

# Gen Y Shift™:

## Mindie Kniss

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Ben: Hello everybody. Welcome back to the Gen Y Shift Series. This is Ben back with you again. I'm very happy and excited to have our guest on tonight, Mindie Kniss. I'm going to introduce her in just one moment.

As usual those of you who are listening to the recordings, I'm sorry. I just looked at my notes on Mindie and got all confused for a second. So anyway let's jump right into Mindie.

I'm slowly bringing myself more present to the call right now. I know that talking with her is going to help me do that greatly.

So Mindie is a coach, speaker and a writer. She co-authored a book called Wake Up Women: Be Happy, Healthy & Wealthy. She's also the Editor of Awaken Consciousness Magazine.

I've seen some of her talks on YouTube as well as her beautiful, beautiful videos with her now husband, Sean Stephenson who was with us about a month or two ago. He's just a wonderful guest.

She's coming right off the wedding weekend which I showed about in the email. Mindy, I actually shared your proposal video with the community because it was such a sweet video. So everyone's seen that. Congratulations on your new marriage and thanks for being here with us.

Mindie: Absolutely. Thank you so much for having me. I'm excited. I did see that email that you sent out. I'm like, "Oh, he's posted the video."

Ben: Totally. I was so touched. I think the words that Sean used were such a beautiful expression, the connection you two have and what you're up to in the world. So it was lovely.

Actually I think it's a great place to start because there's many things I want to talk about with you, but I think the thing that's most alive right now is you coming off your wedding. I'd love to just talk a bit about your relationship with Sean.

It's such a special one and that it's having who you both are being in the world is having such an impact on many people. So I wonder if you could just speak to that. Maybe I think an easy place would be just what you most affected to or most inspired by right now in your relationship?

Mindie:

That's a great question. Well, what's really exciting about relationship and I think we would both echo these same sentiments is that we both feel very strongly that we have such a cool and unique opportunity to almost in some ways be a showcase of what's possible.

So many people out there are either hurt by love or hurt by some situation in the past. They've really just become jaded to love and to the possibility of love in their life. Even if it's not about hurt maybe it's about self-esteem. I know a lot of people that connect with Sean in the disability world.

They say, "Well, that's not even possible for me to date somebody," or, "I can't possibly have love in my life." We love being an example of like, "Yes, it is possible." It's possible for everybody. It's possible for every single person.

It's just so exciting for us to not only enjoy our relationship with each other ourselves, but to say, "Hey, we want to become an inspiration to other people that are single." Other couples to show how much fun and joy and grace can be involved in relationships these days.

Just to really continue to shine the light of love that we experience with each other. Then kind of showcase that to everyone else and say, "Hey, this is possible for you too."

Ben:

I love that. I'm curious as you say that if in your own life before meeting Sean if you have any experience of it maybe not being possible and something about your connection and the way you guys came together kind of shifted that for you.

Mindie:

Well, it actually completely shifted it because not only was I not necessarily thinking it was possible. I actually wasn't even interested in it. Maybe that's just because I didn't think it was possible, but in every one of my past relationships I always felt like if I would stay with that person I would be settling or it wasn't exactly what I wanted. It just wasn't as fulfilling as I thought it potentially could be.

So I had pretty much sworn off marriage, sworn off true love. Then Sean shows up in my life. That of course changed everything and kind pulled over any of those ideas that I had about what was true for myself. The lesson in that for me and also for everyone else out there listening is that never say never.

That idea of we don't really know until we experience it. Then once we do experience things like love or anything that's a dramatic powerful force like that, it can truly be life-altering. I had friends that were at the wedding this weekend and we were just laughing because they were reminiscing and saying, "You know, Mindie, you were the one that said you would never move for love, you would never move for a man. You would never get married, all these things."

I just laughed and I thought, "Obviously I didn't know what I was talking about." It seemed very true at the time, but it is just a great reminder to say, "There is more potential out there for every single one of us and not to get so stuck in those ideas of who we are or how we are in the world."

**[0:05:14]**

Ben: That's really interesting. Well, I'm thinking as you say that this idea like at the time in your life when you may have been committed to not moving for a man and moving for love or something like that. What you were working on yourself or what you were developing. I'm curious for you what became available or is becoming available through partnership that once has been on your own, like what is the gift that partnership is going to bring?

Mindie: Absolutely. So what was interesting is when I was in that phase in my life, I had moved by myself across the country to Portland, Oregon and was living there and just really living my own dream. I was having such a great time. I love the Pacific Northwest. I loved developing my business and just meeting new people and really having a personal adventure.

So that was where I was at when I met Sean. This is back in 2009. What shifted then for me was a real opening to say, "It's not just about me anymore. It's not always just about what I want."

Some people think like, "Oh, it's about merging those two souls and going for what we both want or maybe even what the person wants." Really to answer your question what has opened up for me and developed for me

is an intense relationship like we have is truly one of the best personal growth programs ever.

Because when you are connected with you, we might call it a soul match or a soul mate or your life partner. Whoever that is for you, that person is able to know you in some ways better than you know yourself because you're not able to see yourself the way that they can see you.

