Marinna: Hello everyone. This is your host Marinna Rose. Welcome to Activate Your Power Within Educational Series where you will find freedom from your addictive behaviors. I’m so glad that you came here today. I know everybody has very busy lives so we’re really appreciative of the people that joined us for the call today. Before I get started if you are on the phone listening and you’d like to find us online, you can go to activateyourpowerwithin.com/webcast. I’m very excited today to bring Dr. Dr. Martha Reed to you all. Before I introduce Dr. Martha, let me tell you just a little bit about her.

Dr. Martha Reed is your metaphysical, spiritual counselor with insights for life using her gift of intuition, the tools of hypnotherapy, NLP, life coaching, reiki and energy medicine such as color, homeopathy and flower essences. She aspires to balance your life on every level. She currently manages a successful Wellness Center in Arizona and she’s private client scaling. She also hosts numerous group sessions on weight loss, stress reduction and relaxation and also teaches many classes as well.

Dr. Dr. Martha has extensive experience in both internal and external relationship healing. Just because she can as a spiritual counselor with the International Metaphysical Ministry, she is sometimes known as Reverend Dr. Martha Reed, and is often found performing stage blessings, clearings and non-denominational wedding ceremonies. Dr. Martha will be discussing balancing life’s emotional undercurrents with us today. The story is really aligned just right for Dr. Martha and I to meet and I’m so glad that they did because Dr. Martha truly encompasses many of my personal philosophies and her work and her teachings and I’m truly honored to share these with you today. Welcome to the call Dr. Martha, thank you so much for joining us

Dr. Martha: Thank you, that was lovely. Really glad to be hear.

Marinna: Yes. Well, we’re glad to have you. There’s really a lot of things that I want to talk to you about, so let’s just dive in. Before we get started I would like to see if you don’t mind sharing some of your background; maybe what brought you into this field of work, why you are so passionate about it. And also if you have had any addictive issues or behaviors or maybe you had somebody close to you that had dealt with that that you could touch on.

Dr. Martha: Well, it’s so interesting. I get asked this a lot. How did I get into this work, what’s brought my passion here? Phony as it sounds I truly have always being attracted to this work; I just didn’t know that I was. I’ve been since I was very young knowing that there was another reality, just there was something more than how were words being spoken. I’ve been able to feel, sense and know things that others didn’t know and I would be able to look at somebody and not necessarily know they were lying or not. What I was able to do was to look at them and I would be able to feel what they were feeling. It’s evolved more than I’ve worked this, more in tune I’ve become with this. Honestly I was always that way and it’s interesting because in my family talking about ghosts and sensing things that aren’t there or knowing things that you shouldn’t was not something that was normal, it was something that was not normal. If I would say I see things or there was something in my room or somebody is sitting on my bed of course then it was, she’s seeing things, there’s nothing there; little things like that.

 In my house there was no belief in the metaphysical, the paranormal, the outside of us. We didn’t even go to church. There was really no connection to my spiritual side. On top of that, I mean you asked me about addictions, I personally really haven’t had any addictions personally unless it’s to having control. Being addicted to having things in a certain order, liking things in a certain way; span that used to be really big for me and I kind of got over that where everything had to be fair. I do have a tendency to have this pattern where I need to feel in control and have things a certain way. And I’m still like this; it’s like everything I do has always been calculated in the sense, there are reasons behind everything so I claimed.

 Since then I’ve learned that those are hidden conflicts that we’ll too talk about later. In my household, there was a lot of addiction issues. This has been a lifelong lesson for me. My dad was addicted to prescription drugs. I lost one of my brothers to a heroin overdose, I’ve lost one brother to a fire where he was drinking and died in the fire. I have one brother who has then recovered from crack and alcoholism and has since become re addicted to I think it’s not basal spice which I don’t know if… Most of the people who are on it believe that they are doing this natural because it’s disguised as a flavor or a scent or an essential oil. It literally fries the brain. It’s a horrible thing to watch and witness. I also have a brother who was addicted to meth like twenty years, went into recovery and right now we’re still waiting to see the outcome of that.

 Addictions are huge in my surrounding and it’s something that I have had to learn to emotionally adapt to. As being a child when you think about that environment where you’ve got these addictions it makes people literally out of their minds. I’m very grateful for this lesson because this is where I learned how to differentiate between a person’s soul and a physical being. It was so interesting when I was young I would be able to see when dad was going into a room or already there I knew whether his spirit was present or it wasn’t. People would get mad at me because I’ve always sensed him. He would tell me because he was very combative, abusive, mean, when he was on his medications. We found out later that the medications he was on didn’t mix, they cause seizures, something to do with his adrenaline or he became very violent and mean. You can just imagine the abuse that went around to everybody and he we had more than just stress living under him or in the house with other relatives as well. It was very abusive.

 At the time I didn’t notice but what’s interesting is I would resent him and he was so mean. One minute he’s smacking you around or whatever he was doing and the next minute he was the kindest most gentlest soul, you’re sitting on his lap and having this conversation and he’s building your self esteem and losing you up and the next minute he’s smacking you again; most people call the classic abuse child syndrome. What’s interesting is that I could feel; that’s my earliest recollection of those times. A feeling is that I would tell people, no, I don’t know who this is or what this is; just wait because my dad will come back. You’ll see, he’ll be back and he’s not like that. It is so funny that I could… So I have been doing this and feeling and tapping into this for a long time, it really heightened all of my senses first in my opinion.

Marinna: Wow Dr. Martha. It sounds like you have been surrounded by addictions most of your life and you’ve been able to actually differentiate the person and the addictions, that’s amazing; that you were able to have this perspective. I can clearly see why you were so passionate about your work. It’s interesting, it sounds as though you may have been one of the only ones that did not get affected by this.

Dr. Martha: Yeah and you know what’s even more interesting is that I’m the only blonde too but I know that I am related to them, I know…

Marinna: You’re not the [inaudible 00:09:23].

