# Tiffany Carole and Arianna Interview - ari P Podcast .m4a

[00:00:00] So firstly, I just wanted to thank you so much for coming onto this podcast. It is an absolute honour for me to have you. You have been such an incredible teacher for me and you know, I've done so many of your programs through your online school and you probably don't know this. But there's like the school of Tiffany and the Church of Tiffany that existed in my house. Oh, and I've just learnt so much from you. So thank you very much for saying that you would spend some time with us here on the podcast. With that being said, I was wondering if you would let us know who you are, what you do, what interests you do, anything that you want listeners to know about who you are as in the work that you do.

[00:00:49] It's so funny because when you started asking me that question, I was I had this thought of, Well, who are we and what are we doing? There's a sense of probably most of your listeners are having some kind of wall like this experience of what was happening. Where are we going? And at the same time, there was also this deep knowing for so many of us are like, Oh, I was born for these times, I'm becoming more of me, even if there's no, there's no sort of schools that were created to say, This is, this is who you are. Now let's find out about even more of who you are and help you be that right? So I would say. In terms of introducing myself and who I am and and the works that I do, I've been thinking a lot about that lately because I'm also in some ways with the works that I offer. Pivoting or pivoting is not even the right word. There's there's there's a refining that's happening and there's some other themes and elements that are coming in that I previously didn't speak to directly. And and so as I've been contemplating, like, what? What is it? What is that I do like what's at the core of everything that I bring forth.

[00:02:03] And the core of everything that I bring forth is. How do we directly access our power? How do we directly access our power and in doing that? How do we become more of who we are? How do we continue to keep birthing the next version of ourself and the next version of ourself with greater ease and greater clarity and all of the other good things that we can imagine? And so essential oils are a big part of that. I know that we're going to talk about in this time together, work with the big topics that have a lot to do with power like money and sex and relationships. These are all part of it. And the final thing that I'd say in introduction is that my to satisfy the kind of logical part of our minds. My background is in science and pre-med, pre-med sciences, naturopathic medicine, Chinese medicine and basically the transformational healing arts. And so much time and focus spent on essential oils and how essential oils can act as allies for us on transformative path, how is it that they do that in such a special and brilliant and unique way? So I have lots of programs and offerings, as you know, and that's I think we'll suffice.

[00:03:23] Yeah, I love what you said about power because it's something that is so incredibly present in the work that I do as well. It's really about power, it's about empowerment, feeling the connection to power and having the ability to access our own power direct from source the Earth, all of the allies that we have conspiring with us to live this incredible life. And I'm really, really, really fascinated with how there are so many of us as lightworkers really attracted to this word power, which I mean, a decade ago. For me, power was a dirty word. It was associated with money hungry, the patriarchy. And, you know, all of these words that aren't necessarily in themselves being evil or negative, but that they were associated with this, you know, dark of force. And now we're slowly starting to come to this point where it's it's something that we're working with and towards. And and I really love that you mentioned that now as well.

[00:04:29] Hmm. Cool. What do you think shifted for you in relationship to that word or.

[00:04:37] Yeah, yeah. I think for me, I've been very immersed in the woods behind the words, and this is something that you have really taught me. There's never the there's never just the word. There is not only the word behind the word, but there's a transmission and an energy that comes as part of a delivery. And if words are worlds in themselves, then we see the word and the world through tainted glasses through the narrative that we've been conditioned to see them as. And everything that we see in our life is is a conditioning. And so the moment I started to see or to lift the veil for myself and my own life and in the way that I live, I started to become really connected to words and what they actually mean and where they can come from and what they can do for us and and how they live as energetic vibrations within our existence. You know, this is something that you mentioned in one of your programs in Aroma Point Mastery. I remember listening to this and having to rewind it a couple of times. Is that there? And I'm paraphrasing here and I hope that I don't get this wrong. But there's a transmission that comes from the audios, and it's very different listening to the audio and going about your your day and you're washing the dishes and walking the dog or and sitting down and experiencing the audio, allowing the audio to wash all over you and have your words permeate my souls. And I'm really interested to know from your perspective, you know, how how has that become a thing for you? Have you always been so particular with the energetic transmission behind your words? How have you gotten to the point where you've been able to allow that transmission to literally change the cells of the one who's listening? Was that just been a very natural thing for you that you don't really consider?

