

## AJR Kathleen Cameron Transcript

0:00:01 - AnnCR

Julie Ryan, noted psychic and medical intuitive, is ready to answer your personal questions, even those you never knew you could ask. For more than 25 years, as she developed and refined her intuitive skills, Julie used her knowledge as a successful inventor and businesswoman to help others. Now she wants to help you to grow, heal and get the answers you've been longing to hear. Do you have a question for someone who's transitioned? Do you have a medical issue? What about your pet's health or behavior? Perhaps you have a loved one who's close to death and you'd like to know what's happening? Are you on the path to fulfill your life's purpose, no matter where you are in the world? Take a journey to the other side and ask Julie Ryan.

0:00:43 - Julie

Hi everybody, welcome to the Ask Julie Ryan Show. It's where we blend spirituality and practicality to help you live a life of purpose and joy. We have Kathleen Cameron with us on the show today. Kathleen, a former nurse turned entrepreneur, author and manifestation expert, blends spirituality with proven techniques to help people attract more love, money and success. I'm excited to discover how her methods can turn dreams into reality. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go talk with Kathleen. Kathleen, I'm so excited you could join us today. Thank you for taking the time.

0:01:31 - Kathleen

It is my absolute pleasure. You know anything. Any time I get to talk about what I love is a good day for me, so I'm excited to be here, Julie.

0:01:39 - Julie

Wonderful. What's the difference between wishing for something and manifesting it?

0:01:45 - Kathleen

What's the difference between wishing for something and manifesting it? Love this so much. The best way for me to explain this is to wish for something means it comes from the feeling that you don't have it. I wish I had this in my life, because I don't currently have it. So you're living from the experience of lack and limitation, something missing from your life, whereas manifestation is understanding that we manifest what we are and so we manifest based on the feeling that we already have it. So if I want to manifest more love in my life, I'm going to be more love. If I want to manifest more money into my life, I'm going to think abundant thoughts, wealthy thoughts, an inner sense of plenty. And so manifestation is really understanding that you're creating your reality by being essentially who you desire to be already, whereas wishful thinking is like that would be nice, I wish, and that isn't manifestation. It actually keeps the manifestation away from you.

0:02:44 - Julie

All right, say more about that, because that just sounds way too easy. You just think of something and then it's going to manifest how does that work?

0:02:54 - Kathleen

Yeah, I always say for me that manifestation, in a nutshell, is a process that's always naturally occurring. So it's not like I sit down today and say, okay, I'm turning my manifestation on today, like my manifestation powers on, and then we turn them off. How nice would that be, but it's always on 24-7. So what that means is I'm always pumping out mental work, so I'm always having thoughts, I'm always in a feeling or an energy and a vibration. I'm always acting and doing things, I'm taking action in life, and so all of that thinking, being and acting has a

vibration attached to it, has belief systems attached to it, which then manifests an outcome. So I can look at my life today and see that all of these things that I visually observe, they were a manifestation of mental work that I did before I observed it.

And so manifestation, then, in a nutshell, is a being, the version of you that you desire to experience in your 3D physical world. And when you take ownership of your thoughts, your feelings, your actions, you're then influencing what comes next, and you know. You're then influencing what comes next and you know. So, while it does sound easy and I do believe it is easy we have not been taught how to discipline those things. We have not been taught self-awareness and self-reflection and we have not been taught to study ourselves. We've been taught to study outside of ourselves. You know, take another course or a program, learn another strategy, take another certification. So for me, manifestation is the study of you and you know, taking that self-responsibility for the way you show up in your own life, realizing that it creates what comes next.

0:04:43 - Julie

Experts say that we get about 70,000 thoughts into our heads every day, and I teach that thoughts don't have a meaning until we give them a meaning. All thoughts are neutral. How does one discern between okay, this is a thought that I've thought all my life and so I can't imagine it being any other way? Is there a way to prove it to ourselves that, okay, yeah, this really is possible, although I've heard the saying filthy rich my whole life? Or I've heard the saying that you're just, you know, you're set in life based on where you're raised and you can't change your circumstances. That's just your destiny. How do we change those kinds of thoughts?

0:05:31 - Kathleen

This is really beautiful and I'm going to give you a personal example of this just to show how this showed up for me. So all of my life, I had certain beliefs about myself and about my body and the way in which I looked, and so I believed that because I was in a larger frame, body or stature, that I was less than or broken or flawed in some way. So I obviously was bullied as a child and that I heard these messages in the media and in newspapers and you know, people would tell me you should join Jenny Craig and we would see Weight Watchers everywhere. So I just lived my life with those beliefs and understandings, and so I never would have said to you that I was mean to myself. I never would have said to you that I hated myself. I would have probably said I'm self-conscious, but I fully believed that being fat was wrong and bad and I lived according to that, just naturally, because it was just a pattern in a program. So then, when I started studying myself in 2019 and I took my first personal growth and development course and I started to become an observer of my thoughts and observer of my own beliefs, I said like, ooh, so what do I actually think about this and what do I think about me?