Because Sean and I are in the same industry and we both do speaking and we do coaching therapy and all these things we're really good at that and seeing it in other people. So then when our life partner is an expert at that we can assist each other in helping each of us continue to grow, continue to blossom, continue to expand.

For us that's the most important thing is that continued growth and development. Together it seems like it puts it on speed or something. I mean it's like yes you can do it by yourself. When you have a partner in that not only is that person able to show you different things, but they can support you in all of those things along the way, in your growth, in your development.

So that's one of the best things about being in this relationship that it's certainly not possible when you're solo, when you're single to have that impact. Especially that speed of growth and development.

Ben: I love that. I had a friend recently who's in a beautiful I don't know, but I call it conscious partnership or evolutionary partnership towards you and Sean. They're saying how it is without a doubt the best personal growth program they've ever been involved in.

Mindie: Yeah, we always do that because it is, it truly is. We don't pay for this. It's not something you buy. It just is such a powerful program.

Ben: It's so good. Yeah, I just want to set the context for people who are listening who may not have heard our conversation with Sean a while ago is that Sean talked a bit about kind of the beginnings of meeting you and the personal growth he was going through in that with this family and just with his own life journey.

I want to talk about your work in the world as your work in the world as well, but I think it's so interesting to have both of your perspectives on relationship and to something that I'm so strongly committed to is like more and more of these amazing inspired couples being sharing in the

world because I think as you were saying it is such a beautiful crucible for our growth.

I think it often gets overlooked and not seen in the same way as going to personal growth programs and doing all these coaching and things like that. As you're saying, yeah it's free and it's transformative.

Mindie:

Yeah and sometimes really challenging too. I mean I want to be clear about that especially for somebody like me. I don't know how much Sean talked about this when you spoke with him, but we always talk about the idea that in each person there is always a spectrum between freedom seeking and connection seeking.

Sean is a very connection seeking person. He loves to connect with people and he loves the idea of getting in tight with people. Whereas me, I'm on the opposite end of that spectrum. I am very independent. I'm very interested in personal freedom.

So sometimes that poses challenged for us because we're on the opposite side of the spectrum. What it also does is it allows us the opportunity to grow. What I feel is that true growth is both of us making our way back toward the center to true balance. It can be challenging when I'm constantly seeking further independence and freedom and he's constantly seeking connection.

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What that looks like to me is sometimes clinginess or neediness. What that looks like to him sometimes if I'm being super independent or want some extra freedom, to him it looks just like coldness like I don't care about him. I'm like it's not like that at all. It's actually that's just what my highest priority is.

So almost in every relationship one person is going to be on that freedom side and one person is going to be on the connection side. It's really about looking at okay where are we and then how do we get back toward each other. So we can make it through these things.

Ben:

As that basically becomes kind of moment by moment of awareness and communication process or just specific agreements or ways of being with each other that are bringing you closer to that middle space.

Mindie:

Well, I would say both. It certainly what you start with is that awareness and that consciousness of this is who we are and this is going to be kind of our instinctual primary response to things. In knowing that it's certainly helpful because if he's feeling like, "Wow, what's Mindie doing? She wants the day to herself. Why doesn't she want to hang out with me?" You know what I mean?

He is more able to say, "Well, because that's one of her top priorities. I understand and I'm not going to take it personally that she just need some time and space to herself," and same for me.

If I'm feeling like, "Okay, Sean, I just need to have some time," and I'm feeling like he's clingy or anything. Of course this thing only becomes a negative thing when we're really just in our low vibration. Highest vibration of course it's a non-issue because we're pretty balanced anyway.

If we're extra tired some day or something's going on, it's very, very helpful to keep that awareness of saying, "Okay, I get it that maybe you're just not feeling like you're as connected to me as you want to. So what can we do?"

Then that goes into the second part of your statement is that almost a ritualistic way of saying, "Okay, how can we get back to center?" Often it's as simple as saying if it's Sean that's feeling like we need to connect to more. I'm like, "Okay, cool. What can we do right now to connect more so you know my commitment to you and my feelings for you and my attitude toward you is all good?" I just need some time and space. What can we do to make that clear and have you hear and understand me or vice versa.

It's always both. It's never just one or the other. It's really having that awareness and then secondarily saying you're important enough to me to do something about this, to make a change, to make you not feel like I'm not talking to you enough or whatever the situation maybe.

So yeah, it's definitely both having the awareness and then taking action to make it right.

Ben:

Nice. Something you just said in there which is a little bit unrelated to relationship. It's certainly obvious we have big concrete piece of it is you mentioned when you're in a low vibration versus a high vibration. This is

something that's come up again and again in our calls these kinds of ideas, habits or practices.

I'm wondering what is it in your life that has you stay in that high vibration place that allows you to bring more consciousness to the way you're being in relationship and in the world in general?

Mindie:

Sure. Well, both Sean and I use what we call the one life work list and what that means is we have a number of things listed out. We post them on our wall at home. So it's very clear not only to ourselves, but to each other, to our housemates to any friends that come over.

