

## Kendra Dahlstrom 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. Can intuition really guide success in business and life? My guest, Kendra Dahlstrom, thinks so, and she's living proof. After surviving a near-death experience, Kendra completely transformed her life from corporate stress to spiritual alignment. Now she helps others blend divine wisdom with practical strategy to make everyday decisions easy. Join us as we explore how aligning with spirit can transform your life and the world around you. Please remember to subscribe, leave a comment and share this episode with your family and friends. Now let's go chat with Kendra. Kendra, welcome to the show. I'm so delighted you could join us today.

0:01:39 - Kendra

It's fabulous to be here with you, Julie. Thank you.

0:01:42 - Julie

You bet you had a near-death experience, girl, what?

0:01:46 - Kendra

happened. Well, the parts that I remember, you know obviously the physical parts being here in 3D, and then there's obviously the near-death part. But the short story is that we went whitewater rafting here in East Tennessee and the only thing that we can figure out with the doctors is that when I went to go get in the water, there was one point where the guide was playing around and she pushed me and it caught me off guard and I got a little bit of water in my mouth and I coughed a little bit, but it was nothing dramatic. It wasn't, like you know, really working hard to get water out, so it really was a non-event. About I don't know.

Four days later I started getting achy, so I just thought I was coming down with a flu. I had been on and off trying to diagnose maybe some potential autoimmune stuff, so I just figured oh, it's a flare up, I've got something going on. And then within about 12 hours my temperature was 105. And then at that point I thought I just had bronchitis. I went to the ER about 24 hours after that and they said okay, you have some pneumonia in one of your lobes. There's five lobes of our lungs and in my lower left lobe, I had some pneumonia and they sent me home with antibiotics, but they didn't bother to test it if it was bacterial pneumonia versus walking pneumonia, which is a viral pneumonia. And the reason that's important is because the bacterial pneumonia can grow very, very fast and be very dangerous.

And so within about another 24 hours, my dog actually woke me up and I believe that he could smell that I was in septic shock because he was jumping on me and licking me and just acting very abnormal. And so I grabbed the phone because my husband had to go pick the kids up and we had agreed that if he got home that night and my antibiotics hadn't kicked in yet, that he was going to take me. And I called him and I said you need to come, take me to the

hospital. I think I'm dying Now. I don't remember that conversation, but I called him. My temperature by the home thermometer was 107.5, which is half a degree off from brain damage.

And I got to the hospital after taking Tylenol and ibuprofen and it was 104.8. So still very high. I was in full on septic shock, very high resting heart rate, very high blood pressure but very low oxygen. I think I was teetering into the 87s, which is dangerous as well. So I was in respiratory failure and then my liver numbers were showing liver failure and then they were worried about heart failure. Luckily they ruled that out, but I was very, very close Later, only later, did I learn that it had spread from one lobe to all five lobes within 24 hours. So it was a multi-lobe pneumonia which is very dangerous. And that night in the hospital was I don't remember leading up to it, Julie. All I remember is as I was laying in bed I kept hearing symphony music and I thought that was really interesting. And I remember thinking are these angels? Am I hearing angels? I was hearing just like this beautiful classical music as I was laying there.

0:05:07 - Julie

Interesting. What do you think it is now? I mean looking back, I definitely think the angels were with me.

0:05:11 - Kendra

I mean, I think angels, guides, I think Jesus, I think they were all there with me because I was just in such an acute state. The doctor said that they can't even believe that I survived. And thank goodness I'm in such good health because I said anyone else that you know walked in probably would have been dead. They said I was probably about 15 minutes away from needing to be intubated.

0:05:33 - Julie

Good heavens, what I got was you swallowed something in that river water?

0:05:39 - Kendra

Yes, A bacteria of some kind. You know, there's deer, there's raccoon, all that. So that's exactly what the doctors and I kind of put together.

0:05:48 - Julie

You didn't swallow it. You not only swallowed it, but you inhaled it. When you told me that, you said I, you know, was coughing. I'm thinking okay, she's inhaled something, yeah.

0:05:59 - Kendra

And so that first night in the hospital was really, I guess, a trial night. I didn't know that at the time. The doctors you know now I grew up in a medical family, but now that I was on the other side of it I realized they don't really. They tell you what you need to know, but they don't tell you things that might exacerbate or worry you. So I didn't even know I was in ICU, I just thought I was, you know, overnight somewhere.