And I remember I stood in front of the mirror one day and I said, okay, I'm going to stand in front of this mirror naked and I am going to just listen to what comes up. I'm not going to judge it, I'm just going to listen to it. And I stood there and then, all of a sudden, it was like somebody had a speakerphone on me, like, and it was like oh, you're gross, you're ugly, you need to lose weight, you got to do this, blah, blah, blah. And I just heard it all all of a sudden, you know, and it had always been there, but I wasn't paying attention. I wasn't paying attention, I wasn't observing it, I wasn't asking the question of like, what do I think of me? So once I made that I always call it an awareness, like once I became aware of what was there, it was very, uh, it's hard to go back, because then the next time I got in front of the mirror, it was there again. And then it was there again and it was like okay, now I can see that I do hate myself and I am very mean to myself and I would never in my life ever talk to my mom this way. I would never talk to my sister this way, I would never talk to my daughters this way. So I became very, very aware.

And then you asked the question about, like, is it possible to have different thoughts? So then I played around with that idea, Julie. So I'm so glad you asked that part, because then I decided on purpose that I was going to stand in front of that mirror and I was going to think good thoughts about myself one day. And so at first it was like Kathleen, you have really great little ears. And like, oh, Kathleen, you have beautiful blue eyes, you know.

And I noticed that I was kind of avoiding the parts of me that I was traditionally more judgmental of. And then one day I stood there and I said, Kathleen, your rolls on your stomach are just so beautiful. They brought your daughters to life, they kept you know, they kept you safe over your lifetime, and from that day it started to become easier and more natural to say positive things. And then now I get in front of the mirror and I am like, damn, girl, like you're looking good and not because I've changed the way my body looks now, but you know, I was 320 pounds three years ago, three and a half years ago, and I loved every rule, every bit of cellulite, every wrinkle, every stretch mark, because I actually programmed myself to do that on purpose, right, and so that for me was the personal experience of actually changing a belief that I didn't even know. I didn't even know those thoughts were there and now they're completely not there for real.

0:09:31 - Julie

I don't know a woman who hasn't had those thoughts. I can think of one of my best friends who's never had a weight thought. I mean, she used to eat cake for breakfast. I think she's cleaned up her act now that she turned 70. But she is the only one that I know who hasn't had that thought. Where does that come from? Now, let's just use that as an example. I mean, I think we're programmed with all kinds of thoughts and I'd love to hear your take on how does that programming go into it? Where does it originate?

0:10:10 - Kathleen

How does that programming go into it? Where does it originate and how is it propagated and propelled throughout all of our lives? Yeah, you know, it's so interesting because I started to examine this idea and I started to think about a time in the world where we had no mirrors, where we had no cameras. So back then, what was life like? Because I couldn't just look in the mirror and see my beauty or lack thereof. I couldn't look in the mirror and say whether my outfit looked good or my butt looked big or not, like our worth wasn't determined by our appearance as much back then, because it wasn't such a focal point and so probably other things would influence what made us worthy or good enough or successful, but it wasn't so much our appearance. So I think now that we've gotten into this age where everything is a mirror, like literally, like I'm sitting here looking at myself right now as I'm talking to you, I can see myself talk to you as we're having a conversation, and so that has led us to this era where the way in which we look matters and is important to our everyday lives, and that is just an idea that has been created out in our collective consciousness. Our conditioned awareness is that it matters and that it's important. And it's not an absolute truth. It's a relative truth, because beauty and what we look like is different across different parts of the world.

I'll never forget I went on a trip to Jamaica and I experienced that plus size women are much more desired there than they are here in Canada, based on the reaction that they gave me. So then I went huh. So if this idea of beauty is then subjective, then that means that I can change my idea of beauty in my own mind, and so that's when I decided that I, how I actually fell in love with myself at first, was to say that I think fat is beautiful and to nurture that belief in myself other than what the world told me. So TV shows, magazines, friends, parents, the internet would. The more we show beauty as thinness, we gain the idea that thinness is beauty, and so I think we're still in a world like that.

But, Julie, it's really changing, because we're seeing real women in real bodies on runways and we are seeing clothing stores with more inclusive sizing, and we are seeing some very, very

successful beautiful women in curvier bodies, in older bodies, and they're embracing it and loving it, and so the message that's coming out for me and for my daughters, and for everybody else that comes, is that beauty is actually what you believe to be true, not what anybody else does, and so that's the belief that I hold today. Anybody else does, and so that's the belief that I hold today, is that what I think is beautiful is what I will then experience as beauty in my life.

0:13:11 - Julie

And it's really the only thing that matters because, at the end of the day, that's all you can control is your own thoughts.

0:13:18 - Kathleen

Of course, and then that creates your experience. So when I fell for it and believed that fat was bad, I experienced a life then as walking around as a bad person.

And so as soon as I changed that belief and said actually, I don't think it's bad at all, I think it's quite beautiful and I think it's my superpower. And as soon as I did that, I shifted. Everything in my life changed. My business exploded, my following on social media started to really grow and magic started happening in my life and I was like all I have to do is drop all the areas in my life that I think I don't measure up and just see that I'm one with everyone and everything and that I'm not less than life will change, and that's led to a beautiful experience.