These are about five to 15. Ten is probably the average things that we do on almost a daily basis to keep ourselves really, really in high vibration. That's mind, body and spirit. So some of them for myself are working out about four times a week doing yoga at least once a week, meditation on a daily basis, reading on a daily basis, going to get a massage once a week or every couple of weeks, things like that just to keep ourselves in alignment not only physically, but mentally and emotionally too because if we ourselves are not doing that then we're going to be pretty worthless to our partner.

So it's always about taking that personal responsibility for yourself making sure that you're doing the things that you do to keep yourself in alignment. Then even when things do happen that are outside of your control or just things happen in life. As long as you are consistently doing the things that you can control to follow that when life forklift then even those things that happen that maybe sort of negative outside of your control it actually doesn't affect you in the same way as if you're already in this low vibration. Then some negative news come and hits you.

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It's actually like, "Okay, you know what that might suck and there's no denying that, but I'm in a good place and I can continue to keep myself in a good place amidst anything that sucks going on outside of me." Especially in partnership because if one of us. It's funny with Sean and I because anytime that he or I have kind of a down day or something's going on with us it almost always is the case that it's only for one of us at that time.

For instance if I'm having kind of a something is going on in my world and it's kind of taking me down, he's always up and vice versa. If he's having

kind of a down day I'm always up. So it's been a beautiful balancing act where the other person can kind of counteract almost what's going on. Then because we're coaches and therapist and all these, it's very fun and funny to have us work almost on each other.

We always laugh because sometimes let's say and I'll just use me as an example. If I'm having a really bad day and something's going on and Sean will be telling me something. I'm like, "I don't need to hear it. I know that." I'm like, "Don't use my own teaching on me. I don't want to hear my own stuff used on me."

So we always laugh about that afterwards because it's all the same stuff. We're always like, "Let's figure out how to rebalance, how to get back into that high vibration."

Truly what it always, always, always comes down to is what's on one life work list? What are you not doing on it? What can you go do right now that can help you raise up that vibration level and start feeling better?

Ben: I love that. Thank you. I so appreciate it with almost all of the guest that we have on here is coming back to this idea of daily practices. It's so sweet to hear everyone whose high functioning and having a beautiful impact in the world has that way of being those habits. I just think anytime we can remind each of that and find those ways to bring them into our life is great.

Certainly in partnership as you were saying is such a beautiful mirror for both how are we following up with our practices and also just reminding ourselves of our greatness and having that reflected back.

Mindie: Yeah. There's definitely a lot of accountability in that type of relationship when we are both committed to holding each other to what we know to be highest good for that other person. It's funny because people always come to us. I have a lot of coaching clients that it's as if they're seeking to find the one answer or the one thing or that magic pill that will change their life and they're going to be happy all the time and it's going to be amazing.

I tell them something like when life works. Okay, make this list of ten things and just do it. They were like, "What?" They feel like, "Why am I paying you? That's the most basic, basic thing." I'm like, "Truly that's what it takes is getting back to the basics, getting back to just what



couple of things right now or today can I do that is going to elevate my vibration?" because that affects everything.

As you know it affects your relationship, it affects your health, it affects your wealth. It affects everything in your life, but these things truly are so simple. I almost feel like it's a joke when I tell my clients this because I'm like, "That's really all you need to do."

Ben: Exactly. It's so good. That actually leads me into something I was going to ask you about which I saw in your website that you were talking about your coaching. You said that, "I come from the belief that you know intuitively what's best for you."

Obviously as you're saying with these basics, with these habits that something that most people do know that it's important to eat well and to exercise and things like that. I'm curious as people begin to dial that in more what are other ways that you are helping people connect with their inner wisdom and connecting with that in your alignment?

Mindie: Well, I think part of it as simple as this sounds is just really asking the right question. What's been amazing in my career since I've been coaching full time since about 2008. I really developed a sense and whether it's intuition or just experience, I don't know. I've developed a true sense of what underneath what people are saying or the subtext or what's in between their words.

So then often people are so sure of what they're saying. They're very sure of their truth that is spouting out of their mouth. When I can ask them a question that gets underneath that to what's truly going on and what's really authentic for them it helps to shine a little bit more light into potentially a dark place.

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I don't necessarily mean that as a negative thing, but just a dark place in the sense of maybe they're just unaware of it or they haven't explored that place very much yet.

So asking the right questions or highlighting something underneath has been the key for my coaching for sure. I know a lot of people also use the same technique, but it's amazing to see.

One of the things I most love is working one on one with people in person. I don't get to do that as much because most of my coaching is on Skype. I'm in Phoenix and the client maybe in South Africa or somewhere else.

Once I get face-to-face with people, one of my favorite things is the look in their eye when they get what's going on underneath. They get that subtext of what they're saying. Because really like you said that I said on my website is that intuitive knowing that they themselves know intrinsically what's best for them, what's the right steps for them, what the true answer is to their questions that they might be asking me.

My job is just to shine a mirror basically back to them and then help them uncover that answer or unpack some of the fluff on top and get down to the real goods of what they really want in their life.

The way that I think that is very helpful to do that. One of the things that I use most in my own practice is dropping from the head to the heart. We have so many fears and ideas and beliefs and also ego in the mind and yet I don't believe that those things exist in the heart. I think that in the heart there is wisdom and a truth that is pure joy, pure love and just the really true essence or our soul.

