

Announcer: 00:06 Welcome to A Teaspoon of Healing, where we explore the pathways to wellness and vibrant living. Listen to personal stories of healing and interviews with experts. It's time to open a doorway to healing in your lives through positive changes. Here's your host Dawn DiMare.

Dawn DiMare: 00:27 I'm Dawn DiMare

and you're listening to A Teaspoon of Healing. This is Episode 5 and the topic today. Well. There's a couple topics the main topic is forgiveness. And we're also going to be talking about female empowerment. My guest today is Juliet Willoughby. She's from Boston, Massachusetts. And she's an attorney. As well as an intuitive speaker trainer. Advocate. And coach. She has a website creating your soft place to land dot com. And also has a program all about forgiveness. Stay tuned for that and if you want to read my blog get show notes for this episode or transcripts or any episode visit my website WW.teaspoonofhealing.com.

Announcer: 01:16 This podcast is for informational purposes only and does not constitute medical advice. Please consult a physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or are alleged to be caused directly or indirectly as a result of use application or interpretation of the information presented here.

Dawn DiMare: 01:35 And before we get into our interview let's hear from one of our sponsors. Golf Tours.

Speaker 4: 01:48 Hi this is Goff, owner of Goff Tours! specializing in stand-up paddleboarding or surfing lessons. We even do snorkeling. You can reach me here. Orange County has what you're looking for. You can contact me via email at goff_tourss@gmail.com or. Mobile number is 9 4 9 3 3 8 5 9 3 7. Gofftours.com.

Dawn DiMare: 02:16 Well before we talk to our guest today Juliet Willoughby I wanted to share a little bit about forgiveness. Forgiveness is so important for not only emotional health. But physical health. If you're in a state where you haven't forgiven someone you're going to be in a state of being very sensitive and very stressed out. It causes unnecessary stress and when you're stressed out that's not good for your health. So forgiveness is so important. I've had to forgive a lot of people throughout my life as I'm sure most of you out there have I swear when you finally let go and forgive. It feels so good. So forgiveness is not always for the other person. Forgiveness is for yourself whether you're healing from a bad relationship a friendship gone bad maybe something

at work. Forgiveness is key. If you're not going to do it for them do it for you do it for your health both emotional and physical. Forgiveness is the key to freedom. So now let's talk to our guest intuitive speaker trainer and coach Juliet Willoughby and Juliet.

Juliette:	03:24	Hey Dawn how are you.
Dawn DiMare:	03:24	I'm good. How are you doing?
Juliette:	03:26	Excellent. I am so grateful to have the opportunity to be on a Teaspoon of Healing with you. Thank you.
Dawn DiMare:	03:33	Welcome and thank you for joining me on the podcast. First of all why don't you tell our listeners about your background.
Juliette:	03:40	Well I have lived a very interesting life. I am extremely blessed. My background is in sociology social work as well as I am an attorney. The thing that probably makes me smile almost the most is that I'm also professional jazz vocalist.
Dawn DiMare:	04:05	Really? And how long have you been doing that?
Juliette:	04:06	I did that for about seven years and I had to make a living for only about two to three probably three years before I went to law school. And I found I couldn't teach college full time be in law school full time and sing full time. It was a little much. I can imagine. Yes. That was one of my passions. I am blessed to have many passions and to have had the opportunity to use many of them and some of them collectively. So it's pretty cool.
Dawn DiMare:	04:41	Awesome. So how long have you been doing that intuitive coaching and training. How did you get into that?
Juliette:	04:49	Well you know it started off really in 2008. That was my first transition that began to start me on this path. My mom and I both lost our jobs at the same time we were teaching in the same sociology social work department. I was an associate professor and it was a job that I planned on being in until it was time to really retire. That was the future I saw the next transition that led me on this path was I had to have a total hysterectomy and I was supposed to be in the hospital for three days. I was in the hospital for nine days with a feed bag stuck in my arm and with them giving me three times the dosage of my migraine medication. So I was hallucinating. I came out of that and it took a little bit for my brain to recover when I got out. My mom was sick she thought I was going to die. So I had to start taking care of her. Praise God for that blessing to have the time

to be able to do that. But then it led to an opportunity for me to go to one of those Jack Canfield one day seminars that led to his full blown trainings to dream university and then to peak potential's which is now success resources America. Right. That's really the steps that led me or helped create the path that I'm on now. The 2014 ended up being a pinnacle time I was crewing and I was at one of their camps. And this particular one was called Wizard camp and I don't mean Harry Potter. And we asked what is wizard camp wizard camp is about pulling together your warrior which is your battle your sword and your wanted for a better cause it's the Wizard. And that is about manifestation and being able to flow as opposed to having to stand firm with a sword drawn. So it's those two separate things.