0:14:00 - Julie

Now, while I'm here, I want to do a deep dive on that a little bit later. First is there if you had to choose one manifestation myth that you wish people would know, you have the opportunity to debunk it right now. What is that one myth about how we manifest?

0:14:22 - Kathleen

Yeah, I think the one myth that I would say is that if you write something out a bunch of times, you'll manifest it, because there's work energetically in behind that writing of something out that manifests it. So you actually don't even need to write anything at all to manifest it. And the example that I use is like who manifested pen and paper and how did they do it? Right? So manifestation occurs in your head. It's a process that's within yourself, and so journaling can help. But what I see all the time and this funny example, but it's so real is like I want to be a millionaire, I want to be a millionaire, and you'll write down like I'm a millionaire, I'm a millionaire, I'm a millionaire.

And then you show up every day thinking thoughts of someone that is broke and behaving as a broke person, and like showing up completely broke out into the world, and so manifestation is personal growth and development. It's actually inner work. That's what it is, and so the biggest myth is that you can still continue to be the same person, having the same thoughts and the same feelings and doing the same thing every day, and write it out and it'll show up. Maybe one time it will, but we want like transformation over a lifetime. You know generational wealth, not one lump sum.

0:15:51 - Julie

Right, right, and there was a book called the Secret that was out about 20 years ago. And people say to me well, I do my affirmations and I did my vision board and I write it down. And I say well, what action are you taking? Well, I write it down and I look at my vision board every day and I say yeah, but you got to put some action into it in order for it to manifest. At least, that's been my experience. Speaking of that, you say manifestation isn't about becoming someone different. Rather, it's about letting yourself be who you truly are. How do we figure out who we truly are?

0:16:29 - Kathleen

are. Yeah, I love this so much. I love the word authenticity. Authenticity is one of the most magnetic powers in the universe. We love authentic people, we're very drawn to them, right.

And so how do you become authentic then? Like, what is the truth of who I am? It is a process and it is a remembering. I wouldn't have said this a couple of years ago, but it is my belief now. I think back to when I was a little girl, like maybe like a toddler. I had so much confidence in myself. I never would have had a bad thought about myself. I would have tried anything, taken risks, be bold, learn how to walk, jump off here, try this.

We are so essentially, how we are brought into this world is so free, and we believe in ourselves. That's the truth, like that's our authenticity. So anything that is not authentic to ourself is something like a worry, a doubt, a fear, a negative thought, a judgment that you might have. So is it authentic of me to stand in the mirror and say your body's disgusting? No, that's not me living in my authenticity. That is a version of myself that has learned to berate myself, to speak negatively to myself.

Is it authentic of us to doubt ourselves. Is it authentic of us to lay in bed at night and worry before we go to sleep every single night? Authentic of us to lay in bed at night and worry before we go to sleep every single night? No, and so I say it's a remembering, because all of those authentic, beautiful, limitless ways of being already are in here.

I'm not like trying to get it from somebody, I'm not trying to take it from somewhere, I'm just letting it rise up as I take away all the things that are heavy. So I say like worries, fears, doubts, they're heavy, they're weighing me down, they're not letting me be light. So my authenticity and my lightness will reveal as I remove those things. So, like we talked about self-awareness and seeing, observing who you are and being introspective self-awareness and seeing, observing who you are and being introspective, you have to be a self-aware person to be able to do that and you have to look within and be willing to look in the mirror and face what's there and then let it go because it's not the truth anyway.

0:18:51 - Julie

Well, and to your point, all babies come in and they're joyful, because that's our natural state. Babies are happy unless they're hungry or they need to be changed, or they're tired or they're joyful, because that's our natural state. Babies are happy unless they're hungry or they need to be changed, or they're tired or they're in pain. It's just their natural state and I completely agree with you. It's returning to our natural state of joy. Furthermore, all those different negative feelings that you mentioned, they're all low vibration feelings. You're on the, I feel, crappy channels.

They are heavy, they're a low vibration and it's hard to get guidance when you're depressed or you're stressed or things like that, and the mind too, Julie, will also just keep finding more of what it already sees right.

0:19:37 - Kathleen

So the mind, if it's thinking negatively, it will notice all the negative things around it. So you know, that filter of the mind will seek it out. So it is this cycle that's going to be hard to get out of. But the beautiful thing is once you start to plant the positive seeds, the mind is like oh, oh, okay. So we're going to think positive today, we're going to be inspired today, we're going to be limitless today, and the mind will literally find it. It'll find what you're looking for.

0:20:09 - Julie

Well, neurologists call that their reticular activating system. Yeah, yeah, ras. There's all kinds of clinical research on that. If somebody wants to do a deep dive. You obviously experienced a

mindset shift when you realized you could create a life beyond your wildest dreams, so please tell us about that journey.