There are so many different traditions around the world and through history that have described the heart as the seat of the soul or where the spirit resides in us.

So what I often teach people to do is to become really aware of how their heart is speaking to them or what their heart is saying because I believe that we can really trust that. When sometimes our mind, there are so much mind chatter that goes that it's actually really hard to hear anything else let alone what the true essence that we really want for our life and for our self is if we can drop our awareness down from the head into the heart it's sometimes a lot easier to figure out the right next step.

Ben:

That's lovely. Yeah. I'm curious. One topic comes to mind is you're doing coaching full time for the last number or years. I'm curious with the two of the younger clients that you've had, those may have been in there if they're 20s or early 30s and close to the audience that we have right now. I'm curious if there are any patterns you've seen in terms of the themes that people are working through and kind of what the issues that they're most focused on are.

Mindie:

Yeah. I would say there are two themes that I see. Actually, you're describing most of my clients. A lot of them are in their 20s and early 30s. I would say there's only a handful that are older than that, but the majority by far is in that age range. So definitely that's who I'm working with already.

What I think is a theme, like I said there are two things. One is there's some people that show up and they're really interested in getting their life right. They're very concerned with what guru says to do this and some other expert says to do that. They're trying to place all their different ideas about how to run their life. They're basing them off of what these experts say or what these gurus say out there.

Then they come to me and they're all confused because they're like, "Well, someone says this, but maybe this other person says this which might even contradict that. So who's right and what do I do?"

Always I'll go back to with each individual person is, "Well, what's right for you?" No one can tell you that. This guru can't tell you that. That other expert can't tell you that. I as your coach can't tell you that. You need to decide what's best.

So sometimes they're not even willing to do that because they're like, "No, I'm trying to follow this certain path or this certain pattern." Maybe it could be a religious thing or it could be a belief system that they were brought up in and they really want to honor that. I see my role as, "Okay, let's accept with joy and grace that part of you that wants to honor that and let's be open to the idea that maybe there's a better way."

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If it's working for you, awesome. I'm not interested in changing anybody, but if there are some things and beliefs or some ideas or even some systems that people are putting into their lifestyle that are not helpful. I'm like, "Why are you doing this?"

I'm not interested in what some guru says. I'm not interested in what the experts say. I'm interested in is this right for you because nothing is right for everybody. I mean except like very, very generic things of course like exercise.

Exercise is good for almost everybody, but in terms of specific techniques of exercise or specific program for exercise it's going to depend on who

you are, the way that your body is, all these different things. So that's been a definite big theme to my client is what in the heck do we do? There are so many differing opinions out there. What I tell them all is, "Okay, let's figure out what's best for you." Then we can go forward making a plan that they themselves are creating

It's really empowering for them to say, "Okay, I can get it that I can become my own expert on me because nobody else can be an expert on you."

The second theme that I see all the time is people who have a particular dream or idea about what they would like to do with their life. Sometimes it's romantic like they might want a specific type of relationship where they want to find their soul match.

Sometimes it's about career. Sometimes it's like, "Mindie, I have this great love of music. I actually have some talent at it, but I'm working a job at a bank. I don't really care about that job and what am I supposed to do from here on out?"

So a lot of people show up that has some sort of dream and they just don't have any idea how to take steps toward that. They don't even think it's possible I would say at the beginning. Then my job in that case is to, one, show them that it is possible. Provide either examples or just really creating a new paradigm for them to say, "Maybe I could do that. Maybe that is a possibility for me."

Then what's very important to me and this is what I base all my coaching on is let's make it practical and let's make it applicable because without those things I'm interested in this airy-fairly. Although I believe heartily in the law of attraction and those things I think those are all true, but you need grounded steps in order to make life change.

So like I said everything has to be practical and applicable and say, "Okay, let's look at either a map or a plan or a step-by-step diagram or whatever it's going to take to get you from where you are to where you want to be." Whether that's like I said a relationship or a new career or whatever it is in your life that is that dream because I think that in our society unfortunately often have this I don't even why do this.

There is the sense of dreams just getting crunched down because, "Oh, we need to go make more money," or, "We need to support our family,"

or, “My parents wouldn’t agree with this relationship, with this person that I really, really I think I love, but it wouldn’t be appropriate.”

I want to throw all that out and say let’s revive those dreams within your heart. Let’s really begin to stoke up those embers again and make that fire burn because then that energy, that underlying essence of passion and I want to go do this and do something in the world. That’s the kind of stuff that can fuel the step-by-step plan that we work on.

So it’s just really like unearthing those dreams that have been buried and crunched down and maybe forgotten about and saying, “What do you want and let’s make it happen.”

Ben: Well, the number of things that I hear you saying that it’s just like skip back to the first one you shared around people who come with various expert ideas and teachings in their heads and not sure how to make sense of it all. In the midst of that, what is the way for people who maybe listening now and are experiencing that? I’ve certainly experienced that time in my life. How do you recommend that they feel deeper into what is really true for them into what is would be their next step?

**[0:30:04]**

Mindie: Yeah. Well, I always go back to this quote and I’m going to paraphrase here because I don’t know it exactly, but it was a quote that Walt Whitman said. He said, “No matter what you hear in school or in church or from parents or whomever else, throw out anything that insults your own soul.”