Juliette: 07:12 I was on the stage and I'd forgotten even though I'd been to many activities that they ask you as crew. And what do you bring. And I was panicked completely and I said I bring a soft place to land. And you heard the intake in the room and I knew I had created the title creating your soft place to land for my upcoming businesses.

Dawn DiMare: 07:39 I'm looking at your Website. You have a program called the forgiveness program. Describe what the program is and why is forgiveness so powerful and important for our health physical and emotional health?

Juliette: 07:51 Oh forgiveness.

There are two things that I think are the most important things for our own psychological well-being and for the world. Hope and forgiveness right the forgiveness program was developed because of two things one might own anger at what happened to my mother. You see I can forgive most anybody. Most anything when it comes to me. But you hurt someone I love you and the gloves are off. And for two years two solid years. The only prayer I had was Lord help me not to kill them today. That was the only prayer I had. That was it. Then I realized I realize how he had watched out for me because I could have gone to jail. If I heard everything that was happening with my mom and I would have gone willingly. But it was eating me up inside was truly eating me up inside and I couldn't hear my mom. Not blaming me. So I knew forgiveness had to happen. Didn't know quite how to do it. And then I was going to speak. Years later in India and I said forgiveness your path to freedom ending up being my topic and then 20 hours before I was supposed to speak. I came up with forgiveness as a program. It just literally came to me because I knew that every time the anger welled up in my body that my blood pressure

raised my ability to love myself my ability to trust people my ability to not look for the worst in people first was totally clouded to see when you're not in forgiveness. You have a feeling of unworthiness. Perfectionism becomes your aim. As opposed to excellence. Because if you're not if you can forgive nobody can forgive you for not being perfect. You become super sensitive because you're always looking for where your going to be wrong or where somebody else is going to be wrong. You have walls of isolation for protection your health. Begins to suffer unnecessary stress anger and anger is relieved away that lack of forgiveness showed up in me.

Dawn DiMare: 10:54

And how did you feel that that affected you. That anger that you had two years of it that you had the same prayer. How did you how did that affect you in your daily life and in your health and then how did you finally decide to let it go and forgive?

Juliette: 11:09

I developed anger, well I mean it showed up in everything I did. There was nothing that wasn't touched by that anger. And since I had to I was put to work with some of these people who would dumb the dastardly deed. I got enjoyment out of just my presence. They are making them uncomfortable. No matter what I did I didn't have to do anything. And I got immense pleasure out of it. Building relationships was something that was never really good at through small talk during this period of time I was really really lousy at it too.

Juliette: 11:50

Those are the things that happened but I went through a process because I had so much blame for myself in that first step was to acknowledge the pain that the anger was really pain and to sit with that because you see in society we are told to hide our pain to shove it down. But I had to really sit with that pain once I realized that's what it was even more so than anger. It was pain and I had knowledge that and I don't mean you know sit with it for the next six years but sit with it feel it. No it's there. The second thing I had to do was reflect on my role in the whole situation and own what was mine to own discard the rest and in owning what was mine had to decide would I have done the same thing again. Would I do the same thing again. And for me the answer was yes. So I was good with that. So I could go on to the next step. The third step knowing that I would have made the same choice again was to forgive myself forgiving yourself if I find that just as important as forgiving others. Sometimes if you don't forgive yourself you can't forgive others. That's more difficult. You know you're right. I think it is yeah. It's brutal brutal his you have to.

Dawn DiMare: 13:23 Don't you have to look at yourself in a way that's uncomfortable?

Juliette: 13:26 Exactly. That's why it was the third step because I had to reflect and acknowledge and sit with all of it and then I had to decide to forgive myself. The fourth step in this in this particular case. Step three and four they were really rough because I had to now look at these other people and remind myself of any in this case it felt like for me that I had to look when just got good hair.

Juliette: 13:55 That's where it started out season finding positive things about a person even if it's somebody that hurt you wrong. Do you find something even if it's small and keep going through that. And if it's a person that you had a romantic relationship with that means there was something truly good about them for you to get involved with them.