Dr. Martha: No, but you know, it’s funny because I get to know where I am addicted or your passions can become or feel like addictions, like something you cannot do. My work is my addiction; it’s something I can’t… Every cell in my being leads me in every direction I go. I am addicted to my passion for this work; that’s true.

Marinna: Yeah but that’s a good way…

Dr. Martha: Yeah, that’s right.

Marinna: Yeah, it’s nice that you can turn in that sense certainly. Coming from a person that obviously has had a lot of loved ones suffering from addictions, I know that there’s a lot of people on the call that are in somewhere situations as you have been throughout your life. Can you give them a little bit of maybe advice, maybe one, two words something that can really help them deal with this? Or like you stated earlier, accept this from the person and maybe see like you were saying about your father, seeing the real person behind the addiction and appreciating what they’ve know to that.

Dr. Martha: Yeah. I’ve always said, only hurt people hurt people. When we realize that people are hurting people because they’re hurting, it doesn’t justify it, it doesn’t still make it okay. What it does do is it allows you to tap into your own soul, your own spirit and realize that we all came to this world as spiritual beings… Whatever faith you believe in, we all came into this as spiritual beings that came here to have a physical experience. In a longer way, our physical experiences have a tendency to create the person that we are today. These are experiences that have created this. I guess people are just born bad that they say that people can just be born like this, I just don’t know if that’s true. I believe that somebody’s spirit can be completely gone or checked out from the physical being and they could be rotten to spore. I believe that but to start out that way, I just don’t know if I can buy into the fact that that happens. I’ve never seen a baby that was born bad, I just can’t imagine it.

 Knowing that we are these spiritual beings that are coming here for this physical experience, I don’t know why my dad took steps in his life that led him up to that point where he had an accident and he became… Had brain surgery and back surgery in the 60’s and that’s a huge thing to recover from and become addicted to pain medication. I don’t know what journey he took; I don’t know what steps or choices he made along the way. I know that the day when he made the choice before the accident; was that karma? Was that planned? I don’t know but what maters is, is every choice we made from that moment, from each moment each day, each step gets in his direction. So when I look at that situation of people and addictions, if they choice is, doesn’t mean that I’m saying that completely, I’m blaming but yet I’m also not going to let them be victims of their past that have created that outcome, because it’s a choice for every person. See, that’s the part of the physical experience.

 What I do, I work with homeopathy and specifically it’s a program called TSC; which is psychosomatic energetic. This whole thing is what led me into this work. You’ve read the list off; I have so much different tools and modalities that I use. Just to me there’s no right way; we all are currently vibrating at a level that… In other words, our paths, everything we’ve ever been through; good, bad or indifferent has accumulated and created the person that we are today here having this experience that we are having in our surrounding. Everything that we’ve ever been through has led us to this point. Well these are all vibrations; whether it was a happy thought or sad thought, a neutral thought or feeling. Where we felt good, where we felt bad, where we felt nothing; all of this… We’re just an accumulation of all these experiences. The judgment, anywhere, it’s just who we are. I had absolutely nothing to do with who we’re going to become or what we’re going to be or what to we choose to vibrate at whether it’s happy or depression or whatever.

 I started working with this program because I learned all of these modalities and I couldn’t figure out why I was being guided to keep learning and learning and learning. I love to learn but as out of work and as a family, I have lots of things to do but yet I’m always as part of my addiction to being drawn to different things and what I realize is I had to learn hypnosis, coaching, counseling, energy work; all of these things to create a program which is a whole personal approach to healing. If I don’t know what level somebody is hurting, can I help them with their subconscious mind? Is something I need to work with on an energy level. So I had to learn… Oh I got had to, I keep doing it, I have learned all of these modalities which was divinely placed on my path so that I can help people on all these levels because there’s no right way, there’s no one way for anything.

 For this program that I’m working with which is the TSC, is all about all these hidden emotional conflicts. What I found is whenever I would work with somebody with hypnosis, 95% of the time I’m having beautiful success and everything wonderful. But there was this small percentage of people who there things weren’t changing; so there was stress, negative thoughts, patterns repeating. Their addictions, whatever it was, just a small percentage but there would be no change and it was frustrating me because I know it’s all a personal choice but yet I know that this one that can be changed. This program a homeopathic approach to clearing hidden conflict, so what I learned was that our energy centers, our chakras basically those that aren’t familiar with those, there are seven main meridians in the body that have different frequencies that help us with different areas of our lives, like our root which is just the lower tailbone, it’s red; it help us with dealing with issues of anger, sensitive to purity, sensitive structure, finances. There’s that whole safety issues going on there and it goes on from there to crown. What I learnt was that these energy centers, we’re always trying to balance our lives but we can’t when these things are being drained by these hidden conflicts that behind them they drain this energy center to stay alive to be constantly fit. If you are a person who has anger issues, they might be going on along with their life and everything’s fine, they’re always working on these anger issues, yet they don’t know why they keep getting mad or they can’t overcome it or they can’t work through it or get through it; it’s because there’s a conflict that’s hidden back behind there and this anger issue is just a distraction basically so we don’t address the real truth.

 Mainly the truth is low self esteem or maybe you’re just materialistic. What I do with this program is I help strengthen those energy centers so that they can help process the conflicts. With homeopathy, homeopathic energy medicine, I address the vibration of that hidden conflict, as we get rid of each of this conflicts we get down to the true root problem. Once we neutralize it basically we’re taking the energy that fed it away, we can overcome these things. I’ve created a program called the Dragon fire set which utilizes all of these elements to help people. There’s most problems, addictions that come from people who are hurting. There’s no one way in my opinion to pinpoint any trauma and say, it was this story, it was that time that got jumped out of the bushes and grabbed me from behind and that was the time that ruined my life.

