



Episode 582: Frank Elaridi on the Power of
Emotions and Hidden Trauma
(And How to Clear Them)

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Katie: Hello, and welcome to "The Wellness Mama Podcast." I'm Katie from wellnessmama.com, and this episode is all about the power of emotions, how the body knows, and how to clear these hidden emotions that could be causing issues.

It's a really fascinating episode. I actually go hands-on with our guest, who does a live example on me. But I'm here with Frank Elaridi, and he is a world-renowned journalist who now does a lot of work in the trauma healing space.

As a journalist, he has covered everything from Syrian refugee camps to the Academy Awards, and he is himself a four-time Emmy award-winning journalist. And he has now become a highly sought-after healer. His YouTube channel has 40 million views, and it's centered around wellness and spirituality. I link to that in the show notes, if you wanna check it out.

But he covers a lot of really fascinating things, from the kind of spiritual and healing realm as well. He's also the co-founder of Modern Nirvana, along with his friends Kat and Bryant, and their goal is to be a catalyst for transformation in people's lives, inspiring people to take control of their spiritual and physical well-being, by sharing both ancient practices and modern biohacks.

They're also doing a summit in September, that I will be attending in Austin. If you happen to be there, I hope you'll come and say hi. And in this episode, we delve into the way trauma stores in the body, how to clear trauma on a subconscious level, what the Emotion Code is, how emotional release works remotely, and what's going on when it happens. He does a live heart clearing example on me. We talk about inherited trauma, what it is, and how to get rid of it. We explain a study on mice that is helping us understand generational and inherited trauma, which I also talked about in my episode with Mark Wolynn, how movement and meditation can help us process emotions, ways to use things like meditation and tapping, for kids, to help them process emotions. How, with trauma, the body feels and responds to the memory as if the same thing was happening in real time, and how to clear that emotion, so that that reaction is not happening every time the memory is there, and so much more.

Little bit of a vulnerable episode for me, and I will keep you guys posted, because, like I said, he did this example live on me, and it was very fascinating. I'll keep you guys posted about how it goes. But without further ado, let's join Frank. Frank, welcome. Thanks so much for being here.

Frank: Hey, thank you so much. I'm so excited.

Katie: I am excited too, and there's so many things we're gonna get to jump into today. But as a little bit of background, I think you and I actually have something in common that I don't have in common with a lot of people, which is a journalism background. You are much more accomplished in that realm than I am, but that was my original degree and focus for a while. And I would love to hear your story in this realm, because I know you were quite the accomplished journalist, and very well-known, and have now made quite the shift. So, maybe walk us through your background and how you got to where you are now?

Frank: Yeah, absolutely. Thank you. And I didn't know you had the journalist background. But that's amazing, and it makes so much sense that you would parlay that into, you know, storytelling in something that you're passionate about. So, very cool. Mine was similar to that, where I was a journalist, and I fell in love with it. I loved... I was traveling to about six states a month, sometimes countries, just telling stories. So, if there was, you know, a threat from Guam to attack another country, I was there. If there was a volcano eruption in Hawaii, I was there. Whatever it was, the Oscars, the Emmys. And I loved it. I won four Emmys in that realm, and was really doing something that I loved.

But in my private life, I was, you know, doing third eye experiments, and meeting shamans around the world, and working with plant medicine. And there was, like, this point where it became two completely different worlds. I had a foot in this wellness, spirituality, health world, and then another was my mainstream job. And

so, little by little, I kind of learned how to combine the two. And that was my YouTube channel, where I was doing the kind of stories that I wanted to tell that I couldn't tell on TV.

Katie: Yeah, and now you've become quite well recognized and well-known for that work as well. And it's one of the reasons I'm so excited to get to delve into this with you today, because I shared, in Episode 309, about my past history with trauma, and how working through aspects of that was absolutely life-changing, even in physical ways that I had been trying to resolve for years with diet and lifestyle. And since then, I've heard from so many listeners and readers who have similar experiences, and who are looking for ways to work through that in their own lives. And you now are essentially working as a healer full-time, right?

Frank: Yeah, full-time. And I love that you brought up the physical aspect, because a lot of people hold trauma in their bodies, and they think they've worked it out. You know, therapy is really amazing, in the sense that it helps you talk through things, so at least you start to recognize it. But it's not clearing it at a subconscious level. You're aware of it, you know maybe how to manage it, how to deal with it, but it's still there.

And, for example, I was in Costa Rica, teaching at Rythmia a couple of weeks ago, and there was a woman who had restless leg syndrome. She's 41 years old. Her name was Kim. I can talk about it because she made a beautiful testimonial video. But she was 41 years old, and she's had restless leg syndrome since she was 17. So, her legs would just violently shake. They were always moving. Imagine, like, even when you're sleeping at night, and your legs are shaking, they don't stop. So she was woken up constantly throughout the night. She'd be sitting there and her legs would just be shaking.

And she came up on stage and asked for a healing. And, you know, my sessions are normally to 20 to 30 minutes is, like, an average session. And with her we did five minutes, because we're on stage, and it just had to be quick. So, I told her after, I said, "You know, I don't know if you're gonna actually resolve this from a quick little five minutes, but let me know how you do." And she messaged me the next day, and then again two weeks later, that it was completely gone. She has not had it since. And she was blown away that we could just do five minutes of clearing these past traumas that were from her teenage years, that, you know, once they were gone, the physical aspect of it was gone, too.

And so, when I started to see that, at first, because I was still working as a journalist... So, I would be, like, interviewing Nicole Kidman, and all these people. And then I'd go home and just do this in secret for friends and family. And then little by little, they would start sending other people to me, and it became my full-time job, and I left news entirely to do this. And it's just so fulfilling to see the differences in people. And, you know, the practice that I mostly use is called the Emotion Code. I credit that a lot because it really was what showed me that I can be a healer, and that I can help people and that I can use this ability, and that we all have this ability. But I'm actually doing a lot more, so there's other things going on from different shamans and healers that I've learned from, but the basis of it is the Emotion Code.

Katie: Gotcha. Yeah, I think that that was an eye-opening thing for me to realize, that the idea... I read the book "The Body Keeps the Score," and how trauma can physically express in our bodies. And I think even understanding it logically, it still took a while for me to actually delve in and understand how that was playing out in my own body. And for people who aren't familiar, maybe give us an overview of the Emotion Code, and how, when you talk about, like, clearing these, what you're doing with people?