And that first night I woke up several times and I had the life review moment where I was starting to see glimpses of my life. But for me and what I remember of it was however one would refer to it, but for me it was all my sins, you know, maybe my trespasses, the things that I'd done wrong, that I felt like I wanted to reconcile, and so I caught myself waking up several times but sweating and then talking to God and just this real deep conversation on. You know, I'm so sorry for this and that please forgive me. And it wasn't really even his forgiveness, it was just the person maybe on the other side of it, or maybe unintended consequences, kind of thing. And the really powerful part of it was that it stopped.

And then I heard what I call his voice and he said do you think those are your worst sins? And I said yes and he said no. He said did you not gain an hour more of your life from worry? How many hours have you worried? And then he showed me the number of how many hours I worried. It was like 168,000 hours of my 50 years, right? So if you figured that any kind of and you know this could be a spectrum like a deep worry to, like you know, over-concern, right. But basically he showed me he said, no, your biggest sin is all your worry and not trusting me and trusting the angels and trusting all of us that we're here for you and we're going to take care of you. And so that's what I left with.

0:08:04 - Julie

So, all right, let's dissect that a little bit. Let's back up a little bit. Did you see yourself outside of your body? Were you like looking down at your body? Did you feel like you were in your body? What happened along those lines and it sounds like you were in the ICU and it was the middle of the night when this was happening. Can you give us some more details on really where you thought you were, and did you? So many people that have experienced a near-death situation will say they went through a tunnel, or they went through a black hole or a vortex, or they saw lights or they saw figures Any of that go on or was it more just like a direct knowing thing?

0:08:49 - Kendra

It was a little bit of both. So, to answer the I see. So, yes, I was in ICU and it was in the middle of the night. I by the time I got into the hospital and admitted I was about 1130 PM and then the doctor came to see me. So this probably happened between midnight and like 4 AM. Right, it was only like a four-hour period before I got my first breathing treatment, around 4 or 5 am.

At first I was in my body. I woke up in my body as I was talking and kind of negotiating, but then I would get these glimpses of like really bright light and I would feel like I was like I didn't see my own body, but I felt like I was, you know, out of my body, I was somewhere else, and then, when I talk again, I think it like brought me back into my body, right, if that makes sense. So it would kind of go back and forth. As I was going through this life review, there was one moment that I left out.

That's important is, towards the very end, right before I woke up, I saw a bright light and I was definitely not in my body, I was somewhere else, I was in a park and it was really pretty and there was a bench and I could feel everything. So it was very real. It wasn't like I didn't even feel like a dream. I felt like I was actually physically there and there was just a bright light. And then there were these two guys that came up and sat on the bench and I believe they were of the devil. They had snake tongues and fully black eyes and like just real. Real, like defined bone structure, like almost almost like skeletons, but with a little skin like very thin.

Like something out of Harry Potter. Yeah, yeah, something out of Harry Potter. They did not mean good business. And I remember thinking, oh no, you know. And the bright light said I need you to tell them you're going to go with them. And I remember negotiating, saying no, I want to go with you, I want to be at the light. I, you know, I don't want to go with them.

And I remember negotiating, saying no, I want to go with you, I want to be at the light. I, you know, I don't want to go with them. Like, no, I'm, I'm committed to you and I need you to trust me and tell them you're going to go with them. And I said no. And at that moment I I remember saying no, and and and I know I wasn't in in my body in the hospital bed because I could. And I know I wasn't in my body in the hospital bed because I could, I was like floating, you know, I wasn't like standing on the ground anymore. And he said you need to trust me. So I looked at them and I said I didn't say yes, but I said something that's atypical of me. I said okay, game on. And then they just looked at me and they turned into ash and just disappeared and they left.

And then I'm even getting the chills when I tell the story so I think the point of the story was to trust right To trust and do the one thing that I even felt like no, I don't want to do that, but I do believe that that was the enemy trying to come in and get me to go with him, and so I had that moment. And then, when I woke up but I do believe that that was the enemy trying to come in and get me to go with him, and so I had that moment. And then, when I woke up, all I saw was this, right before I woke up, was this huge bright light. It was so bright, it was the kind that you can see with your eyes shut, like you just your eyes are. You know, my eyes were shut, but it was still blinding Right.