 We can feel those things, we can blame those situations but the truth is, that situation created an emotional response which created a trigger within you. Most likely that incident proved some type of fear that you already had in you true, your worst nightmare maybe; and it proved it true and then it became alive but it was already there. We have all these hidden conflicts and it just depends on which ones are fed through our life experiences. It doesn’t necessary mean we have to live that way, doesn’t mean we have to go on feeding those energies and keeping them alive; those old stories, it’s what they are.

Marinna: Yeah and a couple of things that I want to touch on what you just said was, and I believe that what you’re saying is we have these things within us and these traumas happen to us because they live within us, because we’re vibrating back. Is that what you’re saying?

Dr. Martha: Yes, what I’m saying is it’s the energy of that negative vibration is alive because we’re feeding it.

Marinna: We’re feeding it, yeah.

Dr. Martha: Every person has a whole list of conflicts, what I know them today there’s 28 of them. Every person has both the negative and the positive ability to tap into either one. Our life experience gives energy to the positive or the negative because there’re just as many negative things that occur in our life that we felt about, there’re things just as many positive. Our lives and where we’re at depends on which energy we’re feeding vibrationally; one is on board when we get lower and one is more lighter higher, more on our spirit side versus our physical side. I honor everybody who says you’ve got to stay in balance but really we’re spiritual beings here for a physical experience so our shockers are designed to swing those directions for these life lessons, throws us into happy and joy and also sadness or grief. I don’t know if you’ve heard the phrase, “Pain is inevitable but suffering is optional.” We need to just pay attention more because we can’t experience life if we’re always imbalanced and always in perfect alignment. We have to learn to move in and out of these emotions but the trick is to always recover to come back to center. You can’t stay overjoyed every single minute, your most energy would be exhausted by laughing continuously for the rest of your life; it would become no fun and it would become a drain just as much as being completely sad and joyless. It’s about…

Marinna: I’m thinking real quick because I know I have discussed with other people, what about the people that are saying, so you’re telling me that that dad incident or that trauma I brought upon myself?

Dr. Martha: Nope, I’m not saying that, I’m saying that that trauma came upon your path, so you got there by some step you took. Like I said, I’ve used the example somebody jumping out and grabbing you from the bushes. You stepped out of your place and you walked down that path, what made you waltz down that path, I don’t know; but you did. And when you did you might have sensed something around you, you might not have, it might have been an intuition, it might have been something it might have been there and told you to go a different way, it might have been any of those things. We don’t know what brought you there. The fact is you were there. What I’m saying is how that incident affected you, how it hurt you, how it vibrated to you, how it caused an emotional imprint you is a vibration. And it’s fear, sadness, you’re scared; whatever might come, vulnerable, whatever word came to you because see, there’s a lot of people that that happened to and each one of them has a different experience because each one of them has a long life history of feelings and reactions. How that incident hurt me versus how it would have hurt you or affect me or affect you is going to be completely different.

Marinna: Yeah, totally different. Somebody witnesses an accident, you have ten witnesses and every person has something slightly different than the other what they witnessed even though it was the same thing, kind of like…

Dr. Martha: Right and what we’re witnessing with our eyes is what internally we have created based off of our internal… And I’m not saying what you saw wasn’t there but we put our emotions into it as well because that’s why we’re also unique and so different. We have so many… It was a story. I was walking down the street and this guy jumped out and did this. And this person, I was walking down the street and this person did this. How did that affect you? Oh, it scared me to death but you know what, it is what it is and I went on with my day. This person says, oh my gosh now I’m scared to leave my house. Nothing happened, he just jumped out and it was a misunderstanding but yes I am totally afraid of this happening. It’s all because each person has a history of living. We’re entirely different, right, wrong or neutral, every person has this. The person that became afraid of this person jumping out is because they already have the vibration of fear in them; they have learned fear and they have learned it enough that it became a part of their cellular memory.

 Alright, if you just got scared one day because somebody jumped out of the closet and it never happened again, it wouldn’t be a fear, it would be a memory that has a little bit of a charge but it wouldn’t be enough for you to never leave your house because you’re afraid of somebody jumping out; there isn’t enough of it. If you have a lot of patterns of your life of things happening over and over again, you just become a vibration of that but it’s not your truth. Basically what I’m telling people is we’re not broken, we’re just an accumulation of everything we’ve ever been through and it has nothing to do with where we’re going or who we can be. It’s a matter of shifting and making different choices to vibrate differently and to take stories and situations as they come up and modifying a gap so that we can recover quickly. Especially by releasing these negative conflicts or these hidden conflicts I should say that are just behind our energy centers.

 There’s that way in the way future when you’re seeing situations, we’re not triggered, we’re not triggered by our last bad relationship, blame it on the bad relationship, the abusive person or whatever, the liar or the whatever. We’re not going to base the next relationship off of the last bad one; because that one we want it to be neutral, we don’t want it to charge us and affect us on every level; so that’s just a negative vibration. Anyway, so we’re not based on this one topic, we’re not broken. This is just us. This is who we are, no judgments; now how do we get to where we want to go? Neutralize everything from the past so that it begins to work for us, no longer works against us or at least becomes neutral.

Marinna: Yep. You had touched on that homeopathy is something that you… I’m not familiar with that. Do you mind explaining what that entails?

Dr. Martha: Homeopathy is based off of the concept of like shows us like or a lot of it still varies which means that if something is like enough in nature and mimics it, it can become one with it or makes it equal. Let me just put it this way, have you ever cut a red onion and when you did, your eyes started watering, your nose started running, your eyes might get red; you know?

Marinna: Yep, yeah.