Juliette: 14:15 Now I want to make a caveat on the next step however. So don't romanticize them if you were in a relationship with them because you know how women are in particular. Yes. We don't want to do that. When you go into the fifth step it's to me if it's safe if it's not safe and you're listening to this podcast please don't go and meet with them because of a discussion of forgiveness. I work in the criminal justice system in the civil system and I watch women get sucked in every day because they hear the piece of you need to forgive you forgive. With wisdom it doesn't mean that what they did is OK and that tends to undermine us because we believe that saying I forgive you means that the behavior you did was all right. It's not so if it's not safe ladies do not meet with your abuser. Don't do it. So I just want to make sure that caveat is there. It is very important area important so important. The sixth step is to forgive them. And as I said it doesn't mean that what they did was are right that their actions were acceptable. What it means is you no longer have to carry them on your back.

Juliette: 15:39 And the last one step seven rinse and repeat. Because forgiveness is not a linear affair. Forgiveness takes time. Some people are more fortunate for some they only have to go through it once. I haven't found many human beings that can do that. But that's that's a piece. So you asked me and please interrupt them give me you know I'm giving a lot of information. What the acronym forgiveness stands for.

Dawn DiMare: 16:14 What does that stand for?. I noticed on your Web site that you have written in all caps with periods in between. So it's more of an acronym for forgiveness. So what does it stand for?

Juliette: 16:25 That means this is about a whole I love the word. So that wouldn't bring them all that it stands for. But it is a holistic piece.

Juliette: 16:36 So the F stands for feminine because forgiveness is categorized as a feminine energy so feminine the O is for openness the ability to receive and let go are for reflectiveness the ability to look inside of ourselves. Gratitude is looking at the benefits that we have in on those days when it seems really hard like I'm going to work and it's like oh I don't want to be in the courthouse. And they really don't. And so I say it's like OK I'm grateful that I'm going someplace where I can make money to help pay for the things I want and grateful that I had gas to put in my car. I'm grateful that I have a car I use for integrity and integrity is a state of being whole or undivided. The V is for vision the ability to not only look but to see us as the saying goes Without vision. Men perish Eastern energy. How do people feel you when you walk in the room. How do you control that energy that emanates off of you as well as how do you determine what energy other people have with you. That may in fact drain you. N is for noble though being distinguished standing with high moral character he is for enough ness to be enough is to have adequate things to meet your needs to be enough is to be you. It's her sensuous essence. Now we know unfortunately when we think of sensuous people get it mixed up with Sensual well which is more sexual.

Juliette: 18:33 Yes but now we're talking about sensuous essence and then the last S is stay the course and you will find your way home.

Dawn DiMare: 18:45 I love. Thank you.

Dawn DiMare: 18:54 Well that's wonderful. Juliette thank you for describing that to our listeners and I hope people out there that are listening and you can apply some of this to your life is forgiveness. It's not as much about others it's for ourselves let go and reclaim ourselves. And also to benefit our health or your blood pressure let it go.

Dawn DiMare: 19:15 We're going to take a really quick break and we'll be right back with Juliette Willoughby. Hi I'm Dawn DiMare and you're listening to A Teaspoon of Healing. And we're back with Juliette Willoughby.

Dawn DiMare: 19:42 So we talked about forgiveness and your program and your background in a previous segment I wanted to ask you a little bit more about it's kind of related to forgiveness and self discovery. What do you think we can do to reclaim our self-

worth after a traumatic event or the trail a relationship that's gone bad? How can we pick ourselves up? Do you have any experience as a coach or just in your life experience help woman or men?

- Juliette: 20:07 Well that's really in that seven step process we were talking about in reclaiming your self-worth. So we go back to that seven step process when you forgive yourself forgive them let go of the baggage that is the time when you're able to start reclaiming your self-worth. Because we talked about earlier we lose our sense of being enough we lose our sense of being worthy being deserving of love and that's because on many occasions we have sat in blame and shame about the events that have taken place and the fact is that self love knows I'm saying self love not self care but self love.
- Dawn DiMare: 21:00 And what is the difference between self love and self care.
- Juliette: 21:04 In your opinion self care is how we treat our bodies do we get massages. Do we go and get our hair off. I have very little hair to cool off but do we go and get our hair quaffed.
- Juliette: 21:20 Those are actions as opposed to a state of being. When you are when we are when I truly love myself to sit with myself I don't have to run frenetically trying to actuality to get away from myself. Right. We run everywhere and what we're really trying to do is run away from sitting with ourselves. So that self love is being able to sit with your self introspective and to love yourself or to accept yourself with all the flaws the bumps the bulges the times when we make really really dumb statements that you're wondering how did that come out of my mouth to love. Even the side of you that displeases you and realize that it's all part of who you are when you do that. Self care just kind of happens you know sometimes for people they have to work backwards. Do the so here and then get into the self-love. I'll give you an example. I had been losing weight because I wanted to impress a gentleman. He didn't notice men and I started to gain some of that weight back. Right. So I was doing losing weight for the wrong reason. Great love for myself would have shown up in my simply taking care of my temple because I love myself as opposed to losing weight.
- Juliette: 23:04 To have an impact on someone else and that's a really good point right there. Does something like that for yourself. Not to impress other people. You want to lose weight. Do it for you. Hope that answers your question.