Frank: Yeah, absolutely. And I can also, of course, do one with you live, to show people how it works. But what I'm doing is there's a chart of different emotions. And that's just the most basic form. For somebody, like, for the restless leg, for example, I go a little deeper. If there's any misalignments in the body, if there's any, even a

chakra misalignment, or if there's a negative cording, like an attachment with somebody, I can clear that. If there's negative mental thoughts that you have, or a broadcast message.

So, for example, somebody could be saying, "I really want to be healthy, I really want to be healthy." And then you look into their energetics, and they actually have a mental block of, "I have no will to be healthy," or, "I have no will to heal," and that's subconsciously there. And when we clear that, then they all of a sudden start to notice that all the things that they're doing for healing starts to work better.

So, what I'm doing is identifying, let's say emotions. I'll go through a chart, and I'll use muscle testing, right... So, we can learn about muscle testing from kinesiology. "Power vs. Force" from David Hawkins explains it really beautifully. And when I identify the emotion, I then get an age. So I'll say, "Okay, you have, for example, vulnerability and shock at the age of 13." And then they'll say, "Oh, my God, you know, 13 is when somebody broke into our house, and they were trying to kidnap me." Like, it always correlates, so I like to get an age always, even if we don't need it.

And then I get a magnet. For people who are watching, they'll see that I have a magnet in my hand. And then I just swipe it over my governing meridian, which is over my head. And when I do that, because I've already established a connection with the person that I'm testing, I do it on myself, and I'm clearing it for them. Because magnets really are powerful. And Shaman Durek explained this to me too, that even in shamanism, they use magnets to clear energies and to move energies that are stuck in the body.

Katie: Which, you often hear about that in geographic areas as well that have a really strong magnetic force, places like Sedona, or I think there are some in Mexico and Central America as well, and the power of magnetism. And I know for some people, this might be a somewhat tough concept to grasp, and they might be kind of wondering, like, what is actually going on that you're able to, like, energetically do this with someone who you're not next to, per se, and I'd love to just kind of pick that apart a little bit, because I think it's really, really fascinating, and I've went down a rabbit hole of learning about things like quantum entanglement and the whole energetic connection. But I would love your take on that, because I think this concept might be one people have heard of, but maybe have trouble understanding.

Frank: Yeah. So, quantum entanglement, right, is, like, separating two particles, and then you can do something to one and it still affects the other one, even if it's across the planet. And that just shows, on some level, how connected we all are. And so a lot of clients will be like, "Can you really do this remotely?" Even when I'm working with somebody in person, and this is just my personal method, like, for example, the woman with restless leg, she was on stage with me, and I still work on myself rather than on her. It's just the way I prefer to do it. A lot of practitioners will work directly on the person, move their arm up and down. I like to just still work on myself, even if they're two feet away from me.

So, for me, whether they're in the room or even on Zoom, like most of my clients are, just the way we're talking right now, it still works exactly the same. In fact, I've even done it for, like, some moms, for example will be like, "Can you do this for my six-year-old?" And I'm like, "Yeah, sure." And I don't even need to do it in-person or on Zoom, I can just do it, like, I'll have a picture of them and I'll work on that picture.

So, it really is powerful. And it's one of those things where it's almost not even worth trying to explain. It's more just, like, experience it and you'll see. Because so many people come to me, and then they're like, "Oh my god, Frank." I'll get a message in the next day and they'll be like, "I slept. I passed out as soon as our session was done. I was so drained. And I woke up this morning feeling so much lighter, like I wasn't holding on to all this stuff anymore." And that's what I like to tell people, is just experience it, you know?

And you mentioned trauma as well. And some people might be thinking, because I get this a lot too, where people are like, "Well, I don't have any major trauma." And a trauma doesn't necessarily have to be, you know, a horrific divorce or a car accident or anything like that. A trauma can be you're eight years old, and you were singing, and your mom was stressed out from work, and she said, "Stop singing." And you took that as, "I'm not valuable," or, "I'm worthless," or whatever it is. And then so you didn't use your voice as you grew up, and you didn't speak out for yourself.

So, trauma can be anything. You know, I had a woman in Germany a few weeks ago, who, she was like, "I heard you on a podcast and I booked this session, but I don't need anything. I'm fine." And I'm like, "Okay. Well, let's just clear your heart then." She's like, "I'm happy. I don't need anything but I was curious." And I'm like, "Okay." So we just did a heart clearing for her, which I like to recommend for everybody. If you don't know what you wanna work on, just clear your heart.

And she had a lot of stuff from her, I think it was, like, age 15 or something. And she was like, "Oh my god, 15 was when my family moved us from Germany to," I think, Bulgaria or something. And she said, "And they didn't warn us. They just said we were visiting our aunt, and we never came back." And so it was horribly traumatic for her, but she's, like, walking around like, "I'm fine. Everything's great," you know, because she didn't think that that was still affecting her. And yet, it was affecting her so much. And I got a message from her the next day, and she's like, "I know you told me to wait a couple weeks, you know, to fully process, but I can't believe how good I feel. I'm so much lighter. It's like I'm truly happy now." So, you know, trauma doesn't have to be a big thing. It can be something like you've completely thought you've worked it out logically, but subconsciously, it's still anchored in there.

Katie: I'm so glad you brought that part up. Because I think there's sometimes a tendency to, like, trauma compare, or, like, people will minimize their own trauma if they don't have one of the big T traumas. And for me, I was aware of a big one, and so I kind of assumed, "Oh, that's where this is all stemming from." And then when I started really going into it, there were these, like you mentioned, what I thought insignificant moments from childhood that I had almost completely forgotten about, and realized, like, that's where emotions were stemming from. And I wouldn't have logically thought that. So I love the idea of the heart clearing one too. Are you willing to demonstrate live, so people can kind of get an idea of what's going on?

Frank: Yeah, I love that. You wanna do a heart clearing?

Katie: Yeah, let's do it. Whatever you think. Whatever's a good demonstration.

Frank: Perfect. I assume because that you have a podcast and all this that you're pretty open, but do you wanna give your age?