Dr. Martha: Yeah, right. You had an actual reaction from that onion, right? When you’re having this response, it’s your body’s way of saying, uh, oh, there’s the enemy, something doesn’t feel right, let’s eliminate it; so the tears come, the nose runs, your body goes into reaction. Your body knows how to heal itself, your body knows what to do. It responds in the way that it knows and that is to heal itself. When you’re in this moment, when you cut this red onion and the juices is flying and all of this is happening, you don’t say, oh my goodness, I think I’m catching a cold or maybe it’s an allergy, I better go lay down. You don’t say that because you know that when you cut the onion you know it created this response. So you know if you step away from the environment, give yourself a minute to recover and your body to run and get rid off stuff and you’re not keeping yourself in that environment, you know that it will go away and you’ll be just fine. If you were out in the middle of nowhere and all of a sudden you start sneezing and this happens you would say, oh my gosh, I don’t know, am I catching cold? I hope this is just allergies. Because you’re going inward and you’re saying uh oh, my body is responding, there’s nothing outside of me affecting me but I’m having this physical response. This response is coming from your body saying something is not right, let’s eliminate it.

 Well in homeopathy, if you’re thinking about the concept of like towards life of the lost and various if a person were having allergy symptoms or maybe the symptoms of a cold where the eyes are red and watery and their nose is running, you could give them the essence of red onion which in homeopathy is Allium Cepa. This essence of red onion because it creates the very response that you’re having act as like an aid, so you give it to your body and there’s a boost of the same energy since your body is doing already what it’s supposed to be doing. You give them this energy of it and it’s like a little power to help it do exactly what it’d doing, like raise the energy or the immune systems and push it out and then it goes away. That’s the concept behind homeopathy; the way they make homeopathy is to succession which means you’re not going to actually take the essence of this remedy. For instance if you were having this cold coming on or this allergy, let’s suppose an allergy, you take a bite of a red onion and you’re saying you’re going to be eating this onion and you just say, okay now I’m going to eat this onion and my cold is going to just go away. It’s not going to happen that way because if you think about digestion of this onion you’re going to get the vitamins and the nutrients out of this onion, but it’s got to go into your body, it’s got to go through digestion, the physical product has to go into your system, become a part of your cellular intake and then it can start aiding your body. If you were eating onions there are health benefits to it but it’s more of a preventative. If you’re eating this onion you’ve already got hours, at least 12-24 before digestion, in the meantime your body is crying out for help and it keeps getting sicker and sicker because it’s 24 hours worth on fighting and it can’t keep up.

Well, with homeopathy it’s different because it’s the energy and energy is instant. That’s why you’ve got to catch it right onto the onset of things to act as a power boost. When you think about a blender where you’ve got the low gear and you’ve got the high gear and you’ve got the little that says power boost. When you take homeopathy it’s like a power boost of your immune system.

 We can get these energies instantly out of a lot of things. The red onions what they do with sucution is they take this juice, and they might take one drop of it and they might put it in a gallon water and then they do what’s called sucution where they shake it in different directions to merge the molecules between the red onion and water; they shake and shake and shake, then they take one drop out of that and add it to maybe 55 gallons and they do the same thing; these repetitions of shaking and blending. This is why when science detects it, they say it’s a placebo effect or they say that it’s undetectable because it’s been diluted to such a small amount; now the larger the dilution, the closer to the spiritual realm you go. Basically if you’re wanting to work on a physical level you might only take a remedy just like a sixty before you begin sucut the six times. Whereas if you want to get on a really deep level you will take something that was more 200c or a one X. most people think that in medicine that the bigger the dose the better, well in homeopathy it’s just the opposite, the lower the dose the more physical reaction you will be having. That’s my idea behind of homeopathy why it works so quickly on this spiritual or on this energy level.

Marinna: Yes, it does make complete sense. I know that a lot of people are unfamiliar or maybe questioning of it, so I really appreciate your description of that.

Dr. Martha: Yeah, like I tell people if you think about a flu virus how big is that? You can’t see it, it’s not like you’re walking around all these flu viruses coming at you and you’re like getting them off or covering your nose thing. We’re not going breathe that one; well we breathe flu viruses all the time, day in and all through seasons or whatever. Doesn’t mean you’re going to get sick just depends on what your vibrational level is; if you’re a down or if you’re up, if you’re drained or if you’re empowered. The ability processes is in the right condition at the right time, we’re grading this flu virus, it’s going to take us down. One little flu virus, I mean how small is that? It’s microscopic; it’s difficult to get that little thing to kill you into the right conditions. So why is this so hard to believe that something else on that level can’t affect positively?

Marinna: Yeah, right, it can. I think that’s excellent. Just to touch on the hidden conflict towards once you help people relate things, do they ever come back, do they show their ugly heads or is this something that it’s released, let’s move on and now you’re onto the next.

Dr. Martha: They do. Can they come back? Sure because you’re going to continue to live life. Will they come back? Will your life be accepted from the moment you release them with them? No. because like I said we all have these hidden conflicts, there’s personality traits… They’re all there depending on life experiences which ones are activated. Because it’s a layering effect that takes places like programs; let’s say it takes 8-15 months for the average person to release this lifelong pattern. Maybe it was some DNA traits that you came in with, because it’s a cellular level thing. I don’t know if it’s just life… Whatever, I don’t know where they come from. It doesn’t even matter the story associated with it. But if we use the program and let’s say we put you on like we talked about, the rage. We put you on a chakra, it’s called Savita. I’ll put you on a Savita remedy for your root. And then I’ll balance that and I’ll put you on a Emvita which is an emotional remedy for the conflict. Let’s say… So let’s just go with low self esteem, I put you on one for the root and I give you one too because you had a problem with your self esteem. We’ll take that remedy for let’s say six weeks and as you do; you don’t really feel anything, that’s the beauty of this. You might go through some processes where you’re remembering some few things or some things might come up. It’s interesting how it’s the study, wait, we won’t have time to get into it today but this actually all came to me in a vision I had in a dream that Dragonfly showed me about skimming the surface and dipping down; but that’s for another day.