I love that because I think that’s really the truths at the heart of really believe that people know what’s right for them. They have to have the openness to hear or understand that when their heart speaks to them they need to recognize that.

Secondly they need the courage to act upon that. That I think what happens a lot when people show up for coaching. They have an inkling of something that they want or inkling that their life could be dramatically better if they made a few switches. Yet there’s that courage factor too of like, “Okay, now that I get this I need to do something about it. I need to act upon that.”

So really to answer your question about that, it truly is just throwing out whatever doesn’t work for you. I don’t mean in a negative way where

you're just going to throw off all your family tradition or culture or anything like that.

It doesn't have to be this negative just tossing away, but there is a way with grace and with understanding to become very solid in the fact that you know what, that way of thinking or that way of living isn't working for me. How can I implement a new belief system or a new way of living that will be closer in alignment to what I feel is right for me? Does that make sense?

Ben: Absolutely. Yes, great. Thank you.

Mindie: I'll add more thing to that just in thinking about it. The way that you'll know is that often when we take steps for our own highest good also ultimately affects others in their highest good as well. So I'm not talking about people being greedy and saying, "Oh, it's just all about me. I need to find out what's best for me so screw all you other people."

It's not about that at all. It's really because we are all unified and our energy is all unified. It's taking the step that is the highest good for everybody involved.

That's not to say that sometimes that's not a painful thing or that other people maybe don't understand what you're doing at the time. Ultimately, that's how you know. It's not like, "Oh, I'm going to just change my mind and change my life. So I'm going to go rob all the banks and have all the money in the world." Do you what I mean? It's always in a good intention that we need to choose these things.

Ben: That's great. As you were saying the moment of sometimes people may not understand in the moment, but you're following your wisdom. It reminded me of a story that Sean was telling us about when you two first got together. I think you two went on a trip together, and it was kind of not understood by some of your community or family.

He was just kind of speaking to the vulnerability of going through that time. I'm curious for you whether it was that moment specifically or what else for you. How has that shown up in your life where you've really had to almost sort of like a rite of passage where we have to dive deeper into really listening to what our yes is and following it in the face of outside disagreement or misunderstanding?

Mindie:

Yeah. I think what's very interesting with Sean and I is it's almost the exact opposite. Because with him, he had always dreamed of falling in love and getting married and finding the right woman and finding a woman who is going to treat him the way that he wanted to be treated and loved in the way he wanted to be loved. Plus he's that connection guy.

Me on the other hand I was like I'm on my own adventure. I'm independent. Freedom is one of my highest values and let's go explore the world. I've lived in other countries before. I've lived in a lot of different cities all over the U.S. So I've done a lot of different things and travelled all over the world.

So for me and you were mentioning that story. For those of you who don't know that story just very, very briefly. Sean basically ran away from home at 32 years old. For him that was pretty traumatic. It was a very big life changing thing because he had never done anything like that.

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Now for me, on that same trip I was like, "Cool. Let's go. Let's have a new adventure. Let's explore. Let's see what happens." I had no fear going into that because I already had done a lot of those things. I knew him well enough to know that even though he was scared of doing that he would be fine.

I wasn't at all afraid for his safety or anything like that. So I was just like, "Let's go. This is awesome." Back to your question though what has called me to kind of this higher level or this sense of really opening to what needs to be true for me and the steps in my own life is getting into relationship with him.

So it's like totally opposite. He is all about the connection. So freedom was a scary experience for him. For me, I was all about the freedom. Intense connection was a little bit scary for me. When he and I started dating I actually tried to completely call it off because I was like, "I want to work on my business. I'm living in Portland. You're living in Chicago. This doesn't even make sense.

So maybe we should just chill out and maybe I'll call you in a couple of months. I tried to get him out of my life because it was feeling very intense and a bit like something that I didn't really want to deal with even though it was a good feeling. I was like, "Whoa, this is too scary."

Right after I told him, "Okay, I'll call you maybe in two months." That lasted maybe like two or three days. Then I was back texting him and I'm like, "Okay, hi. That didn't work. I was stupid. I was being immature or ridiculous. Let's talk. Let's figure out what is going on."

So that for me was truly powerful step to say yes relationship. Because I knew that it was very different than anything I had experienced in the past. I knew that there was potential that this could be like the real deal. Life term partner and soul match, all these crazy things that I wasn't even planning for in my life. I was like I got my stuff. I got my career. I'm good to go.

Life obviously had other plans for me. So for me to step into that and say yes to that kind of powerful really forceful relationship was a totally no experience for me.

Ben: I love that. That's just to fun to hear that you know.

Mindie: The opposite side.

Ben: Yeah, exactly. It's so great like seeing relationship in 3D. So near the end of this we're going to open up for questions. So those of who are listening in the live line, on the webcast feel free to get your questions ready. If you're on the webcast you can go ahead and start typing them in.

Before we do that, something that was on my mind actually even before this call and it's come again as I've heard you speak, Mindie, is around spirituality. Because I noticed that in the proposal that Sean had to you. He was writing and he had some pieces in there around past lives that you two may have lived together.