[00:06:58] I love that question. It's really. Luscious.

[00:07:03] A. I'm going to

[00:07:08] Answer the historical part and then the present part, the historical part. In regards to when you said, have you have you always I forget how you said it, but like have you always wanted to express in this way? I think I. Perhaps this discerning piece is that. I've noticed. I've been pretty acutely aware of when something feels off and it doesn't feel I'm not because I've been amazed at how you can have experiences with people, places or things where in that experience itself you feel like you end up. Things feel connected when things connect, when things really connect, all of a sudden you're not just having a three dimensional experience, you're having a multidimensional experience. So I've been very fascinated about that since I was young and I and I think that connects back to I was born on an informal hippie commune and then my parents converted to fundamentalist Christians when I was like five and that we would, we were going to this church. They did like intense. I'm not making fun of this part. It was a part of my experience that I really love, but I'm painting the picture as like, you know, it was it was an evangelical fundamentalist church like, you know, when we're doing praise and worship, it was extreme. And and what I remember, like on the one hand, being like, what are these people doing? And on the other hand, I remember feeling this transmission of something beyond my physical form and shape and this time bound experience that was very real and very tangible.

[00:08:51] So I was like, What is that? What is that? What is that phenomena that have? Happens when we're in this time and space, but we're accessing so much more that that that is able to flow in and through and out, and that has its own kind of network capability, abilities and its own intelligence that I'm not governing or regulating with my mind. What is that then? To bring it present is now what I see is that as as creators, as we wake up to ourselves, as creators in this life, part of being a creator is recognizing that we're always creating. Right, we're always we are always all creating this together in every moment. And so then as we wake up to our capacity for mastery and creation, then we we want to get more discerning in like what feels more spacious, what feels like it's aligning up more whatever that means. However, one experiences that what feels like it's just, you know, when you feel something, when it's so spot on, like when somebody says something and it's so spot on. And even if you don't like it, and even if you have all these emotional things that come up in response to it, you can just feel that it's like, boom, just either that it slices through or it lands, you know, just, oh, there's so much more to that than the words themselves.

[00:10:26] That's that's part of the mastery of us being creators in this life. And when we transmit in that way, we're able to transmit in that way because of the sum total of all of our life experience. Everything the good, the bad, the ugly, the challenging, the ease feel, all those places and spaces where we've claimed the essence out of our experience and we've made it our own that strengthens our ability to transmit versus just talk. And the more we transmit to just to name why this is important is because we are moving into an exponential age. Some people talk about it as quantum part. Part of that is that. I think as long as we're in this human experience, in this 3-D experience, they're still going to be things that happen in time, right linearly in time. But there's we have an increasing ability right now to access quantum portals or exponential upgrades, if you will. And to access those portals and those exponential upgrades, there has to be a kind of lining up that's from it comes from beyond the mind and transmission is what allows that to happen. In my experience?

[00:11:42] Hmm. And there's two parts to this. There's the transmission. So there's the transmitter and then there's the receiver. And as you're speaking, I'm wondering as to how we and I use the word up level quite loosely because of course, it's never just one way or one dimensional that kind of works forward up down all around. But how much up leveling does the receiver have to do to receive the transmission as a full body experience vs. words just landing in the in a conversation?

[00:12:24] I don't even know if any up leveling has to happen. A. I think, you know, like within its own sphere, a case could be made for that, but what I would present is. That the only thing that has to be there is a willingness. And even if a person's not consciously willing in the way that we think about like graceful willingness like, Oh yes, I'm willing, but I'll just give a quick example to paint this picture when I was. I was, gosh, like 19, and I was working three jobs and I was going to school and I was with this boyfriend that I had been with since I was 14 years old. He was eight years older than me. It was a crazy deal. Anyway, we were living in this town in Texas, and it was like the next thing to do was we were supposed to get married and. And that was what we're supposed to do. So we're waiting for him to propose and then we're going to get right, and he proposed and and then I was like, Oh shit. Yes. There was nothing. If I actually was with Tiffany, it was there wasn't really anything in Tiffany that was exciting. It was like these ideas of what I thought Tiffany should be. Right. So and I was fairly, fairly unconscious, I mean, I was 19, I had a lot of trauma, blah blah blah. So I was so I was just going along with the motions like our picture came out and the paper, the announcement, everybody was saying, maybe I was 20. Everybody was saying, Congratulations, you must be so excited you're getting married.