Katie: Yeah, 35.

Frank: Thirty-five. Okay, perfect. So, for each of these, I will get an age for you. And usually people have about, and I can test for you specifically, have about 20 to 30 emotions that are just around the heart. So we might not do all of them, but I'll show an example of what it looks like, and then we can always finish it later. So, I'm just gonna take a second, and I say a quick little prayer to myself to connect with you.

Okay, good. Do I have a connection with you? Yeah, good. Am I testing for myself? No. Good. Okay, am I testing for Katie? Yeah. Are there any trapped emotions we can clear around the heart? Is the first one in column A, column B, odd row, even row, row 2. So, the first one is helplessness, hopelessness, a lack of control, feeling a lack of control. And can I get an age when you first felt this? Before the age of 30, after 30.

So, this is pretty recent, 30, 31, 32, 33, and it's from age 34. Do we need to know more? No. Can we clear it? And we can clear it. And usually when I'm clearing the heart, unless something really, you know, traumatic happened that wants to be cleared, it's usually pretty recent stuff, and then it gets younger and younger and younger. And then it starts to get to inherited stuff, like inherited from my mom, inherited from my dad.

So, is there any more we can clear? Good. Column A, column B, odd row, even row, row 2, row 4, depression, frustration, indecisiveness, panic. So, again, this is, like I was telling you, I think off the podcast is, taken for granted is the most common one I get from mothers. And so your next one is actually taken for granted. Can we get an age when you felt taken for granted? Before the age of 30? Before 25? After 25? 25, 26, 27, 28, and this is from age 29. Can I clear it? Yeah. Do I need to know more? No, good.

And I don't need to know more. Sometimes my clients want to know more. And so we can muscle test it and say, "Okay, is this family-related? Is it school-related? Is it work-related?" And then we narrow it down. So, did we clear that? Yeah, good. Can we clear more? Column A, column B, odd row, even row, row 2, row 4, depression, frustration... So, the next one is indecisiveness. Can we get an age for when you felt indecisive? Before 30? Before 25? After 25? Twenty-five, 26, 27, 28, and this is from 28. Can I clear it? Yeah. Do I need to know more? No, good. So, we don't need to know more. And again, if you wanna know more, we can find out more. A lot of times, people just immediately know what it is.

Okay, good. Column A, column B, odd row, even row, row 2, row 4, row 6, pride and shame, shock. Okay, there's also unworthiness. Can I get an age for when you felt unworthy? Before the age of 30? This is after the age of 30. Thirty, 31, 32, And it's from age 33. Can I clear this? Yeah. Do I need to know more? So, something happened at 33 that made you feel unworthy, and it just got stuck and didn't get processed. Did we clear unworthiness? Yeah, good.

Are we still testing for Katie? Can we clear a couple more? Good. Column A, column B, odd row, even row, row 2, row 4, depression. So, there's frustration. Is this before the age of 30? After 30? 30, 31, and this is from age 31. Can I clear it? Do I need... And this one, I need to know more. So, this is a good example of some example where I actually need to know more from your subconscious is asking for more, and wants to make sure you know what it is before I clear it. So, it's frustration at age 31. Any idea before I start testing of what it might be?

Katie: A couple that it could be, but I'm curious. Yeah.

Frank: So, what's testing strong is work-related. So, some kind of frustration with work.

Katie: That makes sense, because there were a lot of transitions that happened that year in work.

Frank: And did you already have your company at that point?

Katie: I did.

Frank: Yeah. Okay. It's from that. It's not the podcast.

Katie: Okay.

Frank: Did I clear it? Good. Did I clear that? Yeah. Good. Can I clear one more? Let's try one more. Column A, column B, odd row, even row, row 2, row 4, depression, frustration, indecisiveness. Okay, good. This one is actually inherited. This is inherited depression, inherited frustration, inherited... It's inherited indecisiveness. Is this from your mom? Is it from...? It's from your dad. Does it go back further? No. Can we clear it? So, you

inherited indecisiveness from your dad, which would mean that he at some point in his life felt indecisive, and at conception, he passed that on to you. So, when I clear it from you, I'm clearing it from him as well. And if any of your kids had inherited it, it's cleared from them too. Good. Did we clear the indecisiveness? Yeah. Beautiful. Okay. Did you want to do any more?

Katie: If you're willing, I'd love to do a couple more. This is fascinating.

Frank: Okay. Yeah. I would love to. Good.

Katie: I'm, like, making a list, because I'm like, "Oh, I know what that one was, I know what that was..."

Frank: Oh, good. Good. All right. Is there more I can clear on the heart? Am I testing for Katie? Good. Column A, Column B, odd row, row one. Effort. Okay, so the next one is effort unreceived. So, it's like, you're doing this work, and you don't feel like it's being compensated, rewarded, appreciated. Can I get an age for when you felt this? Before the age of 30? Before 25? Before 20? Before 15? Before 10? This is old, before 10. Before 5? After 5? 5, 6, so, it's from age 7. Can I clear this? Do I need to... Oh, and I need to know more. Okay. So, is it related to school? Is it related to family? It's related to school. Can I clear this? Do I need to know anything else? No. Good. So, something happened at school, age 7, where you felt like your effort was not being received.

Did we clear the effort unreceived? Good. Can I clear more? Is there more around the heart? Yeah, good. Column A, column B, odd row, row one, effort unreceived, heartache. And then there's insecurity. Is this insecurity before the age of 30? Before 25? Before 20? After 20? Twenty, 21, 22? And it's from age 23. Can I clear this? Yeah. Do we need to know anything else? No. Good. And it's gonna let me clear it. So, I just swipe the magnet and clear it. Good.

And I always like to double check. Did we clear that? Yeah. Did we clear it? Are there more trapped emotions around the heart? Yeah. Column A, column B, odd row, even row, row 2, row 4, depression, frustration, indecisiveness. So, there's also panic. Can I get an age for when you felt this panic? Before the age of 30? Before 20? Before 15? After 15? Fifteen, 16. And this is from 17. Can I clear it? Do I need to know anything else? No, good. Are any of these resonating?

Katie: Yeah, I know exactly what that one is.