And then I probably more metaphorical than anything but then I saw this huge big hand. I mean, it was almost, you know, it'd be like a giant reaching down to me, and I felt this big hand. And then I went to go grab the hand in the dream and I woke up with my arm up and this bright light coming through the window in my room. That was just so bright I couldn't see anything. And then the respiratory therapist walked in like 30 seconds.

0:12:27 - Julie

At four in the morning you're seeing a bright, white, bright light come through your window.

0:12:32 - Kendra

It looked like it looked like my brighter than my background. I mean, it looked like, yeah, it was four in the morning and it was the summer, but there's sun is not out at that time. It was, it was, but it was like, but it was like it was daytime.

0:12:45 - Julie

Yeah, fascinating. Well, I always tell people when they have a visit or they're in a different reality it feels like it's HD, feels like it's high def, versus a dream which feels kind of muted or kind of wispy-ish. Is it possible that those snake-tongued figures were fear that you eradicated by saying I'm not going with you. I trust in the light.

0:13:20 - Kendra

It's very possible because I woke up, I mean immediately feeling different. But then, you know, because I was so tired, because my body had been working so hard for so many days, it took me several days but I kept telling my husband that I felt like part of me died. And it wasn't a bad part, but I felt like like, because I had some a lot of trauma and whatnot in my history, so I just felt like part of me died and so maybe it was that yeah.

0:13:47 - Julie

That's what I was getting when you were talking about. I was getting it was a way for you to dispel that whole evil spirit thing, because I've heard a bazillion times, kendra, that everybody goes to heaven, all spirits go to heaven, all spirits are pure love.

But we've been taught so much about you know you better do this or you're going to burn for eternity and all of that, and so it's our human frame of reference, not to mention speaking of Harry Potter, reading the books and seeing the movies and all of that. That's what I got was in that near-death experience for you. It helped you negate that which has helped you on your trajectory ever since, which leads to the question. You say that your near-death experience revealed that you'd been living from performance, not presence. Tell us more about that. What do you mean by that?

0:14:41 - Kendra

Well, initially it was at the most basic and functional level, through breath, because my breathing had been obstructed and taken from me while I was in the hospital.

I just even remember, you know, even on that first night, each breath was like I had to be really present with it, like I, my body, was fighting for each breath, right. And then as I got well and came out of it, I wasn't even able to take deep breaths because my lungs were so full for a while. So when I'd come home here and I had to go for walks, I'd start coughing and you know, kind of working things through. But I became really present to just the deep gratitude for each breath. And I know that sounds silly, but until you've had that taken away from you or from someone you're near and dear to, you don't really understand how we just take that for granted, you know. And so I became really present in just the most basic fundamentals of living. And so the first thing for me was that I realized is that without breath we have nothing. Like yes, we need a heart and our brain, but without breath, there's nothing.

And that I wanted to live my life differently between my inhales and exhales.

0:15:55 - Julie

Yeah, well, tell us a little bit about what you were doing in your career then, what you're doing now, and did your definition of success and joy and a wonderful life change as a result of the NDE?

0:16:11 - Kendra

Yeah, absolutely so. I had been in corporate high tech for about 20 years, started in executive communications and then, you know, moved into merger acquisition work and then eventually moved into doing executive leadership, development and coaching kind of work, but all for Fortune 50 high tech companies. So very much a high achiever cultures that are focused on high achievers, performative cultures, iq focused cultures, not as EQ driven or soft skill focused, not as EQ driven or soft skill focused. And over the years, since I've had my kids, I've got I really gotten better at boundaries, but I still didn't see how much I was sacrificing of myself physically, emotionally, spiritually until I had this near death experience. And so, coming out of that, obviously my vitality and the awareness around my vitality and the importance of that and if you have that, you don't have that, you don't have anything became even more important to me, and so I became very protective of that and created even more boundaries around that. So I was able to take about eight weeks off, 12 weeks off, after I honestly wish I had taken longer. I think I could have used longer. However, when I went back into the workplace, the first thing I noticed was my tolerance and fortitude for the trivial things that seem really important at work was low and I hit it pretty well. But I remember being in meetings where people were saying, well, you know, this is really important and we need to get this done today. And I'm sitting there thinking, let me tell you about important. Like the world is not going to stop. Are you going to stop breathing if we don't get this in? You know? So there was this side of me that was kind of the smart aleck that was coming to the table and was thinking let's reassess some things here, and so that was sort of the first reaction I had. The second reaction was I don't want to lose.