0:20:33 - Kathleen

Oh my gosh. Yeah. So I, for 12 years, was a registered nurse, living up here in Canada with my two beautiful daughters, and I lived what most would say was like the dream life, you know go to university, have kids, get a job and a career, make \$100,000 a year, have a house, own a house, happily married, all that stuff. And then in 2018, 2019, I started to really tap into okay, what's next? I had this like feeling in me like, okay, I've done it, what is that next iteration for me? And so I was thinking, maybe \$150,000 a year or \$200,000,. You know, like my mind was just stretching a little bit seeing people on the internet who were like making a lot of money and like doing things out of the conventional, traditional type of experiences. So they didn't have jobs, they were entrepreneurs and I was like, huh, well, what if? Why not? And this is where my mind started to kind of open to that idea. And so I had done some online sales, started building an online brand, had this business selling products, and that started to do really, really well.

But in 2019, you mentioned the book and the movie the Secret. I met a gentleman from that movie. His name was Bob Proctor, and I actually took a law of attraction course with him in 2019, september 2019. That exploded my mind, like September 2019. That exploded my mind Like I took the lid off of what's possible. The container was like gone and I started thinking, as I would have said then big, now it's all perspective.

But I started thinking bigger and I started thinking about what would it be like for me to be a millionaire, to be an entrepreneur and to make a million dollars a year? And so I started thinking from that place, feeling into that place, desiring that place, letting myself believe that was her. And then I started teaching it to everybody else because my life started to change. And so, by the time I launched my coaching business in 2020, I was ready to go and I had really convinced myself of many things.

I'd had the whole identity shift, fallen in love with myself and all of that stuff, and I made a million dollars in seven months and then three million that first year, and then it just kept going and kept going, and kept going. So you know, we're sitting here five years later and I'm not even sure where we're at, but it's well past 40 something, million in business in such a short time, all because of me understanding and embodying these principles of manifestation and choosing a reality that an old version of me would have never even given herself permission to dream this big, uh, and now the version of me. That's why I say it was big then, but now my vision is, you know, it's grown again, which is beautiful, and calling it in now and seeing what's next.

0:23:21 - Julie

Well, nor did you have the mental capacity at that point, before you were exposed to these principles, to even envision it, because my guess is you were raised okay, you go to college and you get married and you have a great career and you have a family. What you were alluding to earlier, and I think we're all brought up with that, and that goes back to one of my earlier questions where people will say, well, that's just not what our family does. You know, our family has a job. What did your family say about your decision to leave nursing, especially after you had graduate degrees and this big supervisor position and all that jazz?

0:24:08 - Kathleen

Yeah, I was in school for over nine years Yikes, yeah. So I was heavy into that. I'll never forget the day that I quit my nursing career and said I'm going to be a manifestation coach, I'm going to launch my own business, I'm going to be a manifestation coach. My dad was like, have you lost it? Like you're not going to have a pension and benefits? Right, you know, that's what he was so concerned about was no pension and no benefits, and you're not going to have an

income every month and you're not going to know how much you're going to make every two weeks. You know it's not going to come in. What if something goes wrong?

And so I recognized at the time that he was a reflection of some of the internal fears I had within. They were some of the old patterns and programs I had. So I said thank you, dad, for your concern. But I've got this, you know, and that was my opportunity to fully, fully allow myself to believe in this work and to believe in myself and to believe in the dream, which solidified it further. So I'm always grateful for him for that. But now my dad is in my business. He's the director of my sales department and I work with him every single day and I'll never forget. We sat there at lunch one day this was probably six months ago and he says you know, I think that leaving your nursing career and starting this business was the best decision you ever made. I was like I agree, dad, I agree.

0:25:30 - Julie

Yeah, interestingly enough, my father worked with me for 10 years too. He's deceased now, but in one of my first companies he was an executive for the phone company for his career and took early retirement. And then my business was yeah, I've had nine of them, so it went, fortunately, very well. And I said, dad, what do you think about coming and working with me? And he jumped on it and it was great. You know what a joy to be able to have him experience that with me as well. You're the only other person that I've that I've run across in a while that said, yeah, my business went well. And then I brought my dad on, as you know, as part of the business I did the same thing.

0:26:14 - Kathleen

Oh, I love that so much.

0:26:16 - Julie

Yeah, yeah, when I, when I gave him a Mercedes as a company car, he thought he just oh, I love that so much raised, you go to school, you get a job, you climb the corporate ladder, you get the benefits, you get the pension, all that jazz, which was great, and that was wonderful that he could double down because he had that. But I completely relate to what you're talking about. What happened with you, Kathleen, both spiritually and energetically, when you decided to change your life.

0:27:01 - Kathleen

Well, one of the biggest shifts before, kind of the magic happened and I started this like second journey. Now, what actually happened was a spiritual thing before a mental thing. What actually happened was a spiritual thing before a mental thing. When I go back and I think about okay, was it the shifting in the identity and the belief systems that really accelerated everything, or was it the spirituality and I would say that it was actually connecting to spirituality that opened me up even more so, and that's why I always talk about manifestation as spirituality meets personal growth and development.

That's my philosophy, because when you're reprogramming your subconscious mind and your belief systems, without that spiritual connection and alignment, you're not accessing the full power and truth of who you are the spiritual being, the spiritual essence within.