Frank: Good. Good. Did we clear the panic? Yes, good. Can we clear anymore? Column A, column B, odd row, row 1, row 3, confusion, defensiveness, griefs. So, there's self-abuse, which is just negative self-talk, being really hard on yourself. Can we get an age for when this got stuck? Before the age of 30? After 30? Before 30? Before 20? Before 15? After 15? Fifteen and 16. Also age 17. Is this related to the panic? Yes. Can we clear it? Okay, good. And so, those two are related to each other.

Good. Did we clear the panic? Yeah. Is there any more? Column A, column B, odd row, even row, row 2, row 4, depression, frustration, indecisiveness, panic. Okay, another inherited one. Inherited depression. Inherited panic. Is this from your mom? Is it from...? It's from your dad. Does it go back further? No. Can we clear it? And it doesn't go back any further than him. There's inherited panic. We're gonna clear that.

Good. Did we clear that from both of you? Yes. Can we clear any more? Column A, column B, odd row, row 1, row 3, confusion, defensiveness, grief and self-abuse, stubborn... Another inherited one. Inherited confusion, inherited defensiveness, inherited grief, inherited self-abuse. Inherited stubbornness. Also from your dad. Can we clear it? Yeah, good. Everyone always laughs when I say stubbornness. Yeah, we do a couple extra swipes

when it's inherited. Did we clear that? Did we clear it from both of you? Good. Can be clear any more? Good. All right. Well, that's all it's gonna let me clear today, around your heart.

Katie: That's so fascinating.

Frank: Usually we would do a lot more. It might feel that your subconscious is, like, aware of the time and aware of...you know?

Katie: Oh, true, with the podcast, yeah. That's so fascinating. And I'm so glad we did an example, because it brought up a few more things that I think will be really fascinating to explain. The first thing, that inherited or generational trauma aspect, and I've had Mark Wolynn on the podcast, who wrote the book, "It Didn't Start With You," which was kind of my intro into this concept. And, understanding his work, it makes sense how things can pass on, but I think, for a lot of people, this could be a somewhat new concept, or maybe just a tough one to understand. Because while we understand, like, genes can of course physically be passed on through generations, I think it's a little bit harder for people to grasp how they can energetically and emotionally be passed on. So, can you kind of give us an explanation for what's going on with inherited trauma?

Frank: Yeah. Absolutely. And what's really cool about that, and I'm glad you asked, you know, there was this study that... We have a company called Modern Nirvana, and at our summit last year, in Austin, we gave an award to Deepak Chopra, and he came and spoke. And one of the things that he said was, he referenced a study. The study was done with mice, where they would shock the mice every time they went to a certain corner of the cage, and they stopped going to that corner of the cage, right. They just stopped going there, because they knew they would get shocked. But when they had babies, their babies never went to that corner of the cage, instinctively.

So, there is this sort of something that's being transmitted at birth, like, information to help with survival. So, for example, if, let's say, my mom felt betrayed in her life at some point, she would have, maybe, passed on to me, if that got stuck in her, passed on to me at conception, energetically in the DNA, this feeling of being betrayed, so that I would be protected coming into this Earth, knowing that there's betrayal out there, don't get betrayed, you know what I mean? And so, when I clear that, it's clearing this thing that I've literally been holding on to since I was born, that was passed on, just as a protective mechanism. You know, I think, even now, we're so advanced in so many ways, and yet we don't really know all the DNA and what it's all used for. So, there are things, or there could be things in the DNA that are holding on this past ancestral trauma, right, which is why people go and do things like plant medicine and energetic work, is because then they wanna clear not only their stuff, but what they've picked up from their family. And I would love to read the book that you were talking about, because I want to know more and be able to explain it better as well.

Katie: Yeah, I saw that mouse study as well. And it makes sense to me, because, like you said, there's so much we don't understand yet. And I think, right now, science has defined it as, like, junk DNA...

Frank: Right. Junk DNA.

Katie: ...that doesn't do anything. And, you know, understanding biology, even just a little, there's nothing that doesn't do anything. It's just we haven't figured out what's going on yet. And I've heard from people with the generational aspects, because there's so many people that are like, "I don't think I have any trauma. I don't have... But I'm having this really weird emotion, or resistance or sensation around this particular thing." And then they find out, "Oh, this is my parent, or my grandparent had this experience. And it's like my body somehow knows."

And it's so fascinating. And for most people listening, being parents, it's something I'm also very aware of in the direction of my children. You know, of course, we all try to raise our kids the best we can. And hopefully, we're not trying to ever intentionally create trauma, and yet, almost everyone I've ever encountered has something from their childhood that they're working through. And so I think about this a lot from the parent side, of how can we help our children to have good foundational tools to hopefully inherit as little of these things as possible, and also to have the practical tools to work through them, because you used the word, like, these emotions got stuck, they didn't process. And so I'd love to understand more about...because obviously, not every emotion we have is gonna get stuck, or we would not get anywhere, nothing would happen, so...

Frank: Of course. There'd be thousands. I'd be employed forever.

Katie: ...yeah. But is there any kind of, like, rhyme or reason to which emotions get stuck and why? Or is there anything we can do to hopefully have fewer emotions get stuck?

Frank: Yeah. Absolutely, you can. And so, you know, what happens a lot of times is we live, especially in the West, in a very survival, like, go, go, go kind of environment, right. So you might have this little trauma, like, even a bad phone call, right, that makes you feel worthless, or that somebody, like, cancels on you or something and it just gets stuck. But then what happens is we go, "Okay, but I have to focus on this test I need to take at school." Or, "I need to go to work, I need to focus on my... I'll deal with this later." And then it just gets stuck there, and it never gets dealt with.

So, a lot of times, then, if you have really good restful sleep, then it gets processed in sleep. Or it should, at least. But if it doesn't, then it gets stuck in the body. And one way you can really help with that is prioritize self-care. Journaling, right. Like, writing out what you're actually feeling, what you're thinking, and then getting outside, barefoot on the ground, and moving it. Like, once you feel it and you realize, "Okay, I'm feeling, like, a lot of, for example, self-abuse, negative self-talk," you can go outside, and after journaling it or before journaling it, and move it around. Like, once you feel it, let it just, like, shake it out of the body. Feel yourself on the ground, and let it just get absorbed and move around. Because a lot of times, what happens is it gets stuck because, you know, we just go on with our day, and we ignore it.