 These conflicts over the six weeks, it’s leaving the body. Once it goes, we test you on this machine called the Riva machine where I’m testing you on four levels of your beings as a frequency that runs through you, the beta, the theta, the delta and the alpha level. Once we determine how long you need to be on the remedy, once it’s done, the vibration is neutral. So now, let’s say it was low self esteem when you had a problem speaking you would be now able to speak in an environment with ease and grace. This doesn’t mean you’re not going to have the little butterflies or the nervousness where I think what happens. But it won’t be hindering, it won’t be debilitating and it won’t keep you from it and usually once you start, you’ve heard the phrase, “Feel the fear and do it anyway. You might have a little or you might not at all. Once that’s gone it’s gone.

 If you’re up on stage and you trip and you fall the next time you go to speak you might think, oh my goodness, I hope I don’t trip and fall. You might have a new story there associated with it. The thing is our energy centers are designed to recover, so just because you have that new experience does not mean it’s going to throw you back into the old trauma because we’ve released that vibration. We’ve released it from feeling like a trauma into just a neutral life experience.

Marinna: Yeah, that’s great. And it sounds like it’s a very gentle if you put this in the six weeks.

Dr. Martha: Yeah and…

[Crosstalk]

Marinna: Might be able to do it quicker and…

Dr. Martha: And that’s the illusion… Some people after they do one session, they feel fine. Like I said it’s layering thing, so once we… There’s a decoy of low self esteem is not the true problem. That’s just something that’s out here for you physical body to work on over and over again, so it distracts you from the truth. Once we eliminate that we might find that the next conflict has to do with shyness. Then we might find that the next one… Who knows what we might find? But as we eliminate these, it’s so interesting to watch the transition in my clients. I have to keep reminding them just because the big ones are gone; they were the only ones that were in their conscious awareness. Now you have to keep on following the program because we need to get to the ones that are in the sub conscious awareness. That’s the trick is trying to get people to realize that they need to stay in the program for eight to twelve months because we want to get to those roots, we want to get to the core issue; we want a clean slate.

Marinna: Right. It’s funny that you had used the onion as our discussion earlier, it sounds like it’s very similar to this, it’s like peeling the onion back.

Dr. Martha: Yes, that’s right. Exactly.

Marinna: The first layer like you said could be the self-esteem and then the next shyness; but like you said, it’s all about the core issue that’s underlying. And I can see how, after a month working with you would say, oh yeah I feel that self-esteem, it’s great but like you said that’s just a surface thing that is showing on the physical level that can handle with it.

Dr. Martha: Yes, because we don’t know if the root is maybe even depression which is not giving you any energy to even get out and speak to begin with, we don’t know. We just know when you did; I just know we can get rid off it.

Marinna: Yeah, well that’s great. Thank you for going into details of that. It is so important, I think that what you just said when people think they get one thing to continue not to jump off that path who you’re coaching with or who you’re working within your program because it isn’t over yet. But it could be just… .

Dr. Martha: And you know that’s why when I’m working with people with hypnosis or coaching or counseling. There’re still great benefits into those and you can’t use those in addition to the program to help with the process, the physical experiences. This program that I do is not necessarily for everyone; it’s not for everyone. It’s when you can’t recover. Like in my program, the Dragonfly it’s a seven month series where every month we spend one month working on the root, the sacral, the solar process and one full month where we’re using color and food and hypnosis and coaching. If they choose the TSC we use that simultaneously. If they don’t use that we use just chakra remedies, not hidden conflict. If a person chooses this or they go through that program, there’re still great benefits to a person going out; whether it’s with me or with someone else doing all of these modalities; these are all great things. This is for when you keep repeating patterns, things keep coming up or you don’t know why something is not working. It’s not the modality that’s failing; it’s that hidden conflict that is trying to survive at all conflicts because it believes that it’s here to work for you. It doesn’t know it’s working against you because it all costs it’s trying to survive to protect you. That is knowing its truth, it believes it. Because anything that happens on our subconscious level has to be believable and true; so if it’s believable and true, it’s not going to stop believing you until it knows something else that’s more believable or more true. My hope is that people will still do these modalities because they work for a lot of things.

 When you’ve got something like, is that going on? Send eight months when you’re on a program with somebody to just overcome it. Because I guarantee you that the people that this resonates with have tried everything and they think nothing works or they keep doing it over and over again; and that’s the thing, it is not for a lack of effort for people’s parts. We’re not broken. If you can’t know what you don’t know but you definitely can’t feel what you do feel.

Marinna: Yeah. Is this program something that people can do at a distance, or is it something that they have to see you?

Dr. Martha: Oh yes, absolutely yeah, I do, I have clients all over and… Oh on the actual TSC testing, that one I prefer, I’m sorry, I was mixing this with my program, my Dragonfly set because that one I do it, video conferencing on the phone. And I do travel; I have retreats I hold in different areas as well. Sometimes you just might want to grab a three day event when I’m in the city. But that program can be done anywhere because I do ship the workbook and the products in a [dam 00:44:46]. The actual TSC testing I hook people up to the machine and I do it there. I know that through a series of questioning and muscle testing that I can do here; I can work with people remotely. It’s going to take faith and it’s going to take a belief in intuition and the process. A lot of people need a physical… They need you to hook them with positions so that they can physically see what I’m seeing and know that it’s true. Different person doesn’t need that, then they’re my ideal client that is remote. If they’re not there then my program would not work for them.

Marinna: Yeah, I see what you’re saying. Yeah, that makes sense.

Dr. Martha: That program anyway.

Marinna: Yeah, I just thought I would ask on that, great, thank you for informing us. I also know that you have coauthored a very interesting book called the Initiative. I’ve read that the goal in this book that was written about had a very definitive meeting with someone. And I just want to look beyond into another… Getting beyond the cubicle or signing for something that’s no nice. That’s one of actually my steps that I’m putting on the program that I’m creating is Serendipity. How to allow in and to recognize that magical moment that happens for you take action from certain different occurrence. I was wondering if you could just comment about the book a little bit and explain how important it is to recognize serendipity, when it happens and maybe and more action that people could take in their life or on the call to having magical moments in their life.