[00:14:00] And I just had the pat answer. I was like a robot. I'd say, Oh yeah, blah blah blah. I'm not even sure what I would say because I would like dis embody when I would say it. And then I went into this cafe where I made soups in the early morning before I would go to college and there was a woman. There she was. I just never forget her. She was older, wiser. She was from South Africa, which was kind of rare in this Texas town. And she said to me what everybody said to me, Tiffany, I. Aren't you? So you must be so excited you're getting married, something like that. And I said, whatever my answer was, and she was silent for just like a pregnant pause. And then she said, You know, you don't get married for anyone else except for yourself. And that went just like it, just like sliced through every layer and there was a transmission, in her words, because she was embodying a wisdom when she said what she said, it wasn't just words of advice. And and you could say I was willing, but I didn't know that I was willing, but I was willing discombobulation in my being that the willingness was just part of me that was cracked open slightly, so there was no upper leveling. I was just cracked open slightly in my own discombobulation and this woman who embodied her wisdom in that moment. Catalyzed a major shift for me. Hmm. Mm hmm. Mm hmm.

[00:15:31] Yeah. So it's really about the cracks that we experience at a particular time in our lives that allow any light to shine through so that it creates some sort of change, it sets in motion a change.

[00:15:55] I think that's true, and I guess what I'm feeling is what if it was completely outside of the sphere of cause and effect, like how you just described it is true and you can feel the weight of what you just said. It feels a little clunky. I know because I know your your level of sensitivity. It's just a little clunky and it feels clunky because it's old. It's slightly old. What we could call old paradigm, right? It's not really old, but you know what I mean? You're talking in a very progressive old way, but. If we if we want to say old, new, whatever the paradigm is that we're awakening to or we're creating together is. That while we experience things in linear mode of cause and effect. Another way to think about it is all of your life experience led you to this moment right now, all of my life experience led me to this moment right now to the degree that we show up. In. Transparency. And even when we show up, not in transparency, what we need is always there for us. And so in all of the like swirling of what's happening, sometimes there's these little windows that open. Or the portals that open, and I don't know why or how they I mean, I think we could probably explain them in lots of different ways. There's probably astrological ways. There's probably, you know, have you have you suffered enough that you broke a broken down so that you have an opening? I think all those are valid. And then I also think that there's some part of it that the mind can't quite grasp. That's like what we might call divine timing. Hmm. Quantum, isn't this?

[00:17:41] Hmm. Hmm. Hmm. Hmm. Hmm.

[00:17:43] Yes. There's this tender part that I feel you. Almost like wanting to illuminate for your listeners, which is really loving, which is like. How? How do we do more of that, please thank you. How do we do more of that like? Yeah. How do we do more of it and how do we do more of it with ease and grace? And yes, and this part of the mind that wants to figure out how to do it is actually not the part that's going to serve us in doing it.

[00:18:22] Yes. How many times? Yes. Yeah. And as you're speaking, I can feel my body and I say the word cracking because I almost feel that the there's like a I don't know how else to explain it, but like a wall that's just gently starting to come undone. And that's the cracking. And I'm wondering how many people are actually starting to feel that. And when we talk about the transmission coming through, one of the questions that I have had, you know, countless times is have these transmissions always been coming through? And now we're ready to hear them and I speak for myself and own my own daughter. Is that is it the fact that now I've I've landed in a place where I'm safe, relaxed, rested, ready to receive those transmissions? Is that a collective readiness? Is it? Is it a way that, you know, like you explained that everything that's led to this Henao moment with your everything that's led to your here now moment and me listening to your transmissions at whichever time I listen to them, that all culminates in this.