So, really, just moving is so underestimated, but just moving it around, shaking it out. And then going and, you know, journaling. Some people love to journal. Meditation is so important. I feel like a broken record because my answer to everything is meditation. But really, even just 10 minutes a day, it helps you just sit down and go, "Okay, like, 10 minutes in the morning. How do I want this day to look? What am I going into this day with?" And then 10 minutes at the end of the day, just process everything that you've gone through that day. Sit with it. Because I think a lot of times, people think, "It's this new thing, this new age thing of, you're supposed to have no thoughts, and dissolve the ego completely."

That's not true. It's like, meditation is not not having thoughts. It's witnessing your thoughts, looking at your thoughts, noticing them, but not getting attached to them, not getting...not judging them. Just watch them. Witness them. "Oh, I felt that today. Interesting. Okay." "Oh, I felt this today." "Oh, that happened today." And just watch it and look at it. Because when we don't do that, and when we sweep it under the rug is why so many people end up having so many traumas that are just trapped in the body. Because we never looked at it. We just swept it under the rug and said, "I'll deal with this later, I'll deal with this latter." So the big thing is, like, look at it.

Katie: Yeah, and you mentioned "Power vs. Force," the Hawkins book, and I also loved his book, "Letting Go," which was helpful for me in learning how to just observe and feel... I think there's that phrase, "what we

resist, resist or persist." And I think with emotions, that's, it seems very true. Or we analyze them, or we get stuck in the emotion, and trying to figure it out and logic it and work it out. And often, to your point, you can just observe, feel, validate it, and then let go. And with some of my, like, big T trauma processing, that was the thing I did both in, like, plant medicine ceremonies and with therapists, was realize I had these patterns or these emotions that had come up, and I could see how they had helped protect me. They were there for a reason. It wasn't just my, you know, I was trying to sabotage myself. They were self-protective. But in those moments, I got to look at them, and thank them for keeping me safe, and then let them know I didn't need them anymore, and let them go. And that was the powerful moment, was the letting go. And probably I didn't even need to have spent so long in talk therapy analyzing them, and figuring out exactly where they came from. I could have maybe just let go.

I'm also really glad you brought up the movement and meditation side. Because, for the parents listening, I think with kids, these are really, really helpful. And kids are naturally inclined toward movement. Even when kids are experiencing big emotions, they sometimes will have a temper tantrum. And this is, like, their body processing big emotions. And of course, there's a balance of, like, I talk to my kids a lot about feeling emotions is great, and your emotions are valid. And also, you're still responsible for what you do physically to other people. Even if you're feeling big emotions, you can't hit your sister just because you're feeling big emotions. But I encourage the temper tantrum, or I'll encourage tapping, or walking, or movement, or let's go jump on the trampoline. Because I think, to the point of the body keeps the score, that somatic movement really can, especially in kids, it seems, just from me watching them, I don't know the science of this, but it really seems to help them work through emotions.

Frank: Yeah, I love that you said that. Even as you're talking, I was thinking to myself, I'm like, "I need to send your podcast to my sister," because I want her to hear this stuff, because she's a mother of two young kids. And she's always like, "Man, I don't know what to do. He's throwing a tantrum," like Luca, her son and my nephew. And, you know, I do believe what you said about, they just need to kind of shake it out sometimes. And you'll see a kid sometimes just, like, scream and yell, and then 10 seconds later, they're smiling and they're sitting there. And it's almost like they just needed to just let that out of the body. Right?

And I think also, and there's a lot of teachers now that are teaching meditation for kids, which is really helpful, because I think that kids, they want to do it especially if they see that mom and dad are doing it. You know, so, if you're like, "Hey, we're gonna meditate today, or we're gonna go outside and just shake out our feelings," or whatever it is, they actually want to do it. And there's ways to make it more, like, kid-friendly, right. So, give them, like, a little guided meditation. They have a ton of them now for kids. "Focus on your nose." "Okay, like, focus on your hands," or whatever it is. "Count to three in your head." Like, there's ways to get them to just be present and mindful, that they actually end up enjoying doing, you know.

And a big part of, like, my YouTube success was, like, these videos that I did about little kids who learn these third eye meditations. And they were really so interesting. I mean, these videos were getting millions and millions of views because I would tape their eyes shut, and then we would blindfold them on top of that, and they could still see everything that was happening in the room. They could, like, play video games with you, they could... I mean, I tried so many different things, just to make sure that they weren't cheating. And there's, like, no way. The things they were doing was incredible. But it was all just through, like, meditations that they did, and guided...

And you know what the big thing was, was teaching them to use their intuition. Like, when I would watch the teachers, because I don't teach it, but I would watch the teachers who did this. They would, like, play a lot of

games with them while they were blindfolded, and teach them to trust their intuition, and go with the very first thought that they thought, and not question it.

Katie: That's really fascinating. I had this on the list to, if we got time to talk about it, and I think this is a whole other one that people might be like, "What? What's happening?" And I watched a little bit, to kind of understand before the episode, but I think that piece especially, the learning to trust your intuition, is something as a mom I'm very aware of wanting to help my kids foster that ability. Because I know, in my own life, I can look back, and some of the things that tended to be the tougher things I went through is when I did not trust my intuition.

This podcast is sponsored by Bioptimizers. And I have to say they've done it again. They've just released their new and improved formula for Magnesium Breakthrough, which is the most powerful magnesium supplement on the market today. The product was already amazing, but they have continually researched and improved, and iterated. And this is their fourth generation formula, which means it's now gone through even more potent and effective testing. And it's even stronger for reducing stress, improving sleep, and boosting energy.

If you've already taken Magnesium Breakthrough, you'll want to try the new formula as soon as you can, because it now includes cofactors like B6 and manganese, that help with the absorption of magnesium. And if you've never tried Magnesium Breakthrough before, now is the perfect time, and here's why. For the deepest healing of many health problems, Dr. Mark Sircus says there's going to be only one answer, and that answer is magnesium. So why does he say that? Two reasons. First, magnesium is involved in 80% of the body's metabolic reactions. And second, about 75% of people are not getting enough magnesium. So this is a much bigger problem than most people think because when you don't get enough magnesium, you suffer from poor sleep, low energy and higher stress levels, all which deplete your magnesium even more.