Dr. Martha: Okay. You know one of the things that I do everyday, because I wake up in the morning and you even put in any words you want, whether it’s God, universe, angels, higher self; whatever it is. Everyday I wake up and one of the first things that I do is just about refocusing or shifting our thought patterns and helping us to look for signs and symbols and synchronicities. I don’t really believe in coincidence. I myself personally as an intuitive, hearing guide and connect, I know that I have… Two things could happen to me; the numbers 44 and when I see a 444 together I usually am being told that the angels or the ascending masses are giving me a word, letting me know they’re there with them, I’m thinking on, working on, I’m being supported. And the other obviously is the dragonfly; when this shows up for me it usually tells of the attention. There’s always signs, whether it’s seeing money, seeing number sequences; whatever they are they are communicating, the universe, God, angels, whatever, there’s a communication that’s happening for a higher spirit. Serendipity for me is when I get up in the morning when I say, God, universe, angels; whatever it is I say, I am so looking forward to what you’re going to bless me with today. I cannot wait to see where you are going to show up.

 I have the intention every day of seeing where it’s going to show up. If I’m having a really bad day it’s like I’m not focusing on that. It’s like it’s not even what’s not the lesson or the learning in essence, it’s like okay, yeah but where are you going to show up for me? This is going to happen. If my energy is not associating with the turmoil, the trauma, the chaos; whatever is happening around here, which it does, I get caught up in that too. So then I can always bring myself back and say, okay, I don’t know why this is happening but show me where I’m supported, show me where it’s at. And you start looking for the support of life, the support of God, the support of universe, the angels. You look, where are you showing up for me? That will lead you and guide you in different direction. Serendipity is just one of my favorite things to do. In the book she’s going through life and she has all these chance encounters with these different people. She had no idea why until looking back the all places in her path, she could have either ignore them, listen to their advice, listen… Whatever, we have a choice. She used these… People are just like elements; things that had crossed her path to help her move in the direction she desired.

Marinna: That’s great, thank you…

Dr. Martha: Yeah, it’s lovely, love it.

Marinna: So the book, can Amy get the book from your website, or is that?

Dr. Martha: Yes. The name of the book is Initiative. It is available online or to Amazon. There is an Amazon link on my site. However, there is also a shop button that shows there’s this book down there. It goes to my website and order from me directly, not through Amazon I will email them a recording to the hypnosis or a cover ship no rekey audio that I created called, Brighten Up. In this audio it’s about taking your life… One of my passions through energy is with color. I like to use the vibration of color to help change our negative vibrations to positive ones or to empower it. I created this audio called Brighten Up to help a person visualize clearing their body and repainting using color to recreate their ideal image or their ideal environment or their ideal self to move forward. And that is something that when people buy it from me directly, that’s something I will email them a link to download and if they need to, I can actually send them the actual CD as well.

Marinna: Great, that’s awesome. Where can they find that on your site?

Dr. Martha: On my website which is www.insights-for-life.com.

Marinna: Great, that’s very nice. Okay, the other thing I wanted to ask you was, I saw that… I don’t know if it’s to do this but toe readings.

Dr. Martha: Yes, toe readings. That is something that I do, yeah. I have this ability when I tap into people’s aura and look at their feet, each one of your toes represents an area of life as you’ve got your destiny, your life past, your relationship, your communication, your trust issues, even finances and sexuality can come out in your feet. When I look at people’s feet, I can actually, it’s so funny you’re bringing this up when we’re just getting ready to actually to do the toe reading party for a group of women for our 15th birthday party Saturday night, so it’s going to be fun. This toe reading is basically like I’ve just been talking about, our life, our energy vibrations, they’re the accumulations that create us. When I do these readings of people intuitively I can see stories of your life and things that have either felt good, felt bad.

Mostly what I detect is where you have set energies or patterns or belief systems that are showing up. I might tell you, hey when you were seven years old you moved, this feeling occurred and now it’s carrying through your life, it’s this. Toe readings are so different. They’re not about predictions of the future; basically I’m tapping into the story of you. If I’m seeing it in you, sometimes just the awareness and me talking with you and coaching you around this thing, the energy can leave and your toes literally can shift and change shape, its amazing fun.

Marinna: Wow. That’s unbelievable. I saw that as I’ll tell you, I thought it was interesting because for the first time in my life a few weeks ago I’m having a sole issue. My toes are very…

Dr. Martha: How is it?

Marinna: It’s actually on both feet. The balance is like on my left foot and it’s very red and sore, pinched a toe though.

Dr. Martha: Which one? Big toe?

Marinna: It’s my toe next to my big toe on my left.

Dr. Martha: So, are you left handed or right handed?

Marinna: I’m right handed.

Dr. Martha: Okay, so your left foot is your internal side and it’s the toe right next to your big toe, that is you communication toe. If you think about that being red and raised, it could be a lot of activity. It could be irritation, it could be frustration, it could be things you’re not communicating or it could be from over communicating. If you think about this whole talisman and point it all out, all of that communicative does not surprise me one bit. The left side would be your internal communications with yourself, so that tells me you need to talk nicer to yourself or something you’re not expressing. Internally it’s all about you, how you’re talking to yourself and what you need to say or haven’t said or what you need to do or what you’re not communicating with yourself, that side. On the other side is your external side and that one reads, and it would be coming up; and I’m not saying it’s hurting you because your communications are hurting but that just means that that word communication, there’s something usually frustrating about it, whether it’s people not following through or you feeling like you have to keep saying things when you’ve already said it. There is like some type of irritation or frustration that’s going on but it doesn’t surprise me with you wanting the toe thing to be perfect for everybody and you’re trying to so hard to help so many with those process and the project itself. So be kind to you and be gentle, maybe you can have some laughs and do to them and help calm things down and… Does that makes sense to you?