Even though I wanted to regain my full vitality and health, part of me was actually a little bit afraid of losing what it felt like to be that present and focused in the gratitude for the small things that I was afraid that as I assimilated back into the world, I would lose that, and so I really made a commitment with myself to make lists and journal and just do everything I can to stay focused on that, and so the reason that ties into your question is I have recommitted to a morning meditation, morning yoga, some of these things that I'd been doing and I lost track of because, again, my mindset shift was wait a minute. They're not paying me for my hours. They're not even really paying me for my value. They're paying me to show up as the best version of myself, to do my work, and so it's up to me to know what it takes to do that.

And if one day it means I need extra meditation or yoga, Julie, then that's what it is. Other days it may mean that I need to take another hour out to walk, but at the end of the day, you know, the art companies could argue this and the HR departments legal departments will probably

argue it, but for me, as a human being, I'm no good to the company unless I'm at my best. So I need to make sure I do what I need to to stay at my best, and so I didn't want to be about performance and driving and pushing anymore. I wanted to be more about gratitude and ease and flow, and these things I've been practicing as a coach for a long time, but I really didn't have my awakening until I had my near-death experience. Did it change the relationship with your husband and your kids and your extended family.

A little bit, I mean in a good way. I think I'm much more laid back now about things. Like I used to be. You know, I still like things clean, don't get me wrong. But I used to be kind of OCD and I get real uptight about things and again that was just my performative self right, really coming forward versus being present. And now it's like no, I want to embrace these moments I have with my kids. They're going to be gone and out of the house and I want to embrace these moments. I want to embrace these moments I have with my husband. I want to embrace these moments I have with myself and my dogs. And I'm going to be honest, you know, at the end of the day, I'm not going to ever regret spending more time doing my work, my job, or wishing I'd spent more hours working on a document or a presentation. But I know I will, you know, potentially have regrets if I don't spend time with my kids and even building a stronger relationship with myself and my husband.

0:21:06 - Julie

Let's change directions for a minute. Research shows that 70% of leaders regularly feel imposter syndrome. 70%, that's a bunch. What is imposter syndrome and why is it so common? What is imposter syndrome and why is it so common?

0:21:32 - Kendra

Yeah, well, I you know you can read a lot about imposter syndrome. I personally like to think of it as a spectrum, Julie, because I think that we vacillate on it and I think it's very contextual. So I think we can be in certain situations and start to feel small, and then we could be an hour later with a different group that we're really comfortable with and it goes away. So I think it's very circumstantial, but I also think it's a spectrum. I think it can and it's very unique.

So for some leaders they'll say, well, I've never felt imposter syndrome, but I felt a lot of self-doubt.

That could be their version of it, right, how it manifests for them.

Others, if it goes ignored or not treated you know, or addressed, I'll call it not treated then they make it to a point where they just start to feel so inadequate that it does become debilitating.

Most people don't get to that place, but all leaders, like I said, about 70% of them will admit at some point in their life to have felt some degree of inadequacy. I think the reason it's so common is because leaders tend to work outside their comfort zone, because they're always having to achieve and achieve and achieve and rise up, and so anytime you're working outside your comfort zone, you're going to feel discomfort and you're probably going to feel some level of self-doubt and potentially even inadequacy, and so I think that's why it's common. I think where we have to really be thoughtful about it is is it debilitating, is it really impacting your health and wellness and your physical, mental, spiritual well-being? And that's when it becomes an issue, and that's why I really want to normalize this whole idea around imposter syndrome. It's really just imposter thoughts and it's really just self-doubt and we all have it.

0:23:15 - Julie

It's just about when it shows up thoughts and it's really just self-doubt and we all have it. It's just about when it shows up. Well, I've read that you say that imposter syndrome isn't a flaw, rather it's a life strategy.

0:23:27 - Kendra

How's it a life strategy? Well, for me, and coming out of my near-death experience, it became really clear to me even more on a visceral level the value of life, which I always knew, but I hadn't felt really deeply personally yet. And so what ties to this, Julie is? I remember telling my husband when I got out of the hospital and I said I can't believe I'm so stubborn that I had to almost die to actually finally feel worthy of saving, of being right, of earning my right here. And so that's really what kind of drove my deep dive into wanting to understand this imposter phenomenon a little more and this spectrum and how it manifests for people and how it shows up.