In every bottle of Mag Breakthrough, you get seven unique forms of organic, full-spectrum magnesium, which can dramatically improve your health, your sleep, and your stress. And because it supports mental wellness, it can help you finally feel like yourself again. It's just two capsules a day and you'll be amazed at the results. There's an exclusive offer just for you by going to magbreakthrough.com/wellnessmama and using the code WellnessMama during checkout to save 10% and get free shipping.

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So, maybe just give us a little more detail of what's happening in these third eye meditations, and any other ways you would encourage people to foster their own intuition, and to build this in for our kids?

Frank: Yeah, absolutely. Whether it's kids or adults, because I learned how to do this when I was in Germany, and I was able to, like, literally, they would blindfold me, and I went outside and I was reading license plates and all kinds of things. And the second it stopped working was when I started to question it. And I started in my head being, like, "No way this is working. This isn't real." And I started doing that, and then it just went pitch black.

And so, I think the biggest thing is to... You can have your eyes closed. You don't have to be blindfolded, eyes closed, and just hold, like, different color papers in front of your eyes. Or if your kids are doing it, they can do it with you. You hold different pieces of paper, like blue, red, green in front of your eyes, and just test yourself. "Okay, what color is this? Is it green? Is it blue? Is it...?" Whatever it is. And the big thing is to always be encouraging. What I noticed with all the teachers around the world, because I've now documented this everywhere, is that they never say "no." So, like, for example, if I held a piece of paper up in front of you, and it's white, and you said "yellow," I would never say "no," or, like, with something negative. I would say, "Try again." Or I'd say, "What else do you see?" All right, you know. It's always like, "Good, good. Like, what else?" And then they'd say, "White." "Good. Yeah, like, perfect."

You know, they always wanted you to celebrate, celebrate, celebrate. They would say, "If you get it right, celebrate. If you get it wrong, celebrate even more." Like, they just wanted it to be celebrate, celebrate, good job, good job. And then, little by little, you'd see that they'd be, within a week, just getting every single one right. And it was just literally, like, six...it was a lot. It was, like, six hours a day for seven days, of just, like, practice, practice, practice. But, you know, even just at home, doing little things like that, trusting your intuition, maybe holding something in your hand and saying, "Guess what's in my hand," and then have them guess, and then open your hand. And again, if it's wrong, you say, "Good job. Let's try again, let's do it again. You were so close," you know. And little by little, the intuition starts to get stronger and stronger and stronger. Yeah, it's really cool.

Katie: That's so fascinating. I'll put a couple of links to those videos that you sent me in the show notes as well...

Frank: Cool.

Katie: ...for you guys who wanna actually see it, because it's kind of, it really is unbelievable to watch. It's amazing. And the other thing I've learned that's been one of my probably biggest lessons as a mom is, you know, we can try it, we can tell our kids so much, we can try to teach them things. But it's the things that we model the most that they're gonna actually pay attention to. And so, since we're talking to a lot of moms today, specifically, this is just an encouragement I wanted to say was, doing the work on yourself is probably actually the least selfish thing you can do, because your kids are gonna follow that example. And you can tell them all day long these things, but when you start actually modeling it, that's when they pay the most attention. And so that's why I'm, every day, so deeply grateful that I get to talk to moms, because I think moms can be such changemakers. And I think that when we help moms, we help that whole inherited generation beyond, in so many ways.

I also wanted to just touch a little bit on... Because I think many people listening who are aware of trauma have tried various types of therapies, especially talk therapy, and I did, for a solid 10 years, try talk therapy as well. And I felt like things like this, and, like, the different trauma work I did, it was such a different experience, and one I wish I had found earlier, not that there isn't a place for talk therapy. I think there absolutely is. But as you touched on in the beginning, with things like this, you're addressing the stuck emotions, the subconscious. And often it's very hard to access those things in just talk therapy alone. So, can you maybe just

kind of walk us through some of the differences there, for people who maybe haven't experienced something like this before?

Frank: Yeah. Absolutely. So, I guess this is a good example. I think if, let's say somebody had a traumatic divorce, right? And it was really hard on them, and they had a lot of heartache. When you go to therapy, you talk through it. "What is it that you're feeling?" Okay, good. At least now I know what it is. And then they'll also, they'll give you tools to deal with it when it comes up. Like, "Okay, whenever you wanna text him and you're mad, do this instead." Or, "Notice that you're doing this, and do this instead." So, they give you a lot of tools. They help you. They walk you through why you're feeling a certain thing.

With this, I'll be like, "Okay, you had heartache. You had, you know, taken for granted, frustration, and, you know, sorrow and resentment." You know, it's usually, like, resentment and bitterness with something like that. And then I clear it. And the next day, I'll get messages, sometimes as soon as the next day, sometimes a week later, where they'll say, "You know, I still think about him. I just don't have that emotional charge I had before. The memory is still there, but I'm not worked up by it. I'm not..." So, somehow, what's happening is it's just the energetic thing that was attached to that is no longer there. The energetic component, the trapped emotions, they're not there. So you can still have the memory, but you're not feeling it. You're not feeling charged by it. You're not... Like, what happens is the body feels that it's, when you have a memory, that that's happening right now.

So, you imagine a big fight that you had with this person, and your body starts to feel all that hatred, the resentment, everything just comes up as though it's happening right now. So, when I clear that, you'll still have that memory of that fight. I'm not clearing your memory, but you won't have that charge anymore. Your body won't think, "Okay, this is happening right now." It realizes this was a memory. This is not happening to me right now. And so, I think that's the big thing. It's not helping you deal with it, it's not helping you learn how to, you know, notice your patterns and deal with them in real time. It's just releasing that energy. It's releasing it completely, so that feeling's not even there anymore, you know?

And I think that talk therapy is really helpful for people who maybe have, like, some kind of mental disorder, or, like, social anxiety, which, even though I can help with that as well, but it might help to realize, "Okay, right now I'm having this thing," recognize it, maybe remember this quick little breath exercise the therapist gave me. "I'm gonna do that right now. It's gonna settle everything down." So, it's good. It's good to help you recognize what's going on. But if you want to clear it at a subconscious level, I always joke that a lot of my clients are therapists. A lot of my clients are psychologists, you know. And I think it's because they realize that I'm just clearing it from them. You know, I had one lady in particular came to me, like, two weeks ago. She's a children's psychologist, and then she was so blown away that her friend signed up, like, the next day. You know, so I think that even they are recognizing, and I love that, that there are different uses for each one.