Marinna: Oh, it makes complete sense because when it did happen I said to myself, this has to be related to everything I’m putting myself under for the event. Because the only thing [inaudible 00:56:16] and I’ve never had this happen.

Dr. Martha: Yeah. The other thing you want to be careful with is if you think about your big toe, right now the reason those toes are getting red and irritated is because energy is active there; so what you do with what I’m telling you or not to do, it will move to your big toes, specifically the one on your right foot which is your life path. You might find that you are going to feel start stubbing that toe, you might find you break the toe nail or maybe it’ll feel like your shoes are hurting. Because you don’t want whatever is transferring in this communication, you cannot handle it so it goes into affecting your life path. It’s not going to affect your destiny toe which is your big toe on your left foot but right now you could start… You don’t want to start messing with that toe so be good to you.

Marinna: Maybe this is just saying, take a little bit more time for myself, maybe be gentle on myself.

Dr. Martha: That’s exactly right, that’s all that is, when your toes act up like that, it’s nothing more than a warning. If you’re seeing, is your eyes watering or your nose running; it’s your body responding, communicating with you. Hey, we’ve got an issue here, I’m not feeling so good, help me out is that all it is.0

Marinna: Yeah…

Dr. Martha: The cry for help.

Marinna: Thank you so much for touching on that. I knew the cry for help, I’m like, maybe you should go to the doctor. I said no, no, no, I know it’s connected to what I’m doing and I just have to talk to somebody about it. So this is perfect, thank you Dr. Martha.

Dr. Martha: I’m sure you’re feel like getting better.

Marinna: Yes. That’s great. Alright, so we’re getting late here, sorry. Dr. Martha is also offering us some fantastic three bonus gifts that is available for all our listeners which I actually took some time to listen to. I thought you have a very soothing voice Dr. Martha.

Dr. Martha: Well, thank you.

Marinna: Yeah, it was very nice. If you want to just tell everybody a little bit about that; the eliminating negative thoughts.

Dr. Martha: Yes, what I’m offering is, people that come to my website can sign up for my newsletter. I am going to give to them the hypnosis audio that I’ve created called, thinking right side up to help a person eliminate self sabotage and negative thought patterns. It’s just something that they can listen to, ten or eleven minutes long. Just something quick to help reframe them; like if you’re going to do a job interview or you are getting ready to go to talk with a person that you don’t really like or going into the office and you’re dealing with people there that you’d rather not be dealing with. You’re looking in the mirror and talking bad to yourself. It’s all about taking ten minutes to refrain and to remember a thought is a thought and you don’t have to think it. So that is something that I want to give people to do but I think that if we get rid of that feeling alone so much more would just automatically fall into place for us.

Marinna: Yeah, absolutely; thank you so much for offering. It’s fantastic and everybody should definitely take up on that because it’s something that you can listen to everyday to help you identify…

Dr. Martha: Right and the other thing that they’ll want to do besides going onto my website and signing up for the newsletter; they’ll also want to download my app which is called Insights for Life. It’s an app available on Apple products and Android; it’s a free app that will… I’ve got four different free apps; there’s one that will help with the negative thoughts, self sabotage, self esteem, panic and even anxiety. That’s a free app and it’s just Insights for Life. So they’ll want to do that as well.

Marinna: Cool, that’s very cool; thank you, that’s great. You can also find right under Dr. Martha’s information on her webcast page, activateyourpowerwithin.com/webcast, you will be able to find her. Click into her site to get her free bonus gifts. Now for her program that she’s offering us, she’s offering us an incredible discount for the program. You can find us at activateyourpowerwithin.com/Dr. Martha and that’s M-A-R-T-H-A. This is a home line study course for her program the Dragonfly set that she’s been discussing and touching on throughout the call; balancing life emotional undercurrents. She usually sells it for $297 and she’s offering it to us today for $97, that’s just a fantastic value. Thank you so much for offering that.

Dr. Martha: Oh you’re welcome. I’m just really excited to be there. Going into 2013, I just think that it’s a perfect time… Well, did you tell them of the Chinese New Year starting here in February or the New Year starting for us in January 1st, it’s the right time. My online study course is designed to be and you can even do it at your own pace but it’s really designed to be done in maybe a seven weeks session. You can do it quicker, you can do it longer; it doesn’t matter. It’s designed for seven weeks and there are 42 different, what do they call it, the curriculum; there’s 42 different curriculas where you spend a week on each energy center that I was talking about on the chakras. One through seven; so each week you spend one week on those journaling, using color, doing the exercise, there’s a questionnaire on there and on top of those of seven sections that you do, that will not include my homeopathic remedy, so obviously it’s an online study course. However if a person wanted to call me an schedule a consultation we could get them setup on that but that would not be something I’d be comfortable just handing out without instructions and guidance on the product.

 But there’s also a 40 minute audio on there that’s attached to this that is associated with all the chapters. It’s a 40 minute lecture of me talking about hidden conflicts and the chakras and what they do; very informative. So they get all of that, it’s like the 297 program. It’s basically my seven month program which is a $2000 seventh month private program that I have put into an online course, home study course, and yes $97 online. I’m hoping a lot of people will enhance their life this year and change things for us all.

Marinna: Me too. And you know what I like about what you have to offer, you have so many different modalities that you blend with everything. I think that helps touch on… Because some modalities may have these conflicts or may be able to touch the surface but when you blend so many different kinds, there’s so much guarantee that you’re going to peel the onion back, you know what I’m saying?

Dr. Martha: On some level that’s right depending on how deep and where you go, that’s exactly right.

Marinna: Of course it’s like, it’s our participation, it’s up to us.

Dr. Martha: Right but when you are listening to the hypnosis audios because there’s also my medication there, brighten up is included with that program. When you are using that on that level and you’re watching the video, getting a visual understanding and then you’re actually doing the writing exercise, it speeds up the process and you don’t have to go as deep as you’d have to go if you just asked about it; you’ll have help on all of these levels. So if this works in you then realize which makes it a lot easier to process.