[00:19:41] Cracking it up and I was thinking about when you said, can I add something to what you just said? Yeah. This thing about everything you just said and and and and your transmissions and my cracking, I'm paraphrasing you. Hmm. Is that is I want to highlight the non duality of it like you're cracking is my cracking. Not to diminish the uniqueness of of our experiences. I'm having whatever experience I'm having, you're having. But the like, the transmissions that might flow through me. We could say they exist because of you asking the questions that you ask having the presence that you have. So that's happening all around us all the time, whether a person's the transmitter or the receiver of the transmission. It's like if I took out a quarter, it's two sides of the same coin. They're happening simultaneously together, which I think is like. This is why every single day I feel so infinitely blessed, like infinitely blessed. Why do we get to do this? Like show up with other human beings like this and the pure delight? And this brings me to the this key word that came in in the very first question you asked me about transmission and my own evolution with it is trust. I would say that what allows more of it to happen, if you will, is the trust piece. Yeah. Twisting like it's going to whatever is, whatever wants to come out is going to come out. The more I give myself over to it, I'm sure you have your own experience of that as well.

[00:21:21] I feel like I actually personally have a very intimate relationship with trust. I almost feel like that's one of the key components of my explorations. It's constant learning how to dance with trust. So it's really interesting that you bring that up because I also think that there's a deep connection between power and trust. And I haven't found the words to articulate it just yet, but I do know that there's they're interrelated and intertwined in a way that. Hmm. Yeah. Supersedes my words. So if you've got anything to add to their connection, I'd love to hear.

[00:21:58] I'm so funny because the first thing that came to my mind when you said it is pelvis. Yes. And I think part of it is actually because my my own, you know, I feel like as we're being whatever upgraded, if you want to think about it like that, I kind of like that analogy. Our physical bodies are also going through a lot as we are. You know, metamorphosis. And I've been really feeling it in my, you know, I had this like low back stuff in my pal achy and I think what is going on and I went to get an x ray because I was like, I got to rule some things out here for peace of mind. And, you know, he said what he told me, I have arthritis in my hips and I could feel my mind wanting to go down this road of like, that's what it is. It's my arthritis in my hips. And that's why I painted, but I'm not. And you know, there's truth to that. That is a truth within a certain realm of truth. I've shared experience. It's not to make. It's not. This isn't about doing an all or nothing thing and or either or a thing. And I feel like whatever is happening in my pelvis is in response to opening up to. Flowing more power, which requires greater trust in this whole process because I can only flow and source more power to the degree that I'm surrendering.

[00:23:22] Myself to myself, I'm surrendering myself to myself. You know, it used to be that we would have like if you think about the guru principle, which I have, I've been in spiritual community, I've had a guru that experience where you're. I know this is a turnoff for a lot of people in our kind of work like, oh, you would submit to a guru that sits off all kinds of alarm bells. But there's something actually quite beautiful to submitting. To a guru, I don't actually think it works in the long run, which is why a lot of those communities dissolve, it doesn't actually work for the Western psyche. But I had an experience of it outside of myself. Now I see, Oh, I'm doing that inside of myself. We submit to the guru within. We come into this alignment of all the pieces and parts of ourselves because we can't move forward in power as long as we're making certain parts of ourselves or our experience bad or wrong. Right. That disenfranchises our power. So there's this kind of, you know, radical ish trust that's a beyond the mind trust. It's like the merging of trust and faith that connects to the pelvis.

[00:24:29] Right? Isn't this fascinating? Because this has been something that I've always worked with in terms of my physical body and my physical health? You know, years ago, I had concerns with my pelvis and my hip joints in particular, and so really fascinating that you bring that up yet again, because this is something that I've worked with for many years. In fact, I had a doctor tell me that I wouldn't be able to walk again or practice yoga or any of those things that without having hip replacements, and I decided not to do that. I think I was 30 or 33 at the time and I chose not to do that, and this is what led me into energy medicine. This is what led me deeper into myself because it was the first time in my life that I had to stop moving and being an ex dancer and a yoga teacher. Prior to that, I felt like my identity was wrapped up in movement. And so for me to stop moving, it was the existential crisis. The question was like, Who am I without my body? And so that led me onto this, this road of of learning a little bit more about the inner self, the soul, the spirit that exists within these physical vehicles that we get to live in throughout, throughout our lives. And so power trust, faith, these are just such perhaps loaded words for some. But there are so powerful. They were like holy words and not only wholly from, you know why, but holy w holy like the whole of us experience. I just love that you brought that up. So much so. Right. Hmm. So, you know, we've already been speaking for quite some time, and one of the things that I wanted to ask you for the people that I work with as my clients and also for the listeners, a very simplistic question that came through was, you know, what is aroma therapy? How does it work?