And so what I started to realize is that if you can have the courage and the vulnerability to really be honest with yourself and say, okay, where do I feel self-doubt, how is that showing up, it can actually benefit you. It can be a strategy, because it's just information, it's just data trying to teach you where you need to lean in to heal or where you have strengths. Or maybe, if you share that with someone on your team or colleague or friend, you're going to actually grow a relationship much deeper than you would have had you not shared that. So I think it really can be used strategically, as long as we all have the courage as leaders to lean in.

0:24:55 - Julie

Is wanting to belong, a basic human desire we all share. Oh yeah, I think so too. Yeah, why why?

0:25:03 - Kendra

because we're tribal people, I think also it can feel very lonely to be one of a kind and do things well. It can also be empowering. It can also be, you know, a very and do things. While it can also be empowering, it can also be, you know, a very lonely feeling. I think we mentally want to feel in resonance, like with others. I think energetically there's a whole component to it that I love your feedback on. I think we want to resonate with other frequencies and I think when we feel like we don't resonate with a frequency, I think it's more than just the hurt that could happen mentally that oh, I'm not accepted. I think physically it causes friction and I think we can feel it in our bodies and it causes disease and discomfort. But I'd love your thoughts on that, but that's been my experience.

0:26:03 - Julie

I agree with you. I think when we feel stressed, even if we're in a situation where we feel like we don't belong, what happens? Our cortisol levels go up, our norepinephrine levels go up, which causes inflammation, and inflammation is the root cause of all disease and illness. So I think you're right on it. I agree with you on that. Yeah, why is being a workaholic still somewhat glorified and seen as kind of like a badge of honor? What's that all?

0:26:31 - Kendra

about. Oh, it makes me sick to my stomach to think about. I think it's two things. I think, first of all, if we start to look back at how the industrial revolution right, if we really go back and start to look at how work was enabling people to buy homes and cars and some of those things started to become commodities, we tie that to work. And then if we even look at the greatest generation, we start to see that, you know, they're the people that had the job, the 40-year job, and they never changed jobs. Right, that's long before Gen X that became job hoppers. But it was sort of this badge of honor that, like, I'm going to stay with this job even if I'm miserable and I hate it and I have to have my two whiskeys every night, right, they just stuck it out. And so I think it's generational, honestly, trauma that has been carried on and these expectations are further inducing the trauma.

And then now we have the culture we have today, where companies are all about more, better, faster. And look at AI, I mean, that's even why they're so interested in it. It's like, oh, we don't care if we lay off 20,000 of our employees, we want more, better, faster. And so it's all about how much can you squeeze out of, like can you squeeze out of the turnip and then so that's what's kind of going on in the corporate landscape.

In parallel to that, we have probably one of the largest entrepreneurial populations that we've had in a long time, and unfortunately, the hustle quote unquote culture has been glorified, and I'm not saying that you don't have to put hard work to get where you need to go, but you also want to make sure you're in harmony and balanced with yourself and it's not at the expense of yourself, and so a lot of entrepreneurs, I think, have misunderstandings about what they need to do and how they need to do it in order to get where they want to go, and I think it's causing a lot of issues. On top of pandemic and other things, now we see mental health at an all-time high.

0:28:58 - Julie

Well, I think the technology advances have caused it to and contributed because it's hard to get away from it. You know, with the emails and the people, he would ride the trains from city to city and that's when long distance calls were really expensive, so he would leave and be gone for a couple of weeks. His office wasn't in touch with him. His family wasn't even in touch with him. He was on his own schedule and he worked during the day and he read and went to dinner and met with clients at night. But it was not the 24-7 access and availability that we have now which I think can really be detrimental, and I think it's hard to set the boundaries to deal with that.

I deal, I find that for myself. We're all addicted to our phones and we're standing in the check. I'm standing in the checkout line at Costco. I'm checking my emails because I'm fourth in line. I'm thinking, okay, well, I could take this five minutes to check my emails. Well, that's just nuts, but I do it, and I think most of us have some semblance of that that we're doing as well. What are some of the more common emotional and spiritual wounds you see in overachievers, and then how do you guide them to heal those wounds.