Katie: Yeah, and I think, at least for me, I noticed in talk therapy, when you're spending that much time analyzing and delving into a particular experience or emotion, it, for me, became likely that that became part of my identity. And then I felt like, in a way, I got kind of stuck in the processing part of identifying this emotion, and then the therapy. And this is, I hope people will get a chance to experience it, who are listening, if they've been through similar things, because it feels totally different. And you said it so well at the beginning. It's really hard to explain until you've experienced it, and really easy to understand once you have. And so I'll make sure I put some more resources in the show notes for all of you guys listening on the go. That'll be at [wellnessmama.fm](https://www.wellnessmama.fm), if you wanna find out more and connect with Frank.

But I also know we have a few more things to talk about I wanna make sure we reserve time for. You mentioned your summit, and that's gonna be coming up very quickly, based on when this airs. So, can you give us just more detail about the summit? What it's about, and who's gonna be there, and what's going on?

Frank: Yeah, absolutely. So, thank you for mentioning that. I have a company called Modern Nirvana with my two best friends, Kat Graham and Bryant Wood. And it's this incredible summit that we do every year, is one part of it. And what we wanted was to create sort of an event that we always wanted to go to, something that we always wanted to experience. And so, last year, we honored Deepak Chopra. This year, our keynote speaker is Dave Asprey, who created Bulletproof. And what's really cool about it is that there's these technologies, like, for example, Leela Quantum, which you know about. And it's like, we have this in our personal life, and I used it. Like, in fact, it's right next to me right now. I literally have my little travel Leela block with me, and I have my intentions written in there. But a lot of people don't know about this, so we...

And Leela is actually the sponsor of this summit this year. What we did is we created an event where all of our favorite things, and, you know, whether it's biohacking, supplements, quantum stuff like Leela, amazing speakers, and we bring them all together to one place. And this year, it's in Austin, Texas on September 23rd. And it's just one day, but it's all day, 9a.m. till 10p.m. And we have speakers all day, morning till night, from, like, Luke Storey, Dave Asprey... I think, I hope you'll be there. And then we also have, beyond the speakers, just really cool technologies, and, like, ice baths, and red light therapy, all kinds of things that we, you know, get asked about all the time is in one place. And my favorite part about the whole thing is just the community, people coming together who are all interested in spirituality and wellness and biohacking, and they all come together, and they chat, and they learn, and they, you know, learn about each other's product. It's a really, really cool event.

Katie: Yeah, I'm working on logistics, but I am planning on being there. So if any of you guys listening are there, please come say hi. I haven't done much travel the last couple years, and I'm excited to get to connect in person with so many people. And you also have a deck coming out soon that I think will be a little bit after this episode airs, but it's in pre-release. So, tell us about that as well.

Frank: Yeah, absolutely. So, it's available for preorder now. I know that not everybody is gonna be actually watching this, but listening, but I do have it in my head. It's this beautiful oracle deck that was created by me and my co-founders, Kat and Bryant. It's called "The Modern Nirvana Oracle Deck." And we wrote it with Jennifer Sodini, who's, she's already a best-selling oracle writer from... She has a deck called the "Amenti Oracle." And I actually was in Costa Rica, in a plant medicine ceremony a few years ago, and we met, and we totally bonded. And we created this deck, even if, you know, just looking at the cards, they're so beautiful. Like, I know that not everybody's watching, but they're just gorgeous cards. And with each one comes a page that correlates with the card that you choose.

So, for example, I mean, I can pull one for you right now, and I'll just do it kind of generically. So, we're gonna pull the best card for Katie. And then what comes up is this gorgeous card. It's called Reflection, right. It's a beautiful card. Reflection. And then what I would do is just read the correlating page with it. And it's this guiding system that's really incredible. You know, we used it ourselves all the time. I was talking to my co-founder, Kat, yesterday, and she was traveling, and she was doing an interview on "Good Morning America" to promote her new movie on Netflix. And she was like, "Frank, I pulled a card, and it was Transcendence." And Transcendence was this beautiful card all about changing your mindset, seeing the situation from a new perspective. And it really helped her and gave her some guidance.

So, I think, you know, we get a lot of, our fans are really young, a lot of them, in their early 30s, early 20s, sometimes younger. And they're always asking us, like, "How do I deal with this situation?" "How do I deal with anxiety?" "How do I deal with this boy or this girl, or work?" And so, we just thought, "Why don't we create a deck that really helps with these questions that come up every day in life?" And so, that's what "The Modern Nirvana Oracle Deck" is. It is available for preorder now, so, people can just look up "The Modern Nirvana Oracle." It's everywhere. And then in October, it'll be in actual stores.

Katie: And I'll put the links in the show notes to that as well. And I'm guessing there may be people, after listening to this, who want to connect with you or work with you directly. And what are the methods that they can do that, if that's available?

Frank: Yeah. So, there's two ways. I think the best way, if you're actually booking a session and you're interested in emotional healing, or if you just wanna learn more about it, is frankelaridi.com. And then, you can just book automatically there. It makes everything super easy. And then, on Instagram, if you wanna just chat or DM me, it's [@felaridi](https://www.instagram.com/felaridi), so, [@-F-E-L-A-R-I-D-I](https://www.instagram.com/frankelaridi). And those are probably the two best ways.

Katie: Awesome. And we got through so much so fast today. I'm so excited to get to share this. And hopefully, I'll get to connect with some of you guys in person in Austin in September. But I think a perfect place to kind of circle back and wrap up is just to really hone in on the power of emotions and stored trauma. I think American society in general, it often minimizes emotions. And I think we're seeing that start to shift. But I saw in my own life firsthand how ignoring emotions for a lot of years did not yield any of the results I was hoping, and how very rapidly, when I addressed that side, even the physical stuff resolved in ways I would never have anticipated.

And like I said, since sharing that story, I've had so many people ask, like, "How did you do that? How do I do that?" And while I do think it's a very personalized thing, I think things like this are tools that can help, no matter what your story and no matter what your path, can help release some of that. Anything else related to kind of the body storing emotions, or the importance of releasing trauma in the body that you wanna just touch on before we end?