[00:26:39] Why, why? How?

[00:26:43] Tell me a little bit about it.

[00:26:46] Ok. Hmm. Rheumatoid therapy being the placing of properly diluted essential oils on IQ points or body zones on the body and to define that first. And so that's what it is. You know, in a like plain language description, in the metaphysical description, I would say it's the placing of a. A potent vibrational. Ally, on a vortex of the body, which are your acupuncture points, and it allows for a tuning and a tuning, a tuning and tuning of our bodies. To the universe, to our surroundings, to our natural capacities, both within, within and without. So our natural capacity is between one another and our natural capacities within ourselves. So it's a form of energy medicine. It's about it's it's rooted in vibrational resonance. So it's not really about your body absorbing the essential oil. That's not how it's working. Your body does absorb some of the essential oil, but it's it's really working because you have the vibration of the oil transmitting its vibration into the vortices of a point. And then we could say transmitting it instantly transmits that that vibrational resonance through a channel. So that's one aspect of it. But then there's also the aspect that you're you're because the oils are volatile, so you're actually smelling it at the same time. And so you have all of the changes that happen in the limbic system in relationship to the inhalation of the oil. So it's a pretty potent modality. And actually, I will name two. It's a very potent modality for opening us up to transmission to receiving in different ways, in non-linear ways.

[00:28:43] Right. Which just landed directly in my heart right now because obviously now I look back. Obviously, the transmission was most potently received and the question of transmission came through throughout Aroma Point Mastery, which is the program that you offer that I took last year. So no surprise there that that was where I received those questions, you know, the questions about transmissions and receiving during that time?

[00:29:15] That's cool. Yeah.

[00:29:16] Yeah, no surprise there. I mean, everything's, you know, twenty in hindsight vision, isn't it? Really? And so what I'm most interested in is speaking to Aroma Point Therapy when it comes to supporting familial, cultural, societal programming or conditioning. And the unraveling of that and a little bit of context with that is that, you know, one of the main things that brought me to this work besides the hip injury that I sustained, was this idea that the body houses are. Entire history, our traumas are anything that's happened to us throughout our lives and not only from our experience, but also from a lineage perspective, from generations before us, how we can carry these traumas or these wounds or these experiences and not really know it from a logical standpoint, but can feel it within our bodies, which then holographic means that we experience it in our lives as well. And the most beautiful thing for me, working with the oils in this way has been that even though talk therapy is such an incredible modality and a way in which we can be heard and to speak that which exists for us, but that this almost transcends that there's no need to speak of, there's no need to dig up. There's no need to. Speak into things that maybe we don't remember or that are too painful, and that this modality can really support us from a very neutral point of view, a very neutral place. And I was wondering if there was anything that you could speak to. This is magic. It seems like it's magic.

[00:31:20] Mm hmm. I know what you mean. I love everything you just said to I can feel two threads to tug on. One is that they're my experience of aroma therapy. Having done it as a clinician, you know, performed it, if you will, and thousands and thousands of people and then guided thousands and thousands of people like yourself who are also leaders in their own right, who are sharing it with other people. So the feedback loops that come back to me about what people experience are plentiful. I have just like databases of information. I wanted to name that for people because. Because there's a lot of value and validity here, even though we might say that it's magical. Yeah, it's not. It's not coming from strictly magical thinking that's untethered from some kind of integrated operating principle within ourself. My scientist wanted to say that. So being an individual who experienced a lot of trauma, who had a very tightly held together persona that came into being or personas that came into being in order to help me survive, if I would have just just done talk therapy, I did. I have done a lot of things to support myself over the years. I had this way in which my persona could because I was, I'm really I'm smart, you know, and I'm not just smart, but I'm scrappy.