- Dawn DiMare: 23:18 Absolutely. Also from your website when your programs talks about standing in someone's shadow and how we cannot do that how do you know when you are standing in someone's shadow? And how can we notice this and how can we stop this from continuing? Many of us especially women - I have the tendency to be a little bit submissive relationship or just even in general at work and it's caused problems like to put people on a pedestal. You know how can we especially women and I'm sure some men feel this way too but especially women how can we stop this?
- Juliette: 23:51 Wow. Wow. That is that is such a powerful question and the reason it's such a powerful question is because we can end up in someone's shadow because we love and respect them so much. We're or we're in awe of them and because we've allowed ourselves to be in awe. We forget our own brilliance an example of this is my mom God rest. She's been gone a year and a half this month and she was brilliant. What I say brilliant. I mean beyond brilliant she worked and did some of the research and the development of birth control pill which is done here in Massachusetts. Really. Oh yeah. That's amazing. She got her doctorate in education from Harvard in 1972. Now when women much more black women were barely gracing the doors as well as many many other things. She was absolutely brilliant. And my knowing that brilliant and always feeling like there's no way there's no way I can ever be as brilliant as my mom I realize later on that bothered her but I was in awe.
- Juliette: 25:03 And it was more so why bother. You know you're standing in a spouse's shadow or a boyfriend's shadow or another colleague's shadow when you acquiesce to them because of your feeling of being less worthy when you will they can do it better when it's not necessarily for the benefit of the company or the family. Those are the times when you can see that you're standing in somebody else's shadow. And sometimes that shadow gives protection right because you're afraid to step out on your own. So then you kind of have to decide do I want to live without sunshine or do I want to feel that glow of the sun on my face doesn't mean you have to be of sunshine hog. We are all meant to shine. We were meant for that because we've all got a particular gift and we steal from the world when we don't stand up and shine.
- Juliette: 26:12 It's a really good point. We're stealing from the world. We don't stand up and shine and we don't we are the world our God given talents and we just acquiesce to okay this person does it better than my husband does it better me and my colleague robbing the world.

Dawn DiMare: 26:31 Yeah - wow - that's really powerful.

Dawn DiMare: 26:32 Now let's talk about the Sensuous Warrior retreat when you are creating what's called a sensuous Warrior Retreat for women. And again first of all describe what is a warrior retreat?. You've touched on it a little bit but a lot of people don't know what it is. I actually haven't been to one. I have a friend who asked me to go and I will go oh you don't let me tell you.

Juliette: 26:53 Essentially the warrior is ok sure thing and I'll do that by a poem that I wrote a lot.

Juliette: 27:00 And it's entitled The Sensuous warrior the sensuous warrior full of grace she is a woman who knows her place a place of ease a place of calm a place of solace and soothing balm sensuous Laurie chooses love. She's a woman who can let go of the need to be right and never be wrong. The need to show that she is always strong sensuous warrior knows her name. She is a woman. She is sunshine she is rain rain of awareness rain of openness rain of love and rain of enough ness the sensuous warrior is all of the above. The Sensuous warrior knows how to love and be loved.

Dawn DiMare: 27:50 In love that day you wrote that yourself Mary did and was an English major. I can say that I studied poetry. Back in school for health care. Now that I was an English journalism major so that's a very good poem and it's very good

Juliette: 28:17 Yeah so the sensuous Warrior Retreat women who were in transition and who were focusing on gaining clarity pertaining to their vision and passion - women who were looking for like minded tribe women who were looking to take their lives to the next level in their professional life. The relational life spiritual or financial lives to those of the women that need to come to the retreat. Why I chose women. Yes women.

Juliette: 28:48 I am one. That's one reason.

Juliette: 28:55 And a really big reason women are change agents. And I say that from my social work background. One of the credos for social workers is that from being change agents. It's also a profession that is charged with holding hope. It's called Mother Earth because all things come from a woman and until the woman or women reach their male self actualized whatever that is for them whatever it is it's not on the measuring stick with all women have to go to work outside of the home working inside the home as some hard work. That's for sure. But what is

self actualized for them and society benefits when women are self actualized. Women bring a different energy to the world and that's what chosen women.

