



1052: Awaken the Healer Within
With Frank Elaridi

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Katie: Hello and welcome to the Wellness Mama Podcast. I'm Katie from Wellnessmama.com and I'm back today with my in real life friend, Frank Elaridi, who I will link to his website in the show notes.

We recorded the episode right before this together about rewriting negative thought patterns. And in this one we talk about the idea of awakening the healer within his own journey with this, from Emmy winning journalist to now highly sought after energy healer, to now actually helping other people.

To learn the process around that in their own lives, as many people seem to be called into healing work in some form in today's world. And he also does a real time energy clearing and I asked him, he offered to do it for me. I asked him to actually do it for the energy of motherhood and the feminine in general.

And it's really cool what came up. I'm curious if it's resonant for you as you're listening. So without further ado, let's join my dear friend, Frank.

Katie: Frank, welcome back. Thanks for being here again.

Frank: Thanks Katie.

Katie: It is always such a joy to get to chat with you. We've done over the course of years several episodes together. I'll link to all of those in the show notes, especially our most recent one I loved about like how to kind of reprogram negative thoughts, but even deeper than that, like really intensely questioning who are we even at our essence?

And I loved that conversation. And in this one I'm excited to go even deeper into something that I know is like, very relevant in your life right now, and I think is really beautiful and I'm excited to learn about, which is awaken the healer within which I feel like to understand this and like what it is we have to hear more of your journey over these last few years.

Kind of maybe people heard you first years ago when you were kind of in the entertainment world or like you've had, I feel like many lifetimes within a lifetime. So to start off, will you kind of walk us through the beginnings of your journey and what led to here?

Frank: What's so crazy too, Katie? Are you into human design at all?

Katie: I have recently been learning about it. Yeah.

Frank: Okay, so I just had a woman on my podcast named Emma Dunwoody, and she had been on the show before she's on again, and she said, you know, it's so interesting because there's 193 different incarnation crosses that you could have in human design. And I don't, I didn't know what this was yet. And she said, yours is the only one out of all 193 that actually changes every 18 years, whereas the other ones are fixed.

And so she said, and you're actually right now in the transition of the next 18 years of your life. And it's so crazy because, and you know my story and what I'm going through on a personal level and it literally is like a massive transformation shift, and she's like, Frank, I'm doing this interview with you in the month that you're starting this new transition into the next 18 years of your life. It's really interesting. But yeah, it does feel like I've had all these diff, like 18 years, like this, 18 years like that.

And so when you and I first met, I think I was still at Good Morning America and I was a producer and a reporter there. Traveled the world. I mean, you see like the four Emmys behind me, and that was really my life and I loved it so much, but it was so obvious when I needed to leave that I needed to leave.

I mean, there was not even any hesitation or doubt that my, that that journey had come to an end. It was because I started doing energy work and I had met three different teachers, Dr. Bradley Nelson, who I think you know, who created Emotion Code. A curandero, like a healer in Mexico and another shaman, and all three of them were using magnets and showing me how to use magnets to heal others. And it became so obvious that that needed to be my new path when I started working with friends and family and seeing them heal and what people would call miraculous healings. I mean, really. Things that were called incurable, were getting cured. And I don't know if we're allowed to say that, but probably on your show we can.

And so that really became a big part of my life and only in the last six months I started to get this really deep calling because of the clients that I work with who started to tell me, Frank, I think I'm a healer. And these people were like accountants and Silicon Valley executives and reporters, and they'd be like, I think I'm a healer, or I think I'm a, I'm supposed to be a breath work instructor or a sound bowl, you know, facilitator, whatever it was. Some kind of healing modality. Some of them are energy healers, but I started to realize, like, they don't know how to market themselves. They don't know how to get on podcasts.

They don't know how to reach out to Wellness Mama or to whoever else. And you know, you probably get so many pitches that are just like unreadable, right? And it's like, they didn't know how, and they could be really talented, but they don't know how to have a YouTube channel. They don't know how to build their Instagram. They're posting reels that are just not gonna get any attention because of the way they're doing it. But that's always been really my strong point. And so I started to, I created this program, awakened the healer within. And it's just been so amazing to watch how people already in just a few months are growing their social media and are to talk about the work that they do and are getting more clients.

And so that's kind of how I went from journalist to healer to then wanting to help other people become healers too.

Katie: When we share the background in journalism that I was never at the level that you were, but that was my initial kind of entry into the world of like, journalism was my first love. And then that led to writing and blogging and all the things that have now come through Wellness Mama. But I love this concept because you're right, I think there's like, throughout history, we can think of examples of healers and they weren't typically like people who necessarily like learned how to navigate a business or to do this in the world in a way that like actually supported themselves very well. So I love that you're delving into that world.