So me believing in something outside of myself for the first time in 2019, it like opened me up to like magic and opened up all my powers and my abilities, and it led me to this faith-filled vision for the future that I don't think I ever would have had if I still believed that I was just a human that evolved and that has no soul. You know, I guess, what I used to believe? I had no faith in anything outside of myself. So when I allowed myself to first believe in what I would have called the universe back then, everything changed. Now, for me, I like to call it God, or the God essence within, or the source of it, all, the all of everything. It doesn't really matter,

because we're all really talking about the same thing. But once I believed in that energetic force and then I reprogrammed my subconscious mind, my identity, through the lens of a higher spiritual perspective, that's where the magic happened for me and that's where all the forces of attraction and universe and source started to help me.

0:29:05 - Julie

And where I didn't have to hold so much with my bare hands Was there a catalyst that really opened you up to the concept of spirituality and just the thought of embracing it and not pushing it away or maybe you weren't pushing it away, but it gave you the opportunity and the thought to really investigate. What else was there?

0:29:30 - Kathleen

I think there was two things I heard someone say when I started to really study. I heard someone say that you are not a body, you're in your body. And for the first time I actually heard that and and and asked okay, what if that were true? What would that mean for me? And as a woman whose body was a very, very negative part of my life, it actually allowed me to separate from it. I went hold on a minute. So if I'm not my body and I'm just in this body, then that means it's not as important as I thought in terms of the way it looks and appearance. Wise, right. It was like okay, so it's the car that I'm driving, and not necessarily I'm not the car, but anyways. So that little thing absolutely helped me to think differently and to expand my thought process.

But also when I read the book I think it's called the Universe has your Back, that language of universe. It helped me to accept different beliefs, because before that the word God and going to church felt too foreign to me to accept it. Like I would go to church and I would feel like, okay, am I in the twilight zone? Like this is so outside of anything I've ever experienced. I couldn't understand it, so it was almost like I had an aversion to it. And so, by allowing a softer I don't know belief universe come in, it actually started to open me up to this idea like, oh okay, so the universe is guiding me, the universe has my back, you know, the universe is supporting me, I'm one with the universe. That opened it up energetically to me. But now I've obviously gone even further. To accept the God of my understanding is the way that I talk about it.

0:31:22 - Julie

Well, and especially with your medical background, I'm sure there were, I don't know, were you in a certain specialty when you were working in the hospital?

0:31:31 - Kathleen

Yeah, I did older adults behavior support.

0:31:35 - Julie

so cognition, dementia and mental health behavior support, so cognition, dementia and mental health. Okay, so maybe you didn't see as many people pass, although if you were working, with the elderly.

0:31:45 - Kathleen

Oh yeah, I worked in palliative care in a nursing home, yeah, for a long time.

0:31:49 - Julie

So it's really interesting when I talk to people who have been in that niche or in one of the critical care niches and of course I mentioned earlier, I was in that industry for 30 years, not as a practitioner but as a supplier of devices and products to help people heal, help the medical staff, help people heal but when I talk to people who have been in one of those areas, they say you can't be a nurse and take care of those patients without seeing miraculous things, either at the end of life or different healings and things along those lines. Did you run across that back in



your nursing days? No, you didn't. No. Do you think maybe you ran across it but you weren't open to think about it? Yeah, you didn't. No. Do you think maybe you ran across it but you weren't open to think about it? Absolutely yeah, I do too. That's what I got.

0:32:44 - Kathleen

It was outside of my awareness, right, because I didn't believe in it. You don't see it, and so you know, something really beautiful could have occurred right in front of my eyes and I wouldn't have even known it, because things are only true the moment we believe in them. I actually Julie. A little aside of this is I went for a beautiful session on the weekend and it was like a Reiki energy healing session in a group setting, meditation, breath work.

And the gentleman that was doing the Reiki energy, he says to us you have your own healing powers right in your hands and I'm going to show you how to get it. And I went okay, this is great, show me how to get it. He's like rub your hands together, warm up the healing powers okay. And he's like now open up your hands and place them where you feel called that you need healing on your body. So everybody put it places. And then he goes okay, and your healing power is revealed the moment you believe in it. And I went ah, that was so good, because that's the truth of it, right, what we believe, we make real by believing in it, and so your belief systems will keep that magic out of your awareness if you don't leave yourself open to at least the potentiality of it being true.

0:33:57 - Julie

Well, not to mention, what I teach is that nobody ever heals anybody else ever no medical provider, no healer. We all heal ourselves and it's spirit working through us and with us to help you heal yourself. And I like to use the example of you go to the hospital because you got a big cut on your leg and you're bleeding like crazy, and so the doctor stitches it up. Well, the doctor doesn't make your skin grow back. You make your own skin grow back, and that's how all this works. What are a couple of the fears that you had to release? That really, when you look back at your journey over the past several years, that you think, holy Moses, I had to give that up in order for this to be successful.

0:34:44 - Kathleen

Yeah, you know, for me, one of the biggest fears that I had was that people weren't going to like me. I always wanted to be liked. I always wanted people to think positively of me, and so I became a people pleaser based off of that. So I would do whatever you wanted me to do so that you were pleased with me. And so it wasn't about making you happy Like I didn't want to. I wasn't being people pleasing for you. I was actually being people pleasing for me, because if I did this and this and this for you, then you would like me and then I would feel good about myself.