- Dawn DiMare: 29:59 I love that change agent - very powerful. So on your website it mentioned blending them eminent and masculine versions of ourselves. So what do you consider the either masculine version of women and how can how can we learn to blend it well ?
- Juliette: 30:14 I can only use myself as an example and the best example when you talking about program right it's about things you need. I'm ready to draw the sword at a moment's notice. That's my nature. I am a guardian. Being that Guardian is a in some ways a very masculine characteristic or a learning to ebb and flow is more of a female characteristic. It's not that I will no longer be assertive because that's just never going to happen.
- Juliette: 30:47 And it's a good thing to be assertive. It took me many years to become more assertive as great I need to sometimes learn or allow the male to have his lead. It's not because I can't do it because I can. Nine times out of ten it's not about me being weak but it's about letting myself breathe. See we don't have to be equal to men because we already are just by the nature of our being. But we don't have to be the same as we've run into this battle of having to be like a man. But there's so much more when we do the dance the dance is beautiful and when we incorporate that dance within ourselves I believe then we are whole of that and will people be able to learn that at this retreat learn a little bit of how to do this better.
- Dawn DiMare: 31:50 Absolutely. So let's talk about the retreat. First of all when is it and where will it be held?
- Juliette: 31:56 April 13th through 19th and it's really cool to say so myself. But we're going to start off in New Orleans. Nice.
- Juliette: 32:09 And we'll be there for a night. We'll do a little bit of work starting at around 2:00 o'clock evening activities. We'll do some little adventure in New Orleans and we'll get up there and we'll have breakfast do some more activities because the ship doesn't sail until about 4:00. Notice I said ship. Yeah.
- Dawn DiMare: 32:29 Oh so it was like a boat as well.

Juliette: 32:33 Because we are cruising to Cozumel! And the Yucatan. We'll have days at sea where we'll be working. And then you'll have those days where you're in Cozumel or the Yucatan is a little gift that you're going to get every night.

Juliette: 32:50 We're not going to tell you what that is. You'll have to calm things you'll learn you'll get a clear definition of who you are in your purpose the ability to let go of things that no longer serve you. Identify what it is to truly love yourself. You'll learn to speak your truth in your heroic voice. That means no hiding. We're also developed a program to follow you for 90 days to help ingrained the changes that you made during the retreat.

Dawn DiMare: 33:17 Where can people find out more about this retreat, sign up and find out how much it costs?

Juliette: 33:22 Well you just go the Web. Creating Your soft place to land dot com and again creating your soft place to land dot com and the prices are there.

Dawn DiMare: 33:37 That sounds like a wonderful retreat. I want to go I look into that. Maybe that works for me. OK well thank you Juliette. There Anything else you wanted to add about forgiveness self-worth or women.

Juliette: 33:50 Before we sign off, my big thing for women is this number one the media wise. You are enough. You are beautiful just as you are. You were placed here for a reason. That cannot be measured by your waist size, your chest size, the color of your skin, the texture of your hair - you were put here for a reason and that is enough. I love that. Thank you so much for the opportunity to be on your pod cast. The world needs A Teaspoon of Healing every day.

Dawn DiMare: 34:37 Hey Juliette thank you so much for sharing all of this wonderful information about forgiveness, self-worth and being a sensuous warrior. And again if you're interested in learning more about the retreat or about other programs Juliette has is it creating your soft place to land.

Juliette: 34:56 All one word dot com.

Dawn DiMare: 34:58 Excellent. And I'll also put this on the blog post that goes along with the episode. Thank you. Thank you so much Juliette. Have a great evening.

Dawn DiMare: 35:08 Thank you for listening to A Teaspoon of Healing. If you have any questions for me or for my guest visit my website. W w w teaspoon of healing dot com click on the contact form and fill it out and I'll get back to you when you're there. You can also read my blog download transcripts of the shows or read the show notes if you want to visit my Instagram. It is @teaspoon of healing. Facebook dot com slash Teaspoon of Healing is my Facebook page and you can reach out to me there as well. Tune in next week I'm going to be discussing the creative process and meditation with an international award winning sculptor, Dr. Nicholas Hernandez.

Announcer: 35:48 Thank you for listening to a Teaspoon of Healing with Dawn DiMare - your home for wellness and vibrant living. More resources on wellness and vibrant living. Visit us online at teaspoon of healing. This forecast is for informational purposes only and does not constitute medical advice. Please consult a physician or other health professional before undertaking changes in lifestyle or wellness habits. The author claims no responsibility to any person or entity for any liability loss or damage caused or alleged to be caused directly or indirectly as a result of use application or interpretation of the information presented here in.