Then a couple of times that you've just spoken to intuition and just how that kind of played a piece in people's lives. I don't have any sense of what your answer will be. I'm just curious about that. I'm just curious like how does spirituality play into your work and into your life in terms of all those things and more?

Mindie: Well, I would say it plays most powerfully because it truly is why I do what I do. Before I was coaching I was working Corporate America. It was a great cushy job. The people were awesome, the regular paychecks were



awesome. I kind of had all the stuff that people want. Like the good job, the house, the car, whatever.

It was completely unfulfilling to me. I didn't care for it in that way in terms of feeling really great when I went home each day. I would feel like, "Okay, cool. I got the job done and it's awesome to get a new paycheck, but so what?" Like that's not what I'm here to do.

I believe that everybody has a very specific something that they're here to do. Maybe that's to be a mom or maybe that's go build an amazing company that is going to change the world. Maybe it's to go work in an orphanage in Africa and just really care for those children. I don't know what it is. Some people it's for painting art or making music or it could be anything, but it's what you're here to do.

**[0:40:02]**

I think the very essence of that is not about our physical body but our spirit that is consistently and continuously pulling us toward that reality. For me working in Corporate America, I was constantly getting this nudge and people could say from myself or from spirit from whatever that universe or God. I was really feeling like, "Whoa, I have to get out of here. I need to do something else because I am not working to my ultimate capacity. I'm not doing what I'm here to do.

So to answer your question spirit for me is everything. I mean it is every part of my relationship with Sean. It is every part of my work, my career. Even it's how I care for my body. I want to feed my body as the idea. I pull this idea from Christian tradition and it's across many traditions as well, the idea that the body is the temple of the spirit.

So I want to feed it well with healthy organic food. I want to exercise and stay in good shape because not only is the body the temple of the spirit, but it also just feels a lot better to have that energy of vibrance and vitality. So spirit across the board, it influences everything I do. What's really fun about that is when clients show up who don't necessarily have a sense of that spirit and they begin to see it in their lives.

They begin to open up to the fact that they are mostly spirit and mostly way more powerful than they ever thought that they were. When they just get a little glimpse of that it becomes very exciting both for them and for me to see what happens when they open up to that spirit more in their life.

Ben: I love that. Well, the thing that I'm so excited about with our generation or 20 and 30 year old is like that spirituality is becoming a bit more main stream. I feel like people are tapping into such a greater power in themselves as they recognize the divinity, the spirituality that what have you however you want to name it and frame it. There's also such a, I feel like, gentle holding and beckoning from others into that.

There's no fundamentalism to it, but it's just a beautiful desire to share the benefits and the joy of realizing we're so much more than just this human body that's bouncing around. So I appreciate the way that you speak --

Mindie: I definitely appreciate it.

Ben: Thank you. Awesome. Well, let's open up to questions. So those of you on the live line you can hit 1 if you want to ask a question. If you're on the webcast, go ahead and type it in. I'll be happy to read it out. We have a question from Kim a few minutes ago who's saying, "You just used the word 'soul match.' Could you say more about what that is?"

Mindie: Of course. Sean and I a couple years ago created a program called the Soul Match Solution. Where that came from that term "soul match" is he very early on in our relationship was saying, "You know, Mindie, I think we might be soul mates." I was giving him my typical whatever I don't even believe in soul mates. That's not my thing. It sounds way too woo-woo for me.

He was like, "Okay. Well, maybe it's not that, but it's something." What that something developed into was this idea we have of soul match. What it is is three different things. You can think about a match in three different ways. One of them is like a game.

So like a tennis match. That type of match is where you're working or playing together to really become better individually and as a unit or as a team. So it's that idea of a challenge or a game together.

Another way to look at match is like a match that you would light. So it's that flame, it's that spark or that passion that it kind of fulfills the physical side of a relationship.

Then the third definition of match is a perfect match like a puzzle piece. There's only one puzzle piece that will fit perfectly into the other puzzle

piece. So it's a match. So we liked the term "soul match" as opposed to soul mate just based on those three different definitions because we think you need all three to really have a dynamic relationship like we do.

Ben: What just came to me as I hear that is was there like a specific instance or realization that had you relax beyond kind of your rebuffing of soul match or of relationship and that had really move into and be in love with you?

Mindie: There was. I can't think of a specific moment exactly, but that when we came up with those definitions of this idea of soul match. I said, "That make sense to me. That is something that I can think of in terms of having a definition." I didn't even know what the definition really of soul mate was because it just seemed very cliché to me. Everybody kind of has an idea what that is, but I needed something more concrete.

As much studying and everything as I've done in metaphysics, I'm still all about, "Hey, we're in this physical world. So let's get real. Let's get grounded and have real true examples."

**[0:45:36]**

So for me, soul match worked a lot better in my mind than soul mate.

Ben: Nice. I dig it. Awesome. We've got another one coming from the webcast which is saying, "Related to what you said about stepping outside of your corporate job. I'm finding that it's a struggle to deal with money and follow my dreams. I'm still very fearful and scared to step outside of my normal job. How do you relate to money in a healthy way in terms of following our dreams?"

