:50:20]**

Ben: Yes.

Julie: And again, you have access to feminine consciousness within yourself. It is only a matter of focusing and tuning in to that.

Ben: Great, thank you. Another question here is: "What advice can you share about how we can best approach romantic relationships? What role are they meant to play and how do we best fulfill that possibility?"

Julie: Yes. We would say that if you have a deep desire, dear, for intimate relationship then it is your birthright and it is something that we encourage you to allow with yourself to experience.

Now, what we think is important to recognize is that intimate relationship is a way in which you are able to reflect your essence from the individuated expression of another. It is a powerful way in which to grow as you reflect your essence and are reflected by the essence of the other.

And so all sorts of dramas can come up as you well know and the thing to notice here is that every drama that occurs is a reflection of the place within you that is seeking your love. And so any attempt to receive love or to find love outside of yourself is truly a recipe in pain because what your inner being is seeking is to remember that you are love and that all you need to do is go within to claim that love. And as you do, it will be reflected in the essence of another which is a beautiful experience and one worthwhile for those who have a desire for that.

The "problem," we will use this word, or the challenge that comes in is when one is forgetting the truth of their being and asking another to reflect it to them instead of remembering the truth of their being and seeing that it will be reflected from the other. Do you understand the difference?

Ben: Yeah, I do.

Julie: And so when you are experiencing pain in relationship, it is time to step back and connect back more deeply with the self. And that does not mean as you claim love within yourself the relationship will of course last or flourish. Maybe it will then serve its unique purpose in your life. But what it will do is eliminate the suffering. Do you understand?

Ben: Yeah, thank you.

Julie: And so allow yourself this space because this is a process. You do not come to get this all in one chunk. You came to learn in a linear experience where time is present. So allow yourself the experience of relationship to continually allow you to deepen more fully into yourself.

Ben: Great, thank you. So we're coming closer to the end of our call so I want to wrap up with this question which is: the people who are drawn to this series are a particular subset of the population with a particular consciousness and interest and with their being in the world and so I'm wondering if there are any final thoughts or advice for the people who are drawn to this call how they can move on from this session deeper into their lives?

Julie: We would say that those of you who are drawn to this particular call, to this energy, to this series of calls, we will remind you that you are not meant to do this perfectly whatever that might mean for you. You are here with the growth and the evolution and you are all doing quite a good job.

Allow yourself the space for the soul-ness of your experience. You do not have to do this a certain way. You are all in some way connected to your knowing of who you truly are and that is the path to follow, to deepen into that without stepping away from the messiness of life because that is also beautiful in that can reveal to you so much about what it is you come to learn, to experience, to share and in the ways in which you would like to be of service. Do you understand?

**[0:55:11]**

Ben: Yeah, thank you.

Julie: Your potential for greatness in your own way is unlimited. Simply allow the fullness of your experience to show you this.

Ben: Beautiful. What a big smile on my face with everyone connecting to their greatness from this! So thank you so much for being here and supporting us and I'd love to connect back to Julie before we close the call.

Julie: Many blessings to you. Hey, Ben.

Ben: Hey, there. I feel like we could do a whole other call on debriefing what you've experience and what comes in from that.

Julie: Well, I'll just say it feels really good.

Ben: Well, that was great and thank you so much for that unique opportunity to just experience you work in that way and thank you everybody for your great questions. I hope it was supportive.

Julie: Yeah, that's a beautiful question. Yeah, thank you. I learned a lot too.

Ben: Awesome. Well, as we come to the end of the call, I was just wondering if from your end if there's any final thought or final words you want to share with people as we move on to the night.

Julie: I just want to thank you, Ben, and thank everybody who participated because it's really a co-creative experience and all your questions and your inquiries are really inspiring to me and they support me in continuing to step forward in my own journey so thank you for this opportunity, Ben, and thank you everybody for your beautiful questions and for your openness to receive me. However it was received by you, it's a good experience for me to continue being who I am.

Ben: Well, thank you for being you. And, yeah, you and I had a conversation a month or two ago about possibly having you on and I was experiencing my own kind of inner inquiry about whether we should share work that can be so kind of radical to some people like this. And it was just really beautiful in my own journey to kind of go through that and I really thank you all.

I experience guidance in specific ways. I don't channel but I do experience guidance from my own life and I know many, many people in our group could do and I really just want to bring that conversation to the floor so I really thank you for being a part of that happening and sharing yourself and your works so openly the way you do.

Julie: Thank you. I mean it's been my edge in this process to allow myself to be seen, some kind of like, "Oh, it's a little **[0:57:55] [Indiscernible]** out there." But it's my calling and it carries me forward. So thank you for the opportunity to do that. It's like an opening within me as well. So I receive a lot from this and I'm glad we decided to go forward through your willingness. Thank you, Ben.

Ben: Absolutely. Thank you, Julie. Big, big hug and have a beautiful rest of your time. Enjoy.

Julie: Big hug.

Ben: Yeah. And everybody else, thank you so much for being here as always. We'll be back on August 13<sup>th</sup>, Monday, at 5:00 p.m. Pacific Time with Ocean Robbins who's an amazing, amazing man with a great story as well and a lot to share on passion and purpose and connecting to our guidance.

So we'll see you back here then. Julie, thanks again. We'll talk soon.

Julie: You're welcome. Thanks. Bye, everyone.

Ben: Have a beautiful day. Bye-bye.

**[0:58:35] End of Audio**