Do you also feel like we're at a very unique point in time where like, it seems like maybe I'm in a bubble, but like this shift is happening on a bigger scale? Like it almost feels like there's kind of like a collective shift happening of some sort.

Frank: I so agree with you. And it's but it's really interesting too because, I kind of felt that about a year ago where I started to notice like a lot more men were coming to me, a lot more doctors, a lot more people that were not my typical client, right. Doctors, therapists even, who are very much in the mind and not traditionally supportive of like energy work to heal things. They were more like, okay, what's the psychological way to do this or the medical way?

So I definitely noticed that, but I will also say I've also noticed how it's been getting hijacked as well and how it's like, for example, somebody might go into spirituality in order to quote manifest, right, which is like my manifestation or manifesting is my biggest pet peeve word. And it's, it was actually the number one word in the Webster's dictionary in 2024. So last year the most used word online was manifestation or manifest.

And I think that that's really saying a lot, and I think it's a beautiful thing that people are interested in spirituality but not interested in spirituality in order to serve the ego, right? And so when people are going to all these retreats and learning and manifesting and manifestation, it's not spiritual at all to want to just create things for your ego. And you know, from my perspective, and it's not a popular opinion at all,

I think like people really don't like to hear that because they're like, no, I want to manifest. I want my vision board. I want whatever else, but what are you manifesting? It's like if I, last night in my dream had a yacht in Italy, and then I wake up from the dream. Well, I don't have, like what do I really have?

I have nothing. And it's the same thing for me in this reality from the vantage point that I'm in is I'm watching people wanting to manifest and manifest and manifest. But what are you manifesting? But a figure in a dream. And we talked in the last episode about A Course in Miracles, and that's what it talks about so strongly about like you're manifesting a figure in a dream.

So you've actually asked for nothing. When you ask me for these things, you're asking for nothing.

Katie: I love that as a reframe, and I wanna make sure we also reserve time to get into an energy clearing so people can actually see this in real time. But before we get to that, I wanna just go a little deeper on this kind of the idea of this getting hijacked. And we talked about this briefly in the first episode too.

But kind of that like spirituality getting hijacked for the ego. How can someone like, be aware and kind of not fall into that? Like what are some good self-analysis questions like you gave us in the first episode. Even the one of like who is experiencing this and like getting to go deeper in that self excavation.

When it comes to this like spirituality and the ego, are there ways to like have awareness around that so it isn't as easily to fall into that trap?

Frank: That's a good question. Honestly, the best question. And it's really just again, and the kinds of questions you would want to ask is like, let's say you're even wanting to manifest something, right? And then it's, the question is, who is it that wants this? Who is it that wants to manifest this?

And then when you really get to the source of it, you realize it's not you. It's not the witness, it's the version of you that you think you are. And every experience, even if it's the most beautiful sound bath, which is not bad to have. Go ahead and do it, do everything by the way, I'm not saying don't live life, I'm saying live it fully and exuberantly, but just never believe that you are that, that you are the one having that experience.

You're just the witness to the thing, the doer, having that experience. So even the most blissful, let's say sound bath or psilocybin journey or whatever else that people do. It's an amazing, beautiful experience, but who is experiencing it? So just always go back to that question of who's having this experience, who's having this thought? And a big question, but this gets so much deeper, is who was I a hundred years ago? Right? Like, because so many people love to say, I am eternal, I am this, I am that. But nobody's really investigating what does that mean? So if everybody says this is a matrix, this is a dream. Well then what does that make you?

Who's Katie? What is Frank? Are we just these two real things in a dream? No. If this is a dream, then Katie Wells is a dream. Frank Elaridi is a dream and it's a very uncomfortable, maybe disorienting thought in the beginning, but the most liberating thought in the end. And so I think it's really important to just always self inquire, self inquire. Just keep going back. Who is this? But it doesn't mean, again, like, don't renounce anything. Even that's doing too much, right? Like the people walking around with a loin cloth and saying like, I've renounced everything. You're still attached to the idea of being somebody who has renounced everything. So do everything, live life fully. But just always know I am not that.

Katie: I love that, and I mentioned it too I love the book Awareness by Anthony de Mello, but on that idea of like renouncing, one of his quotes that I love is like when you renounce something, you become attached to it. And I think in the book he gives the example of how

he's like, you know all I have these prostitutes that come to me and all they wanna talk about is God.