0:30:11 - Kendra

Well, I think the first is some will identify it as unworthiness, others will call it not enoughness, some will just identify it as a need to prove themselves over and over again. I think it's all the same wound. Personally, it's usually they think that proving will lead to freedom. It's sort of the first lie that I hear a lot, and that's not true. They also think that they can succeed their way out of discomfort or out of their current circumstances. They think that if they just keep succeeding, they'll finally find fulfillment, they'll finally feel full. And we see that all the time. I've experienced it myself. But we see it all the time with, you know, sometimes athletes or even somebody who gets their PhD, and they're so excited and then suddenly they're like, okay, this feels kind of empty, what's next Right? And that kind of motivation. I mean I don't want to say it's bad, but we just need to be always very thoughtful about what's driving.

0:31:19 - Julie

Is it fear or is it true love? Well, and sometimes people who get super successful are more isolated than they were before the success really came in. I find, and I think too, the thing about what's the wound. Well, we're here to create, and, to your point, when you're done reaching whatever a goal, is that you want. What do we're here to create? And, to your point, when you're done reaching whatever a goal is that you want, what do we all do? We think of something else that we want to reach for. I mean, we're always creating. I even think we go back to heaven and then we create what our next life's going to be. So it never ends, whether we're attached to a body or not.



0:31:53 - Kendra

Yeah, yeah. So I definitely think so. For me, I think, the distinction is intention. So, to your point, like if you're going to go to that next thing, that's fine, but is it coming from a place of like, fear and a lower vibration, or is it coming from a place of just love and joy and wanting to create and be here? And I can make a world of a difference in your life experience and what happens for you.

How I typically will guide leaders through this is I have a process that I call the AIM True Method, which really just helps them redefine their true north. And the reason I do that is because oftentimes we're evolving but we don't evolve our values or we don't evolve what we're creating. But from my instance, I was still working for something, a vision and a career that I created 20 years ago, and I just kept plugging along, but I never really stopped to say does this still fit? Do I still want this career? So I've kind of outgrown this life I created, which means I need to recalibrate, I need to find my new true north and figure out what I want Now. I had a near-death experience to kind of hit me in the face with that, but not everybody needs that. It's just the awareness of okay, what are some of the symptoms? Am I pushing and pushing and still just not feeling fulfilled? Am I feeling like I really have to keep proving myself and just not feeling happy, or things just not feeling right? Or am I starting to get somatic symptoms and symptoms in my body? What are maybe the potential signs that something's occurring in my life? And so I walk them through what I call this aim true process, and it really walks them through the beginning acknowledgement, which is awareness, right, awareness and acknowledgement. And then the inflection point of okay, wait a minute, like I'm saying this out loud, this is a thing, it's not just something that I'm kind of avoiding and pushing onto the corner.

And then the next step is, obviously they need to make a decision. They have agency. Do they want to do something about it or do they want to go back to start like a board game, right, and where do they want to go from that? And then, from that moment on Julie that's where I call is the threshold. It's sort of a rite of passage where we don't really know what's next. We just know things might look a little different and it takes a lot of courage to get to that point.

But by the time they find me they usually are ripe and feeling really ready, like they're not at burnout yet, but they're feeling really ready, like I've tried everything and nothing's working.

And so I walk them through that rite of passage and together we undo a lot, we unravel a lot, we unsubscribe a lot, and for me I'm trademarking a term called unincorporating, because for me I liken it to unschooling for kids when we put them into homeschooling. I've really had to unincorporate since my near-death experience and start to really question some of these programmed ideas and thoughts about how to show up and what to say or how to respond to emails or checking email and you know, in line at the grocery store I do it too and start to challenge some of those ideas like, well, maybe I don't need to do this and it's been very liberating for me. And so I walk my clients through that process and they are surprised to realize that they can still survive in corporate while unincorporating themselves. Or if they decide that they want to go into entrepreneurship, it can be beneficial for them too.

0:35:11 - Julie

Well, and, plus, our priorities change Certainly when you got into the workforce. And when I got into the workforce and most of us, especially women, we don't have kids yet. I wasn't married. I mean, I started companies and invented surgical devices before I was married and certainly before my son was born, and I know you started your career before your kids were born too.

So our priorities change of how are we going to make all of this work and how are we going to come up with that whole balance thing where, yeah, it's all integrated. We're on the emails in Costco and we have the time to spend with our children and our families and our friends. We

map that time out too, and it can all be integrated. And I don't know that there's a perfect solution for everybody, but whatever we're doing at the moment is where we're supposed to be and then we create out from there. How do we know when we're being guided by spirit versus just procrastinating, doing something Like? Are we being guided by spirit versus just procrastinating doing something Like? Are we being guided by spirit to delay in maybe launching a new project or are we just procrastinating? And is it one and the same? That's such a great question.