So that fear of being disliked and not being liked, I had to let that go, especially with what I teach and the ways in which I teach it. There are people that are really, really unhappy with what I say and what I teach and what I believe to be true, and I have just allowed myself to. It's okay for someone not to agree with me. It's okay for someone not to like with me. It's okay for someone not to like me, and it is okay. I will never not like you back, just so you know, but it's okay for you to not like me, and that has been actually really freeing. I'm not everybody's cup of tea, but it's allowed me to expand to people that I'm meant to expand to, and so if I had have kept that belief, I would have stayed very small and not been able to help people in the way that I have, and so vocally.

0:36:09 - Julie

So that's probably one of the biggest beliefs, Julie. Well, and how boring would our world be if we all thought the same thing and had the same opinions and all of that we're here to create. We have to know what we don't like in order to create what we do like. Yeah, what we want,

because if you didn't have that dichotomy, everybody just be hunky-hunky walking around all the time not creating anything, and that's why we're here. How do we engage spirit to help us reach our full potential?

0:36:33 - Kathleen

Oh, I love this. I believe that spirit, which is the, the real essence and truth of who we all are, is our oneness to the all of everything. And so when I allowed my oneness to be perceived by myself, that's kind of when it got turned on. So when I started to feel that essence within me and feel that power and tap into it and let it be real and let it be true, it started to really really work for me. And what I mean by that is like almost like magic started showing up. So I feel like I guide and direct, source energy by my thoughts, feelings and actions. So when I say, all right, we are empowered, we are fearless, we have this vision for humanity and we're going to move towards that thing, and then I think thoughts in alignment with that idea and I feel feelings that align with it and I take action in alignment with that. I'm saying, okay, god, we're going, this is where we're going, or source energy here we go. And so I'm not only going as the human, with my bare hands, I'm actually taking all the forces of the universe and spirit and source energy with me along that ride.

And how I think about it too is like as soon as I start behaving from that idea and thinking from that idea and directing source energy towards it, there's all of these things that start happening behind my awareness, behind the scenes. You know, I say 95% of your manifestation is behind your mind's awareness. And so where did 95% come from? I just that's what spirit says so, but I know things that I don't know how I know, but anyways, so 95% of our manifestations are behind the scenes.

So when I'm working with God in this vision and this mission and this calling, and I'm directing that energy authentically towards the idea or the vision I have in my mind, it's all going to come together and I can't see it. So I can't sit here and be like, well, I don't see it happening there and I don't see it happening there, and I don't see it happening there. I have to say it's happening all behind the scenes and then I'll see it. I'll start to see signs of land at 95% and then I'll observe it at 99 or 100%. And so to me everything I do is co-creation. Everything I do is to guide and direct that source energy towards the end that I know I'm being guided towards from source energy itself. So it's like a beautiful cycle.

0:39:06 - Julie

Well, and spirit, I call it spirit. Spirit knows things that we don't know because we don't have a frame of reference for them. Forum when we engage spirit, it's been my experience that things turn out in unimaginable ways because we're limited with our frame of reference of how we're envisioning things are going to unfold. And it sounds like you're thinking the same thing. I do have a question. I want to see what your answer is to along the lines of have you ever thought that perhaps it's spirit putting those ideas into your head and you're following what spirit is guiding you to do Well?

0:39:49 - Kathleen

that's what I meant by the cycle. So, yeah, so I do believe that everything that my human thinks is divinely guided when it feels like truth. But when it doesn't feel like truth, it's the patterning and the programming from human conditioning. So truth feels like love, peace and joy. So when thoughts drop in, feelings drop in, ideas drop in from source, from spirit, from my higher self, from my soul, whatever you want to say when those drop in, they feel like truth to me and it's a knowing. And you may not understand it and you may not know why, but when I trust that knowing and that truth and that feeling, I act on it.

And so what's not truth is limited. It's fear, it's worry, it's doubt, it's stress, it's overwhelm, like none of that is truth, and so most of us are actually believing in those things and giving them

more weight and then making them true for us in our life. But I actually go okay. Well, if this thing doesn't feel good, it means it's not right, and so that's how I know it's an untruth. But yes, I do believe that there is a divinely guided path that I'm meant to take while I'm here and I'm being guided by source energy and then through the use of my humanity or my ego, I'm now further guiding and directing that source energy, because we aren't just puppets. We've been given free will to choose, and so that free will to choose has many of us going down a path that is not our divinely guided path.

0:41:27 - Julie

Let's change directions for a second. You talk about collapsing time and rapidly embodying new beliefs. How's that happen?

0:41:37 - Kathleen

So when I first started reprogramming my subconscious mind I was actually taught to write out a new belief a hundred times in the morning and a hundred times at night, and constant spaced repetition will reprogram the subconscious mind. And so I accepted that belief and I said, okay, I'm willing to give it a go. And I started writing and my hands started getting really sore and it was taking a lot of time and I was really Did you feel like you were being punished in school, Like when you step there right on the chalkboard?

0:42:06 - Julie

I will not talk in class, or whatever.