[00:32:45] Like, I'm street smart, you know, I'm a survivor. So like, I can maneuver my way around a lot of things like I can avoid going to a lot of places in very clever ways. And I think this is probably true for a lot of people that would be listening to this. And so at a certain point, we actually need something that is trans rational and at the same time helps us become more embodied. And that's what I see with aroma therapy is that it's trans rational, which means it's above rationality, but it's not leaving rationality behind. It allows rationality to be there, but it's its reference point is not squarely rooted in rationality, it's above rationality. If we had to put it in a level so trans, trans rational, it invokes and evokes trans, rational, trans, rational, embodied experience. So it calls us into our body. While it also sort of dislocates us from the persona mind that's been constructed to help us avoid certain areas within our experience. And as far as transgenerational trauma healing, you know, I used to because I've been working with that for many, many years is I used to really think about it. It's like, Oh, we have to go back in time. We have to unpack these things and need to understand these things.

[00:34:07] Then we have to supply the healing and that is again valid within its own sort of. Sphere of understanding, and I will also say that everything is now anything that needs to be tended to from our past ancestral wounding is present now. And so then the question just becomes how do we access it now? Well, part of the part of the way that it wants to be accessed now is that we can't access it through insisting that there's a problem. If I keep insisting that I'm broken and I can't move forward in the way that I want to because of this historical ancestral lineage that I have. Then I actually prevent myself from receiving the very medicine that's available to me right now. It's not anywhere else, but right now. Mm hmm. So we do an aroma treatment. I do an aroma treatment on myself or my husband does it on me. And all of a sudden I'm opened up to receive in ways that I couldn't force myself to be opened up to receive from my mind. Hmm. I certainly couldn't force myself to be opened up to receive from a place of insisting that I have a problem. If I could just figure out what that problem is, then I'd be OK.

[00:35:11] Yeah, yeah, yeah, yeah, I hear you. I've been so much more inclined of late to not look behind me. And, you know, whilst there is merit in all of that, and there's a lot to be said about understanding where you come from and why you feel the way you feel, but there's also so much to be said about making a decision in the here now moment and moving towards that which you want. And one of the things that you said in one of the podcasts that you did, I think it was with Casey and I that it was something that stuck with me that was just so beautiful. It was that. Let's stop looking at the situation from a problem and solution standpoint, and I'm paraphrasing here, of course, but let's focus on the E's full part of the situation like move towards ease. And I just thought that was so beautiful because we can get really stuck in trying to figure out what is the problem and then what is the solution in in a way that sometimes doesn't even present any sort of outcome. We get stuck in the trying to solve as opposed to just removing ourselves from that completely and moving towards ease. And one of the examples that you gave as part of that podcast episode was beauty. One of the things that really, you know, brings you into is is beauty. And I've been exploring this so much, especially now that we've just moved into this beautiful home in in the countryside. And I was speaking to friends and family of late saying the beauty that's around me, it feels so overwhelmingly useful. You know, there's just this relaxation in my nervous system, and I don't even remember where I was going with that. But but this whole idea of of focusing on ease is such. A trip. Simply because it's not something that I was ever taught as as a child growing up or as, you know, a young adult, you know, you have a problem, you fix it, find a solution, get to work kind of thing.

[00:37:30] And there's almost this thing that's like, How dare you, right? How dare you? Act like something supposed to be easy or point yourself towards ease. Who do you think you are? I mean, these are very real structures in the psyche that are that when we bump up against them, it can feel awful, like we've done something horribly wrong. I just came up with this title for a webinar that I'm going to do. That's about untethered from guilt on your pathway to greater pleasure because inevitably when we embrace more usefulness. It brings up guilt, and I want to name something because this isn't just about so the thing about the problem solution paradigm is that it's an either or that as long as we're in that, we're pinging back and forth between two options that don't allow us to access our multi dimensionality in our brilliance. That's the only that's the main reason why. And you know, to quote, was it the Einstein quote like, we can't solve the problems that we have from the same consciousness that created them. There's also that like we actually have to pop into a different consciousness. So this isn't about going OK. No longer are we going to try to solve the problems. We're just going to claim ease and then we make that. So then it becomes a oh no good bad, right? Wrong.