Mindie: Yeah, well that's probably one of the biggest fears that people have and the biggest reason that people don't follow their dreams. Most people biggest problem or biggest fear is money. If I leave this job how in the heck am I going to pay for food or lodging or everything, all my bills and things, credit card statements, everything. How am I going to make this happen?

I would say that it of course depends on your situation. It depends on your job. It depends on what that dream is that you want to follow, but I am a firm, huge believer in that really simple concept of where there's a will there's a way.

So I can't speak directly to that person in terms of like, "Okay, take this step a, b and c." What I do know is that if you're committed to following that dream, you can figure it out. That's what I'm great at in terms of hearing what people's dream is and then be like, "Let's break it down. It doesn't have to be this scary. It doesn't have to be this hard. Let's really sort out what are easy."

I mean I'm not talking like they have to do anything really challenging or hard. It's like what are little simple steps that we can begin with, baby steps is you will. Okay step one, do this. Step two, do this. Some people say, "I see that's going to take too long," or, "It's not going to work out as soon as I want it to."

I'm like, "Hey, you know what check in with your dream again because if it's authentic and if it's true. If that's what your heart is calling you to do, it doesn't matter how long it takes. It could take you the next ten years. If you're on your way toward that, your life is going to rock more and more."

Ben: Right. Totally. I agree. That's great. Another one here. These are awesome. These are kind of going all over the map with these questions. Another one coming in is saying, "I always worry in my romantic relationships about them becoming less exciting over time. I'm wondering how you and Sean structure your lives so that you maintain passion and attraction."

Mindie: Yeah, well there's a very simple answer to that and it's all about brain chemistry. Funny now that I'm talking to you because I'm technically on my honeymoon right now, but our idea is that you don't ever have to not be on that honeymoon. Just real quickly I'll explain what this neurotransmitter is in the mind. It's called dopamine.

Dopamine is one of those feel good chemicals that the brain secretes. How you get dopamine or how you get more dopamine is it's created every time that there's novelty. So new experiences, new people, new settings, new contexts.

We make sure to change things up a lot. I mean we've only been together now three years, but within those three years we could certainly see where if we weren't totally aware and totally committed to keeping things new and exciting where it could be like, "Okay, it's still you." The same old things, the same old place, the same old people."

So we'll do different things. We'll take an adventure to a new park and we'll have lunch or we will go try a new restaurant or we will go drive off and go check out a new hotel for a night or something. It doesn't have to be things that you spend money on. It can be very simple like for instance Sean who is mostly vegan and definitely mostly vegetarian.

We were at breakfast one day and the waiter is like, "Oh, would you like bacon with that," whatever he was ordering. He goes, "Yeah, extra crispy." I'm like, "What? You don't even eat bacon. You don't eat meat. What are you talking about ordering extra crispy bacon?"

He was like, "Baby, I just want to keep you on your toes." So I mean it's just a funny example, but things like that even create dopamine because then in my mind I'm like, "What? What is he doing?" It was funny and it was cute. He ate the bacon and it was hilarious.

**[0:50:20]**

It's simple things like that like surprising your partner. Not always doing the same thing. Maybe it's coming home with a flower that you picked up on the way home when you've never done that before.

For women maybe it's like wearing something really beautiful like a beautiful dress or even something sexy when maybe your husband would never imagine you to do that because you're not usually "that type" of person.

Just change it up a little bit, live it up a little bit and just try something new because that continues to create dopamine which then makes you feel really good. It bonds you with your partner and that's ultimately the simple answer for how to keep things exciting.

Ben: I love that. I guess we're going to use that. Keep you on your toes one at some point, at least the spirit of it.

Mindie: Yes.

Ben: Another question and people on the live line, remember you're welcome to ask question as well. Just hit 1 if you want to come on the line. The webcasters are coming in fierce with their questions. So I'll stay there. Question for you, Mindie, this is cute.

Was there anything special in your or Sean's vows that you'd like to share with us?

Mindie:

That's awesome. Well, I'll tell you the context of the vows which is pretty hilarious. We actually got up. We were standing in front of everybody. We pulled out our iPhones to read our vows which everybody cracked up about because they're like, "Okay, hi-tech wedding."

I think we wrote our vows individually. So mine for him were different than what he read to me. What was interesting though is even though we wrote them out separate. We weren't sitting together or anything when we actually wrote them out. We weren't communicating about what we are writing. The essence of it was almost exactly the same.

Both of us talked about feeling like we had been together previously because there are just so many things. By previously I mean like in a past life if you believe in that kind of stuff. There were just so many things that we're, "Wow, yup this seems familiar," or, "Yup, here it is again."

It's just really funny when we go into the details of all the things in our relationship because we're like we have learned so much from each other and here we are again continuing to learn more from each other. So we both spoke to that. We also both spoke to the idea that our greatest commitment to each other is to hold each other to the highest that we know of the other person.

What I mean by that is I'm going to continue to urge him and push him and just call him to a higher place. Like hold him to his highest self. I tend to do the same thing for me. We're always committed to that growth and expansion of the other person because we both feel like if that stops there's no reason that we should continue to be in a relationship.

Ben:

That was great. Totally great. Actually that leads right to the last question I want to ask you just to complete. Actually, I do this with almost every speaker which I love. Related to what you're just describing is I'm wondering what is your biggest growing edge right now? What is the edge of your development that you find yourself really conscious of and working on?