Frank: Yeah, absolutely. And I think that, you know, the body knows what to do. The body wants to heal. The body is this incredible... You know, it tells you when you're feeling pain, for example. And pain is a beautiful thing. If we didn't have pain, we literally would just get upset with somebody and chop off our arm and throw it at them. Like, you know what I mean? Like, pain is a good thing. It stops you from doing crazy things.

And so, your body has everything it needs to do. It's this beautiful... I have a little, you know, scratch on my arm right now, and I'm talking to you, and my body's just healing it. I don't have to think about it. It knows what to do. It's doing all the right things. And when we just give it the space to do that, whether it's with healthy food, or even energetic work and clearing these traumas, you're creating space for your body to go in and do what it's meant to do. Your body's this brilliant... Like, we could spend an entire lifetime studying the body, and we still would not understand it. It's so beyond brilliant. And we just can give it all the space and the capabilities that it needs by doing something like clearing emotions, that could be causing a misalignment in the body.

You know, like, for example, sometimes I'll clear... We only did emotions today. But I'll go in and I'll say, "Oh, there's a misalignment in your parasympathetic nervous system, and it's caused by..." because I'll go in and see what the associated balance is, "frustration at age 15." We clear the frustration, that misalignment goes

away. You know what I mean? Or there will be, like, I had a client yesterday who had hair loss, really bad hair loss, her whole life. It's a genetic thing.

Well, we cleared so many inherited emotions from her grandmother on her dad's side, and she told me that that's where that specific condition comes from. It's from her dad's side. Her dad didn't get it. It skipped him, but it comes from his mom. And so, you know, I didn't know that going into it, but I just kept clearing things. And there were so many things from her grandmother on her dad's side. There was shock, there was frustration, there was panic. When we clear that, I don't know if it's gonna help. It's only been one day. But it's interesting to see the correlation between this genetic expression that she has, and then also all these inherited emotions that she had, way more than I would normally get in one session, you know? So, your body knows what to do. Just give it the space to do it.

Katie: That is so fascinating. And, like, we've talked about a lot of these things. I'll make sure there's links to your website and to your work, so people can keep learning about them. And a couple other questions I love to ask toward the end of interviews, the first being if there is a book or number of books that have really profoundly impacted your life, and if so, what they are and why?

Frank: Oh, absolutely. Okay, let's do it. "A Course in Miracles" has been one of my biggest practices. I think I started it, like, 10 years ago, and every couple years, I go back and revisit it. So, "A Course in Miracles," absolutely changes the thought perspective entirely. Also, I really love...it's "Autobiography of a Yogi." Beautiful book. I think Steve Jobs said he read it every year of his life from when he discovered it in college.

And then there's a really complicated one. Sometimes I hesitate even recommending it. Wayne Dyer recommended it to me a couple of, I think like three months before he died. I got to meet him at a conference when I was writing a book for Hay House, and it's called "Vasisthas Yoga." And it's V-A-S-I-S-T-H-A-S Yoga. It's super complex, super dense. Takes, like, you only supposed to read a couple page... I've been reading it for six years, and I'm not done. I read a few pages every night, and then I, or I'll put away for a couple weeks, read another couple of pages, put it away for a month, read another few pages. It's just one of those books. You read a few pages, you contemplate it, you put it away. And then, I would say "Letting Go," which you recommended earlier, by David Hawkins. Incredible book. It's my favorite of all his books. Yeah, so good.

Katie: That's quite the list. I will link all those in the show notes as well. I also recently completed "A Course in Miracles" for the first time. It's, for people who haven't heard of it, it's a year-long course. But there's a book and a workbook, and various ways you can go through it.

Frank: You did the whole thing, huh?

Katie: I did.

Frank: Amazing.

Katie: Took a few tries to actually get through it all. I kept losing.....

Frank: Oh, and I forgot to mention, obviously I'm totally biased, but "The Modern Nirvana Oracle Deck."

Katie: I will link to that as well. And I'll put links for all the things we talked about, so people can find them and connect. And lastly, any parting advice for the listeners? Could be related to everything we've talked about, or entirely unrelated.

Frank: Yes. And actually, I'm glad you asked, because I realized that I forgot to mention it, which was, when we asked about the body and how it knows how to heal itself and all that, I get a lot of people who are perfectly healthy, who come to me and say, like, for example, "I'm starting a new podcast, but I don't know... I'm nervous, or I don't..." whatever, "I don't have the self-worth. I feel like an impostor." And I'll clear a lot of things around that. And there will be a lot of, like, self-doubt, worthlessness, you know, effort unreceived, things like that. Insecurity. A big one that I love to clear for people is creative insecurity.

So, you know, it's not just physical things, but there are a lot of areas in life sometimes where we just feel stuck, whether it's in marriage, whether it's in work, whether it's in abundance, and wanting to call that in and create space for it. So, you know, there's so many ways that energetic healing works, once we start to really delve into it, so, really, nothing is off limits with that. And I would just empower to people to know that when I do these clearings, it's really your subconscious. So, you have the power. You can do everything. Your thoughts create your reality. The way you speak, the way you talk, the way you think about yourself and about others, it really shapes your entire experience here. So, at the end of the day, like, don't give your power away to anybody else. Not me, not anyone. I always like to try to remind people when they email me, and they say, "Oh my god. You're amazing, and you did this..." It's like, "It's all you. It's all you." You know? So, just remember the power that you have.

Katie: I think that's a beautiful place to end for today. Thank you so much for the time, for the heart clearing, and for explaining so much. I'm really grateful you were here today.

Frank: Thank you so much. Me too. I'm like, "I can't believe I'm on 'Wellness Mama.'" So excited.

Katie: Well, you have been awesome. And thanks as always, of course, to all of you for listening, and sharing your most valuable resources, your time, your energy, and your attention with us today. We're both so grateful that you did, and I hope that you will join me again on the next episode of "The Wellness Mama Podcast."

If you're enjoying these interviews, would you please take two minutes to leave a rating or review on iTunes for me? Doing this helps more people to find the podcast, which means even more moms and families could benefit from the information. I really appreciate your time, and thanks as always for listening.