[00:38:49] I haven't done it right. So it's more just like it's like being led by. It's being led by something different where we kind of go, how much. I don't even know. I mean, I'm playing with this right now in my own life too. Like if I'm feeling uncomfortable and I'm all bound up because something's not working, I'm going to just give a real life example because this always is helpful. It was like, we're in Sri Lanka. We have a home in Sri Lanka. It's a beautiful villa where we have retreats and it needs constant work. And we were when COVID happened, we got closed out of Sri Lanka. And so this was our first time back two months ago since COVID started, and there's a lot of stuff that needs to be done on the house. So we're in the house, all the stuff's being done and I'm just I'm enormously uncomfortable. The whole thing, like the house smells like mould really bad. It's a house in the tropics. The roof is leaking the there's all this stuff that needs that works going on and I, I I can might sound like a misprint, but like I was like, I just don't want to be in this suit. Where my mind went was, we need to sell this place. We just need to sell this.

[00:39:54] I actually had a meltdown to like a three year old. I was like, I don't want to be here right now. I don't like it. We just need to get rid of it. Then I was speaking with a fellow colleague and she she kind of asked a question that led me into greater ease. She's like, Well, how could you? What is it that you want? And then how can you create that right now, it's like, oh, talk about powering up, so we're bringing it full circle to the power. Oh, OK. First of all, what is it that I want? That's a very concrete way to connect to my power. I don't want to be in construction zone, I don't want to smell mold. And what I really want is for this all to be taken care of while I'm not here. Ok? How could I create this now? Oh, I could go stay in a hotel. I'm going to go stay in an awesome suite, beautiful hotel for 10 days while this is happening and I can do that. That was choosing ease. Yeah. And the power I had to claim power in the choosing of ease, because that was real holistic choosing of ease, not just an I don't want that, that's ugly. That's gross. Yeah, what's my ease which becomes another either or.

[00:41:09] Yeah, yeah. Which then ties what's the journey for me through guilt on the way to pleasure? Who? Who am I just to abandon my house, you know, and go in and shack up in a really beautiful, luxurious hotel. Whilst you know this, this is what's coming up for me and the thought of of the WHO am I, the worthiness and then and the deserving ness, which I actually don't have a problem with in in my own body and my life. It's just this pettiness narrative that keeps on coming up for me, and I'm working with that in my life as well. So it's really beautiful that you brought that up. So tell me you're going to go and stay in a hotel. What? They're looking after your house, then?

[00:41:56] Oh, I already did. I stayed in this beautiful place and I'm in another hotel now in Colombo, but I stayed in this gorgeous place with my own little private pool, and I and the all the people that worked there were just divine. And I'm like, they said, I'm a gold member now. I can come back anytime I like. I just looked it up really. And and more so than there was big parts of me that were like, You know, do you want to be spending this money on this right now? I spent a lot of money. It was worth every penny and I contributed. Right. Where's this thing that somehow I if I do that, I'm just being a consumer, no, I was actually contributing because at this point in my development, the more ease fullness that I can allow, not because I'm against being uncomfortable, but because I'm choosing more peacefulness that the more that I can allow that, the more I'm able to show up for this. Mm hmm. For this work, for myself, for this metamorphosis that I'm in the midst of as well, just like you, just like probably a lot of people that are listening and we need some spaciousness for that. And by the way, just about the money piece to name, like every time I spend more money on things that seem luxurious, I make more money. The more I spend more money, more money flows in. It's always that way and it just keeps getting up leveled. And it's only when, when, when it's like exponential win in all directions. There's nothing negative about it.