0:36:32 - Kendra

So three things come to mind for me, and I'm sure it might be different for everybody, but for me, my own experiences is usually I feel it somatically, so I feel it in my gut. If I really, you know, give myself the space and the quiet, my knowing rears its head right, it's like, oh, okay, I don't know why, but I'm just really feeling like I'm not going to go on this trip, even though I booked the plane, you know, and I kind of wait to see what happens. The other way sometimes is if, for instance, I had a friend the other day who kept trying to do a voice recording to me on the phone and it just wouldn't go through. And so after about three or four tries, she said I just decided that maybe it wasn't the right time. So she texted me, she said so I'll try again in about an hour or two or tomorrow, you know. And so to me it's kind of depends on how important something is. But if I am trying to, you know, write a blog on Substack and it keeps not loading, sometimes after two or three tries I'll realize, okay, like maybe there's something more going on here. So I think it also depends on how important something is. But I think I try to look at some of those things as signs of like. Okay, maybe it's just not in flow right now for me to be moving and doing that.

The third thing is there's a question that I started asking myself, especially since my near-death experience. It's been very helpful for me and it's will this bring me closer to peace? And so the answer isn't like it's not going to always bring me peace, but does it bring me closer to peace. And so I have a experience where, even if the decision is seems like a hard one, like not a peaceful decision, like, let's say, I have to say something to a family member that I have a conversation I don't really want to have, you would think about that and think, oh gosh, I don't want to do this, this isn't going to bring me closer to peace. But when you really meditate on it, you actually find that having that conversation, even though it's hard, does bring you closer to peace. And so you know maybe I'm wrong here, Julie, but my experience has been that when something is of spirit and in the highest good, it usually brings me closer to peace, even if it seems contradictory, like it wouldn't.

0:38:49 - Julie

What's emotional intelligence and why is it important?

0:38:54 - Kendra

So emotional intelligence, some would say, is the brother or sister, I guess, to IQ. The difference with emotional intelligence, and why I love it so much, is because it actually is a skill that can be built over time. So it's one of the only psychometric assessments that leaders or anybody can take that is not behavior-based. So those can be changed, as you and I both know, but it takes a lot of effort. EQ is something that if you deliberately start to focus on it and just start to say, you know, I want to focus on my empathy or I want to focus on my optimism, you will actually see that number change over time. So I find that incredibly empowering for people and leaders as well, as it gives us a place to work from. As it relates to the data so that it doesn't have to just be my opinion there's actually data as a starting place.

I think emotional intelligence is going to be increasingly important because in this age of AI, we're going to be relying on AI to do a lot of automation with program management, communications, even telephone calls, and we already have bots all over the internet. So, as people you know, we've already seen this kind of with kids being on cell phones all the time,

and then not being able to have social skills. When they get into groups, I think we're going to see that, you know, even more so as people, but especially in leaders, they're going to have to really lean into emotional intelligence, which is their ability to self-regulate their emotions, yeah, throughout the day. And so that means that they have to be really clear on their emotional expression, what they're feeling, why they're feeling it, and not let it get in the way of how they're communicating. And that means we really need to get more mature with our EQ.

0:40:38 - Julie

Can somebody take the EQ test online just on their own, or do they have to go through like a therapist or a coach or something like that? You?

0:40:46 - Kendra

could find it online, I think through a multi-health systems it's mhscom. They can do it through that or, if they want to, they can find me on LinkedIn and reach out to me and I can set it up for you. I think I want to say it's about \$120 if you want the leadership profile, but it's very. You get a pretty thick report. It's very insightful and enlightening and I think it just teaches you a lot about yourself. The one thing I always want to caution people is remember that it's a moment in time and, because it is emotional intelligence, if you take it, it's going to be how were you feeling in that moment? So I have a quick story here.

I have a friend who took it, who runs, you know, her own seven figure business very, very successful, and she was very low on problem solving and some of these skills that. She said what do you mean? I do this all day long. Well then, when I got talking to her, she said, oh, my dad passed away a week before I took it. So of course, my problem solving, my resolution skills, my optimism, like we're all just because her forward looking into the world, everything had changed and so she was recalibrating what that would look like. So just be mindful that it's a moment in time, so if you get out of a bad meeting or you have a bad day, you can still take it.