And I have priests that come to me and all they wanna talk about is sex. And it's because they've both in the relatively renounced those things and now they have like this attachment to it. So I love your reframe of that. And before we get into actually doing it, can you talk about what the energy clearing that you do is?

And I'll link to this in the show notes as well, but like kind of explain what, what's going on.

Frank: Definitely. Yeah. So, you know, it's really interesting because in my astrology chart too, the astrology chart for Frank and, the character, is that it says that I will be a healer using my hands, and it's really interesting because when I met Bradley Nelson and he taught me how to use magnets and use my hands and my intention, I started to do healing sessions that way.

But little by little I started to, you know, we use different charts that help us navigate. And we use muscle testing in our own, like I'm clear cognizant, for example. So for me it comes very easily. And when my wait list gets really, really long, I'll suggest people go to somebody else and they always end up coming back and being like, it just wasn't, it wasn't what you do. And so then I started to realize like, wow, it's beyond just the technique. It's the fact that the clear cognizance comes in. There was a woman yesterday and something was coming up in our session and she was like, I don't know what that was. I don't know what that was at 41. And I said, did you get divorced at 41?

Was that related to your marriage? And she was like, oh, yeah, that's what it was. And so that's where the clear cognizance then happens. And, then what we're doing is, what I've learned from the three different teachers in the very beginning of my journey is to use magnets. Like if anybody's watching this and not listening, they'll see that I'm carrying a mag, holding a magnet in my hand. This was made by a beautiful healer here in LA named Brian Garcia.

And when we use magnets and set the intention, we're able to clear the energy that's being stored in the body. And in the first episode you and I did together, we talked about how emotions and certain suffering can cause things to get stuck in the body and in different places. So what I'm doing is just identifying where is this emotion or this mental thought. Where is it stuck in the body? And then we clear it and it's really incredible what happens. I mean, people will have like eating disorders of 15 years. People will have a cyst in their uterus or their ovaries.

Another person might have an issue with their mammary gland or whatever it is, and then it just goes away. And that's obviously no guarantee. And Spirit will do what Spirit does, and

I'm just watching it happen. But a lot of times physical things happen. Other times it might be just emotional. Like some people will tell me they can't even be in the same room with their mother-in-law, for example, or whoever else.

And then they'll message me a week later and be like, oh my God, we're like hanging out. She's watching my dog next week when I'm out of town. You know? And it's like, it's so interesting because sometimes I've noticed too that somebody might really want me to focus on one area of life but they're not even realizing that it's this thing all the way over here that's causing this thing that's bothering you.

So we actually need to clear that and then this will go away. So it's really cool to just see, and you've done this, you know with me several times, so you know how it works. It's really interesting to see how some people will have a physical shift, some people will just feel lighter. Some people have an emotional shift.

So it's really different for everybody. I mean, I'm actually curious what your experience, what you would say has happened for you or you've noticed.

Katie: Yeah, it's been a wild journey because we've gotten to do a couple sessions over the years together and it's always blown my mind. I'll admit, like when I first encountered this idea, I was a little bit skeptical still, and it's been incredibly eerie how accurate it was like with the ages and the experiences.

Even things like certainly you would've had no context of knowing. If not for you actually knowing it. Things like that. And I slowly, like, I feel like I've told this story a little bit, but I used to be very kind of detached from my body and dissociated after things that had happened earlier in life.

And so it's been a journey to kind of like reconnect with my body and then also to realize I am not my body. But it was a like a learning process to realize, oh, emotions can actually store in our body. And to have like that connection of like physical and emotional experiences kind of overlapping and then the feeling of when those like went away when they were no longer kind of stuck emotions, like the feeling of physical difference was like very kind of surprising for me the first few times I experienced it.

Frank: I love that you actually felt the physical difference. That's important too. You know because I think also, like for me, I went to this healer. I've only had two people ever in my life work on me that I would trust to work on me. And I get offers like every week, you know, because of my audience and he literally changed something physical in my body that I had had for like five years. Even seeing that change overnight, I still was like, did something really happen? You know? So I get, I get why people would have that experience, or the

skepticism too, because it even took me a few days of sitting with it to be like, okay, there's like no denying.

I mean, this is a very physical change, you know?

Katie: Yeah, it really is astounding and I think it like builds from that idea that people may be familiar with the idea, like the body keeps the score, which I love that he's like brought so much light to that concept. But I feel like it takes it even beyond that into this deeper level. And I think probably there's infinite, deeper levels beyond that.

But I feel like this one can be so impactful.