[00:43:22] You spoke about deciding to be rich. You know, deciding to be rich doesn't only occur when it comes to money. It comes to experiences the way that we live our lives. It's an embodied approach to living. You know, we we already abundant in so many ways. And yet for some reason, we think that money is separate from our ability to. You know, create abundance, we think that it's separate. So I I agree wholeheartedly. The more money I spend and it's not actually for me anyway, it's not about me. There's this thing in my mind that I had to shift in, that I made spending money about me being frivolous instead of seeing the impact that I. Make have on the people around me, the businesses that I choose to do business with, the way in which I consume and spend, how that works is an ecosystem and I'm part of that ecology. And so I am part of something that is so much bigger than me, just simply being quote unquote frivolous. It's about me contributing to a higher energetic frequency, if you will, just for simplistic reasons, just to, you know, you say, up levelling. But it's a it's a completely new way of being and it's playful and it's lush and it's sweet and it's so incredibly expansive.

[00:44:50] So and endeavouring to. Live in this way, if. Because this isn't what we're talking about is not interesting to everyone. Right? You know, not everyone is interested in this, but for the people, and that's a beautiful thing about the human experience. We get to choose all different ways of being whatever we like. But yeah, for those people that this is interesting to them. The process of saying yes to more of that inevitably brings up all of our stuff in relationship to money and power. And so in the doing of it, of the up leveling, if we call it that or expanding our capacity to receive and give, we actually get to heal trans generational patterns of lack. And that is how we change the world. So this is on the one hand, it's like I'm going to a nice hotel and my husband staying there to get out the swimming pool. On another level, I'm healing. Transgenerational patterns are black. How awesome is that? I'm not kidding. This is real.

[00:46:03] I am like smiling from ear to ear because it's so true, and I have felt like so much stuff come up in the beginning stages of living my life in this way. Guilt like mentality, scarcity, mentality, just habitual patterning. Really, like I said, it wasn't my stuff. It was just something that I had learned. It's a learned behavior. Yeah, continuously working with all of these things. I think every time I quote unquote up level, this is the experience. You know, there's a lot of stuff that comes up with it. And then, you know, full circle aroma point therapy, boom

[00:46:43] As a beautiful tool to you said something about that. It's not even mine. It's like inherited beliefs or whatever. I forget exactly, I said. And it is that and the the reality is, is that? It's the reality that we've co-created together. And now we are, and now we have an opportunity to co-create another reality together that makes it even more holistic because then it's not like the belief or the thought form that's not yours or that you don't want or that doesn't make sense. All those things are true, but it's like, Oh, this is the reality that we created together over time. And now we are actively it's part of the potency of this time. We get to very actively with more consciousness, create the reality that we desire. And this is why it's really important for us to connect to our genuine desires. And that's actually harder than it sounds. That's a whole process in of itself. And aroma therapy is a beautiful tool and catalyst for helping us to connect with our desires. So help us with receiving to help us with this trans rational shifting so that we can transform in ways that are. Um, not regulated by the mind as the central dictator of the process. Mm hmm.

[00:48:06] Thank you so much. This has been such a rich conversation and I'm so, so grateful for your time. I know that we went a bit over, but I enjoyed every single minute of it. Thank you. And if you have that link to the webinar that you'll be doing if it is available for public, for the public, I'd really love to include it as part of the show notes, so that anybody who's listening and would like to attend or just get to know you through your work. I also top your website links in the show notes

[00:48:41] This That sounds great, and I'll name two things that I think would be wonderful there, free for your listeners to tune in to, which is that the one that I talk about, about the guilt? And then there's another one that will be happening in January of twenty twenty two. That's around investing, which might seem like what? What the heck. But it's it's in part about investing in self, but it's also in part about cryptocurrency and the importance of cryptocurrency in these times as as part of the catalyst for change. Yeah. And and I'm really it's really geared for people like us, people in the healing arts, people that consider themselves light workers. And so I think that they'll find it interesting. And then lastly, encouraging people to go to my YouTube channel, which is Tiffany underscore Carol, because there are so many video clips there on all of these things that we're talking about in starting January 1st, there's going to be a lot more about this realm of money and power and cryptocurrency and transformation, which I'm so excited to share with people.

[00:49:42] Wonderful. What a gorgeous shift. Oh, I cannot wait to be a part of that with you. Thank you so much.

[00:49:52] Yes, thank you.