0:42:08 - Kathleen

Yeah, it didn't feel good. It didn't feel good. Did it start to work? Yeah, you know, the more I would write it out, the more I would believe it, the more I would believe it. So I was like, oh, this is interesting. And then I had a thought so if all of this is just me believing me programming the best beliefs into me that I possibly can believe, why would I want to believe that I have to write it out a hundred times? And so I sat there like in self-reflection and I'm like no, I'm gonna believe that I can write it out one time. And so I started just writing it once. I was like, okay, I'll write it once in the morning and I'll write it once at night. And that still worked. And I was like interesting.

So I started just playing around with what is the absolute best belief that I can hold about changing beliefs, like about the whole process itself. And it was like I can accept a new belief in an instant, that I changed my mind like that. And so I started to find times in my life where I changed my mind really fast, where, like somebody would say something to me and I would change my belief instantly, like my best friend would call me and she would tell me that her boyfriend did this and that, and I'd be like, oh, I hate that guy, whereas five minutes before I loved him. What happened there? I changed a belief in an instant, and so I started to really play around with this idea and think from it.

I noticed, though, that the beliefs that would change instantly would be ones that were more emotional. So anytime like, the reason that I changed my mind about my best friend's boyfriend is because I loved her, and that made me mad. So there was an emotion attached, and I changed it faster. So then I was like okay, let's do this with positive emotion. So I started to visualize what it would be like to believe the new belief and to be excited about it, and that's how I can change beliefs really quick now is I apply positive emotion to the new belief and then let myself accept it? And that's how I can change beliefs really quick now is I apply positive emotion to the new belief and then let myself accept it?

0:44:05 - Julie

Yeah, so what role does resistance play in blocking abundance and how do you help clients transform that resistance into something productive? Do you just help them change their

beliefs? You don't have them write 100 times in the morning and at night, I'm sure, but how do you? Is there a technique that you use to help them get out of that resistance thing?

0:44:32 - Kathleen

Yeah, I actually have a four-step process that I take people through and I'll just tell it to you very, very briefly. But it's understanding that what is the belief that is in resistance to the idea that you want? So the belief is I'm abundant and wealthy and prosperous, that's what you want. So what is the belief that you have that's in a resistance to it? I'm broke, for example. So we have the duality between current belief and more productive belief, or desired belief. And so from there we then ask ourselves okay, so if I believed the new belief to be true, how would I be different? How would I think differently? What are some of the things that I would say different?

And so now we're starting to access the imagination, we're starting to move out of what we just naturally believe and go into a new space where we're like huh, let's imagine an experience where I'm wealthy. And then how would I think? How would I feel? How would I behave? And so now we're collecting information from the truth of who we are, which is abundant and prosperous, and so the subconscious mind is like, oh well, we believe we're wealthy today. Oh, we're going to believe this way and that way. So I open people up to that. And then I have them.

So what is the old belief in the new one? What would you believe and what would you hear and feel? So the imagination. And then the third thing I do is have them, practice being it Okay.

So now this moves it actually fully into the body. So if I believed that I was wealthy and prosperous, what would I think, feel and behave? And dah, dah, dah and prosperous, what would I think, feel and behave? And da-da-da, now, practice doing one of those things. And so when you start practicing doing those things, you're actually moving the belief into the body, which actually I have found reprograms it faster. So, for example, little things like instead of buying a coffee that's the cheapest coffee you can possibly buy, instead of buying a coffee that's the cheapest coffee you can possibly buy, go that day and buy the most expensive coffee. You can find the one you really want. And so that practice of abundance and doing something from that prosperous version, it really, really makes a difference. And then step four is to just be abundance. We're no longer practicing to actually just show up as your abundant version.

0:46:52 - Julie

Which leads into my next question, which is do fun and joy play a part in this manifestation process?

0:47:00 - Kathleen

Yes, yes, yes, yes, yes, yes. So if we think about our most grandest version of ourselves, us with all of our dreams come true, living the lives that we absolutely love, we have all the people around us. We want all the money that, we want all the experiences, the business success, the time, the financial freedom, what are we going to experience? Joy, love, pleasure, fun, play. And so those are all the things that you're seeking to have by seeking the money, seeking the business, growth, et cetera, et cetera. So manifestation would then say in the law of vibration, and the law of attraction would then say in order to manifest that experience into your life, you must first experience it here, vibrationally. And so if I want a life of joy, I have to have a life of joy now, experience joy now.

If I want a passionate love affair in my life, I have to experience passionate love. Maybe it's for myself, maybe it's for my life, maybe it's for my animals, but the more I experience that passionate love in my life now, I'm gonna be a match to it, I'm gonna call it in. So I try as much as I possibly can to be in those pleasure states, in those joy states, in that happy state, in that

abundant state as much as I can here, because I understand that energetically it calls it all in. And then, guess what? I've convinced myself I'm happy. I've convinced myself I'm joyful. I've convinced myself I'm having fun. And then my life experience here changes without anything actually having to change.

0:48:34 - Julie

So it's like a double, a tundra. Yeah, I heard an 80-year-old woman one time say when you smile, your brain thinks you're happy. And that's so true.