Mindie:

The greatest one for me right now is really being grounded in the power and fierce energy of the feminine. There have been a lot of times in my life where I have taken the more masculine role because I was in a leadership position. I was running my own business and really out in the

world networking and trying to work and be that provider and be kind of the more masculine role.

What's been amazing in my relationship with Sean and a huge growth for me is he's like, "You know what, baby, that's great in your business and that's great out in the world, but with me you don't have to do that. You can just be the essence of feminine, that beauty and that grace that you are to an even greater level."

So for me, at first that was very awkward. It was very uncomfortable because I had been in that masculine so much that I almost didn't even know how to do or what it would look like.

**[0:55:03]**

So I would say that over the last couple of years and even now as a married woman I'm like, "Okay, what does that look like and who am I in that context?"

So just the answer seems huge to that question is there's so many different things, but I think that most of it all comes back to that essence of femininity and really just owning it and stepping forward and saying, "This is who I am and this is the grace and beauty that I can show to the world and heal the world through that." So for me that's definitely the biggest thing.

Ben: I love that. For the women who might be listening and going through a similar journey that you're describing I'm curious how when you first were encountering that space that Sean was holding, an invitation he was offering and you're stepping into in finding there are some lack of clarity that had a really relaxed in that way. What were some ways that you've allowed yourself to go deeper into your feminine and what that part --

Mindie: Yeah, what the most interesting part was is if somebody had told me in advance about that conversation or about that's how he would approach me with this idea of, "Okay, you don't need to be all that masculine stuff in this relationship." I would have assumed that I would have been very defensive about that because I would be like, "What do you mean? I'm not being masculine. What do you mean? Of course it's fine, it's who I am. It's what it is."

Yet when he said, "You don't need to be that with me." It was like, "I got this. You can kind of relax and chill out." Surprisingly it was very relieving.

So it was almost like a weight lifted off my shoulders and given to him which is weird. I wouldn't have thought that I even would want to do that, but it was relieving.

Then what the challenge has been though is further developing that, further understanding what that looks like because to me in my mind a few years ago if you would have said feminine, my images were of like very girly girl people. Just flirty and silly and I don't know. It wasn't me because I thought of myself as very smart, very intelligent, very proper, very formal and all these things.

So really developing into the essence of femininity in my own way and trying to understand what that looks like for me. So while it is relieving there is this constant forward momentum that's saying, "Okay, how can I let that out even more in my life?"

Maybe it's about being a little silly sometimes and that's okay. Who knows what, but there's so many different ways of doing it. The biggest is receiving for any woman that's listening to this right now. It's truly about opening that feminine energy is about receiving and allowing something or the universe to give to you and receiving that gift.

So that's the biggest thing is just like, "Okay. I don't need to do it on my own. I can get help. I can receive guidance or assistance or whatever it maybe." So just remember receive, receive, receive and how can I open up to more of that.

Ben: I love it. Thank you so much, Mindie. Yeah. We're at the end of the hour rather quickly which means I've been having a good time. So thank you for that.

Is there any final thoughts or final things you'd like to leave everyone with? One thing I'd love for you to do is just share with people how they could stay in touch with you if they'd like to get more connected to your work.

Mindie: Sure. Yeah, that would be awesome. Thanks for the opportunity to do that. The best way to do that is to get onto my website which is [mindiekniss.com](http://mindiekniss.com). They can connect with me there. Also I'm big on Facebook and that kind of stuff.

So I'm all about the social media and love connecting with people there. I'd love to if you heard me on this call just say a little not and say, "Hey,



this is where I heard of you or heard what you said." I'd love to stay in touch.

As a final thought, I would just suggest to everybody who's hearing this whether it's live right now or on the replay later is to take a few moments really just attempt to quiet that mind chatter. Drop into your heart. Say, "What is it that I really want in life?" That's really going to be that spark for me. What is it ultimately that I'm here to do?

The heart is really good at giving you guidance along those lines. What I want is for everybody to be really lit up about their lives and really lit up about what they're doing because they know that they're on purpose. They know that their soul is doing what it's here to do. So that would be my own suggestion is get to that point where you can figure that out if you haven't already. Then decide what steps you need to take to move forward towards that.

Ben: Right on. Mindie, it's such a sweet pleasure to connect with you. Thanks so much for being on especially right after your busy wedding weekend and the beginning of your honeymoon.

Mindie: Well, thank you so much. I so appreciate it and it was such an honor to talk with you and the listeners today. I'm really, really, really looking forward to a continued connection with you guys.

Ben: Absolutely, all our love to you and Sean and have a beautiful rest of your night.

Mindie: All right. Thank you so much.

Ben: Thank you. Everybody else on the line, just letting you know I'll be sending an email, but of course the note that we'll be on next Monday with Dr. Sue Morter who's an awesome teacher, powerful, powerful woman who just transmits love in a beautiful, beautiful way.

So we'll be continuing the goodness next week and until then have a beautiful morning, evening, afternoon wherever you are in the world. Big time love. Bye everybody.

**[1:01:25] End of Audio**