Frank: Yeah. There's so many deep levels. You're right. And honestly, like even the, now in the past month, there's been a frequency, and it's a frequency that comes from within me that even wakes me up at night. In my entire life, I mean, I sleep like a baby. I have no issue sleeping. I don't wake up and sleep. And in the past month I've been being woken up by this frequency. And so it's really interesting because now I'm actually able to see and witness that that frequency is working with me in my sessions. So beyond what people are going to hear and see when I work with you right now, there's a frequency that's happening at all times. That I just sit with, that I know is being emanated for you, for me, for everybody listening for the environment that's around me, that's around you.

I actually did, I was on Sahara Rose's podcast and she was like, can you do a clearing for not just me, but the whole audience listening beyond space and time. Whoever listens when they listen, will receive the clearing it was just crazy to see the comments that were, you know, coming up because I said, like, for example, the people listening right now have an allergy to the idea of being called a victim. And people were leaving comments saying, I wrote that down today on my fridge.

I am not a victim. And you know, or I wrote it on my bathroom mirror. I am not a victim. And so it's really interesting to see that people beyond time and space, whenever they were listening, were able to receive the clearing. So just to say that whoever's listening to this right now will probably experience something just from the frequency of the clearing anyway.

Katie: I love that. And kind of along that line, I wonder could we do one more instead of just generally for me, but for like the energy of motherhood and the feminine?

Frank: Absolutely. For the world. Like just the energy of motherhood and feminine. Yeah. Yeah.

Katie: Yeah.

Frank: Would you like, do you wanna do that?

Katie: Yeah. I would love to. If you feel like that's doable,

Frank: Absolutely. It's doable. Yeah. It's kind of you. It's kind of you to give that gift. As a mother would. Okay. Should we go ahead and do that?

Katie: let's do it.

Frank: Okay. So I'll set an intention, and anybody listening now, any mother or anyone really can but let's focus on mothers can set this intention for themselves doing what they want to see, if it's for them.

If they're not a mother, you can set the intention for the mothers in your life. So, I'm here only to be truly helpful. I'm here to represent Spirit who sent me. I do not have to worry about what to say or what to do because Spirit directs me and I am content to be wherever you wish. Knowing that you go there with me, I will be healed as I let you teach me to heal the mothers that are listening and beyond. Can we, can we do this? Okay, good. Is there something that we can clear for all mothers that energetic? The first thing is actually interesting because it's a suggestion that's coming up for all the moms that are listening.

So let's see what this is. An herb. Okay, is this an herb or there's an herb that's being asked of everybody to take, and of course, obviously check with your doctor or if you're allergic, don't take it. And I just said, is this only for Katie? And it says no. So let's see what will be helpful for moms to take. You probably will already know why, this is kind of more your realm. Tulsi, tulsi, tulsi. Holy basil.

Katie: Oh, I love that. That's a great, like adaptogen, calming, grounding, restorative. That makes sense.

Frank: Okay, so maybe right now moms need calm and grounding energy. There's an emotion that wants to be cleared from collective motherhood. Oh, this is gonna be really powerful. I love that we're doing this at the end of the trail. Love un received. So feeling like the love is not being received. So we're gonna clear this energy now from the collective. From the collective motherhood. Is there anything you wanna say about that, of why moms might feel like, while I'm clearing it, why might, why there might be a feeling of love not being received?

Katie: I can imagine there's many instances of that in the collective experience of motherhood and like how much love we feel and pour out toward our kids especially. And of course that doesn't depend on them ever loving us back. And like I can imagine that there are times when it feels like maybe that's not even landing.

Frank: Yeah. The next thing is an allergy and, but it's not an allergy to something physical, although those can be found too. It's an allergy to the idea of something. The idea here. Okay. Yeah. Okay. Interesting, success. We need to know more. Can we clear this? This kind of, I've seen this a lot with moms where there's guilt around having success. So there's like an allergy to the idea of success because of what that might mean. Like, if I'm successful, am I neglecting my children or whatever else.

So there is a lot of like guilt that moms feel. So it could be the allergy to the idea of success because of that reason. We're just clearing this from everybody. Could we clear this energy? Can we clear the biggest thing? The biggest energetic block affecting motherhood. It's energetic. Oh, wow. Okay. It's so interesting that it's an entity, so there's like an actual entity that's affecting this. So entities are beings and there's a wide range of entities from mildly irritating to super negative. You know, there was a woman I worked with last week. And I said, there's an entity in this tooth. And I don't remember now what it was, but I literally said, tooth number 11 or whatever it was, right? And I said, and she said is that the one right next to your canine?