Marinna: That’s great. Thank you so much for offering that. Before we go, I have one last question for you; I wanted to talk about it earlier when you mentioned color therapy and to touch on that. Wait, I remember you saying something about when you walk into a room and it’s a certain color, it shifts your mood. Let’s say you worked in an environment that is with a grey slot area; a lot of people think, you don’t have any control over your workplace when you go there. Do you have any suggestions… I know that you say change the color of the room, do you have suggestions that you could do on another level if you can’t change the colors of the room that you’re spending time in?

Dr. Martha: Sure, absolutely because if you think about the color grey, that’s not even a color it’s colorless. So yeah you’re not going to feel really good in an area that’s colorless. What you would want to do with colors, each one of them has its own vibrations and depending on our cellular memory, it’s going to affect us differently. Some people hate orange, some people love orange. Now, what I found is the color you dislike the most is usually for some underlying reason, the color you need the most. If you dislike orange doesn’t mean you have to start wearing orange and hate every minute of your day but you could incorporate it in your food, you could incorporate it in your writing utensils, you could wear it in your underclothes; and you’re actually taking on the essence of the vibration of it. In that environment that you’re talking about and the color of the room, if you think about colors I would take… And by the way I wanted to tell you, purple is the color is something that would be really good for you right now to wear in your pillow cases or your bed sheets or what you sleep in at night because purple is very soothing and it pulls into a water element. All of that red going on in your toes is a fire element, so it will help actually add a little water to soothe that fire. Purple would be a really good color for you right now to get rid of some of that anxiety feeling that’s going on, just don’t do it too much, because we don’t want you completely in your head because we know you spend a lot of time there anyway.

 Right, okay. The color what you would do is you can take actually solid color samples, and this is one of those exercises that we do, and you can drape the color over your eyes and just sit quietly. When you think about looking through this color when you’re sitting there, feeling it, ask yourself, how do I feel? What is going on in me? Is this instilling or invoking this feeling I want to feel? Like in that grey room, how do you want to feel? Do you want to feel energized? Do you want to feel safe? Do you want to feel calm? Do you want to feel like a million bucks? Do I want to be bright? How I want to feel; and so then what you can do is you can either wear it in your clothing, you might put it as a screensaver on your computer. Because these things that are in our awareness in our visual awareness; everything that we see, we can pull in to a… Blind people can’t seen colors but they feel everything. They feel if something makes them happy and when something makes them sad. Colors have a bigger impact on us than we realize even without being able to physically see them. But what you can’t see them then what you’re going to do is just incorporate them into your environment. Maybe you’ll put some flowers on your desk, maybe you’ll get a purple cup or an orange pen or whatever the color it is that you’ve decided on how it makes you feel you always do what I call, conscious color choosing. Where you’re checking in and seeing if it resonates with you, if it feels good; whatever feeling you want to invoke. You hear about people who use…

Marinna: Right. I was just going to clarify what you had said earlier about; I just wanted to make sure I have it right. If there’s a color that you don’t like, you think that that color you actually need the energy of that color; and that’s why you’re saying have it in your food or…?

Dr. Martha: Oh yeah, or you at least need to address why you’re having this negative vibration to it. If a person got hit by a yellow school-bus and you’re willing to thinking about it being a yellow school bus but they knew that they disliked yellow, that’s a negative vibration. So everywhere you see yellow on some level you’re feeling a negative association with yellow. You can become neutralized to yellow or even to the extreme of allowing it to make you feel safe whether even if it is you have a suggestion that whenever I see yellow, I’m bright and alert and aware and avoid danger; whatever it is, you can turn it down. So then yellow becomes a friend. You just need to realize and if you an old boss who was mean, mean, mean and he wore a red tie everyday because he was going to show his power and his dominance and he’d be able to all of the time, you’re going to have a negative connotation with red. It is just not going to be empowering at all. It empowers him but it surely would disempower you. So you don’t want to be disempowered by a boss wearing a red tie, you would want to find something that empowers you so that when you’re in his presence, you’re basically fighting fire with fire. And you are then feeling in your power and his red tie can’t take yours. Does that make sense?

Marinna: Yeah, absolutely. Yes. Thank you for clarifying that. I just wanted to make sure I understood that right. Thank you.

Dr. Martha: You’re welcome.

Marinna: Thank you Dr. Martha. I hope I didn’t interrupt you when you were continuing earlier about the colors.

Dr. Martha: Who knows, oh my God, who knows? When I get talking about this, I can go all over the place that is just one thing about me. I don’t follow schedules very well. I’m all over the place. I keep everybody into it. That’s what happens with Dragonflies, we just wing it here and there and everywhere.

Marinna: That’s good and in sight you’re in the flow of everything and what happens and what is supposed to be spoken is spoken.

Dr. Martha: Good, thank you.

Marinna: That’s what I believe. Well great, well I don’t want to keep you any longer. This is fantastic Dr. Martha. I really resonate with your philosophy and vibrational healing and energy medicine and I’m really glad and honored that you decided to join us. And actually we kind of just we met as well, so…

Dr. Martha: I know, it’s amazing, love it.

Marinna: Yeah.

Dr. Martha: Yes.

Marinna: And we both…

Dr. Martha: Thank you. Thank you for putting this on.

Marinna: Yes.

Dr. Martha: Yes. I’m thankful.

Marinna: Recognize the opportunity of the serendipity.

Dr. Martha: Yes.

Marinna: And we’re here.

Dr. Martha: Here we all are.

Marinna: Yeah, so it was great.

Dr. Martha: Thank you.

Marinna: Thank you so much and thank you everyone that joined us today and I hope everybody has a wonderful afternoon and we will be happening soon at the event. And until the next time, when in doubt, look within. Have a great day everybody.