0:48:45 - Kathleen

Oh yeah, 100%, 100%. And I can notice in myself now, when I'm sitting and I'm not doing anything and I notice like I'm frowning or something, I'll go, oh, hold on, like what, why? And I'll turn it upside down. And even the simple act too, Julie, of sitting up straight and raising my chin, you know, it just makes a difference in the way how empowered I feel and it just, it lifts me up just by moving my body into like a more powerful pose. Suddenly I'm like, oh, there I am, and it's just this beautiful reminder. I love that.

0:49:19 - Julie

Yeah, yeah, I do too.

0:49:25 - Kathleen

What's your take on the energy of money? Well, I could teach you for a long time about my belief systems about money. Now, I do believe that money is a spiritual idea, and so what I mean by that is that money is God in action. Money is actually the beautiful energetic source of the all of everything, and it's a part of who and what we are, and it's a beautiful resource and a beautiful tool to help us to expand and help us to elevate, and it's a resource that's available, divinely given to us, and that we are meant to be drowning in it.

We are meant to understand that it's not just like physical thing and to not let it have anything to do with our worth or to think negatively of it, and to release those beliefs and see it for what it really really is. We can actually call it into you in ways that the old version of you would have never ever experienced or allowed. I'm sure you've experienced this with a number of businesses that you have, but to wake up in the morning in your bank account to have millions of dollars sitting in it when you used to make 37 bucks an hour is just the truth of. I had to change the way I saw it, the way I felt about it, the way I used it and the way that I let it define me changed my whole experience. And so now I know that I'm forever going to be a very wealthy woman, because I see wealth in a way that lets it continue to come to me, and I've healed and repaired a lot of those old things.

0:51:10 - Julie

Are there practices you do every day to keep your frequency high?

0:51:13 - Kathleen

Yeah, they're very, very natural now. So I'm not someone that follows very many routines. I'm very intuitively guided. But what I do when I first wake up in the morning is I ask spirit what to do next, like what I feel intuitively called to do next. So sometimes it might be a meditation, sometimes it's thinking thoughts of gratitude, sometimes it's to put my running shoes on and get outside and go for a walk, and so I really had to, like, tap in to my center and to really really listen to what I need to do intuitively. So it's always going to be very, very different.

One thing I do do, though and I never, ever change this is when I go to bed at night. I go to sleep in the dream. I fall asleep thinking about what I would love. I just dream before I go to bed. It's so natural.

I lay there and I just make up stories in my head, and then I experience those stories in the future, and then I know what to do when, vibrationally, I feel like I'm a little bit low. So I know when to listen to music, I know when to go out into nature, I know when to do a meditation, I know when to call my mom. You know and I know when not to call someone else or I know when not to do this, this and this, and so I have learned how to self-regulate my vibrational state in ways that are important for me and that's the way I teach my clients is to actually like tap into yourself and what works for you and to do those things and not follow a set masculine plan because it might not work for you. And then you're following this checklist that you created for yourself when you can be in much more of a. It feels almost like a flow type of routine without routine.

0:52:57 - Julie

Well, a lot of times, those checklists are created by somebody else, telling you that this is what you need to do in order to have abundance in your life, whether that be romance, money, health, you know. Abundance in all areas. Last question why do we incarnate?

0:53:13 - Kathleen

Why do we incarnate? I truly believe that it is wow. Nobody's ever asked me that before. Like my personal belief, I think it's to experience ourself in a greater way, the truth of who we are, the source of us. It's to have us expand, it's have us to utilize our gifts in bigger ways. But, yeah, re experience ourselves.

0:53:41 - Julie

Beautifully said, you're extraordinary. I knew you would be. When I was doing the prep for this conversation, I just loved learning about you and learning about your history and how you transformed your life and how you're helping others transform their lives in all areas, not just financially, but in abundance health, love, family relationships. In abundance health, love, family relationships, fun. I ask one of the things I always ask clients when I first meet them is what do you do for fun? And it's really sad how many people say I don't really have any fun and I think, okay, we need to help you change that, because we're here to have fun. And we go back to the how do we come in as babies? Babies are joyful, yeah, unless they need to be fed or changed or burped or whatever.

Yeah, so, how can people learn more about you and your?

0:54:37 - Kathleen

work. The best place, considering that we are on a podcast right now and people are probably listening to podcasts and YouTube as well, and YouTube, okay. So my podcast, the Manifested Podcast with Kathleen Cameron, is on all Spotify places and on my YouTube channel, so that's probably the best place to find me. Kathleen Cameron, manifest Manifested Podcast.

0:54:58 - Julie

All right, and we will have that in all of the show notes as well. Thank you for joining us and imparting so much of your wisdom today to help all of us that are listening and watching, and you know I learned a lot, and I'm sure everybody else did too. So sending you lots of love, everybody from Sweet Home, Alabama, and from Canada too, where Kathleen is. You bet We'll see you next time. Bye everybody.

0:55:34 - Annncr

Thanks for joining us. Be sure to follow Julie on Instagram and YouTube. At Ask Julie Ryan and like her on Facebook. At Ask Julie Ryan To schedule an appointment or submit a question. Please visit [AskJulieRyan.com](http://AskJulieRyan.com).

0:55:44 - Disclaimer

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