And I said, yeah, upper right side. And she said, I was in a bufo ceremony and she said, and I literally grabbed the table, slammed my face in it, and broke that tooth. And I said there's an entity in that too. So I wonder if in that ceremony, some entity, because she said her husband looked at her and said, that was not you, that just did that. And because he was in the ceremony with her and she said she feels like maybe an entity grabbed hold of her and made her do that so that it would break and that it could put itself in there. So it's very interesting how entities are and how they work, but there's an entity that wants to be cleared or it doesn't wanna be cleared.

But that motherhood wants me to clear this entity that's affecting it. And usually the biggest thing that an entity does is self-sabotage, negative self-talk, being hard on yourself, self-abuse, that kind of a thing, creating thoughts that aren't yours. So we'll just do a couple more here. Yeah, I think we clear this. Good. Okay. So let's do one more big thing. Can we clear one more thing here? I mean, I can keep, I'll go as long as you want me to too. Another emotion... worthlessness. So worthlessness also feeling worthless. Can I clear this? Do we need to know more? Good. This is a big one too. I see this a lot with the moms. Do you see this with moms too, feeling unworthy?

Katie: Absolutely. I think, I mean humans in general, but moms especially.

Frank: It's true. Yeah. I will say though, for the collective, like the good thing is that I am seeing worthlessness and unworthiness a lot less. When I first started, it came up in every single session. Now it barely comes up. So I think hopefully that that's like leaving, you

know, our collective consciousness. I clear that? Yeah. How do you feel? Do you want me to do more?

Katie: I think that was a beautiful example, like for people to get to see in real time kind of what it looks like and I know for me, I was kind of amazed the first time how like simple it is and also how much I actually felt different. That's what really surprised me. So I'll be curious to hear from people listening, if any of you guys feel a difference or notice any difference related, especially to the energy around motherhood.

Frank: One thing for you personally.

Katie: Yeah.

Frank: Okay? Because it's in one of your glands and it wants to be cleared. Okay. It's not a brain gland. It's not your female gland. It's something else. Is it okay, adrenals. It's in your thyroid, which actually has been coming up a lot lately. So let's see why, energy point or field? Because one of the meridians needs clearing if it made meridian okay. Okay. The conception meridian and usually with a client I'll explain what that is, but I won't right now.

Is the next name, is there an associate NOIs causing the conception meridian to be managed or misaligned?

There's a new motion that wants to be cleared. Feeling taken for granted. Do we need to know more? Can we clear this? I don't need to get an age, so I'm just gonna clear it. So for somebody who's listening, these meridians are like what an acupuncturist would use. So the conception meridian just governs the reproductive system and it's holding to feeling taken for granted. Could we clear this? Okay. Is there anything else that we need to clear from the conception meridian?

Okay. So thyroid cell imbalance from misaligned. Okay, so that was it. Just that feeling of being taken for granted with affecting thyroid and conception meridian, but it's clear now, so those two imbalances are gone.

Katie: Wow. Amazing. Well, I'll be excited and I can report back like things, because I know from working with you, like things will feel different going forward.

Frank: Yes.

Katie: And I really am so grateful for you for addressing the motherhood energy in particular and also for the personal level of that, that is actually deeply resonant and maybe something I'll get to explain one day on here.

Frank: Yeah, exactly. I hope so too. Katie, I just am so grateful for you. Thank you for letting me do that.

Katie: Thank you so much for doing that, and I know you are on, as we've talked about in both of these episodes, on quite the journey right now. And so where you are in a year might be entirely different from where people can find you now, but I'll link to your website in the show notes. But where can people find you and learn from you now? I know you mentioned your course and I'll link to that as well. But if people are really resonating and maybe they have felt this healer energy awakening in them, where can they learn from you?

Frank: So frankelaridi.com is the best place and there's tabs at the very top. So if somebody does want to book a session with me while I'm still doing this, they can, because like you said, I think I have a few more months in me to still do this. And then there's also a tab at the very top for Awaken the Healer Within, which is the program that you mentioned.

And actually I'll make sure Katie, to get you like a code for your audience today if anybody wants to join so that way they can get a discount too.

Katie: Amazing. Well, for any of you guys listening on the go especially all those details will be in the show notes at wellnessmama.com. Frank, I'm excited to personally follow along with what comes next for your journey, and I'm so deeply grateful to you for being here today for your friendship over the years, for the energy clearing and for all that you do.

Thank you so much.

Frank: Thank you Katie, you're so special, thank you.

Katie: And thank you as always for listening and sharing your most valuable resources, your time and your presence with us today. We're both so grateful that you did, and I hope that you'll join me again on the next episode of The Wellness Mama Podcast.