0:42:04 - Julie

Just know that that will show up you have a bad day, you can still take it. Just know that that will show up. Well, and what you mentioned earlier that you can develop those skills I think is the most important part about all that. You got to identify it before you know that it's something that can use some work or some attention on that. You say self-awareness is useless without self-compassion. How do we bridge the two in our daily lives?

0:42:31 - Kendra

Well, for me, let me start with how we don't. And that's judgment. So for me you know, as someone who has been one of my worst critics, you know I always joke that I actually have a Supreme Court. It's not just one judge, so a lot of judges in there in my head I learned very quickly that, gosh, this is not serving me, this is not helping me, this is not not only do I feel awful, but it makes me not even want to take action and do anything, which is not productive.

And so I really had to get clear with myself on, okay, what is going to take me forward, what's going to take me to where I want to go. And I realized that if I could start to look at circumstances let's say I make a mistake and acknowledge that mistake and just own it and say you know what, yeah, maybe that was not the best thing to do in this moment Then express gratitude for it in that exact moment about I may not know what's going to come of this yet, but you know I'm grateful that this happened, because now I know, sooner than later, or whatever you can get out of that, there's got to be some element of gratitude that you can get out of it, then that can take you to a place where you actually can have compassion, not just for the moment, but yourself, instead of being in judgment, and so, for me, gratitude is the gateway away from judgment, between awareness and self-compassion.

0:43:51 - Julie

Well, and gratitude is such a high vibrational emotion and thought, so that makes total sense it alchemizes everything for me yeah it really does.

Yeah Well, and thoughts don't have a meaning until we give them a meaning. That's right. When a thought comes into our head, it's neutral, and then we give it a meaning based on what our human frame of reference is, based on what we've been taught and what we've experienced in our lives, and that certainly can be changed. You know, you have one threat thought growing up. One I like to use a lot is my meemaw. My beloved meemaw used to say oh, you better put a hat on, because it's windy outside. You're going to catch a cold. Well, now I know colds are viruses, they're not from the wind, right. But to this day I go outside and it's windy. I can hear my meemaw in my head going you better put a hat on, like, yeah, thanks, babe.

0:44:44 - Kendra

And that's such an important point because it's not only what's said to us or our own thoughts. But it took me a long time, Julie, to realize that because I'm a high empath intuitive, a lot of times I'll have thoughts that aren't even mine. They could be from the zeitgeist, or it could be from the person two aisles over in the supermarket. So we have to be really thoughtful about like wait a minute, is this mine and is it useful?

0:45:06 - Julie

Right, yeah, well, and when it comes from somebody that you love to the ends of the earth, like I did my, still do my grandmother, you know, it's just embedded in there and I laugh, I go. Thanks me, I'm fine, yeah, we're just fun. Yeah, what's the most surprising insight you've learned from your own unworthiness, and how did you heal that issue?

0:45:30 - Kendra

I think it goes back to what I had mentioned coming out of my near-death experience, realizing that I am worthy just because I'm here, just because I breathe, just because I have a body, I don't even have to speak, I don't even have to do anything. Just because I'm a body here on earth I am worthy and I don't have to prove anything to anybody. That that is point blank enough. And I think, coming out of that near-death experience, I still was long the belief that like, oh, I have to work really hard, I have to put in my 40 something hours a week, I have to be really successful at work, I have to, you know, be a great mom, I have to do all these things. Of course, those are good things to aspire to, but I don't have to do those things to be worthy.

0:46:22 - Julie

You also say micro habits rewire micro patterns. What's one that's been transformative for your clients that you like to suggest?

0:46:42 - Kendra

express gratitude, and it can be for this day, it can be for the breath, for waking up, for the sun, it can be whatever. But I've noticed that, once you know, we tend to be a culture that once we're out of bed and our feet are on the ground, it's go, go, go, go go. And then they're looking at our phones and whatnot. So for me, I even start my day so that I find to be a great tone and frequencies, like you said, to start the day on, and that really helps clients. And then the other one was something I mentioned earlier, which is asking yourself, when you have decisions to make and it can be little things from going to a dinner party or going to the grocery store right now or do I want to take on this new client? Does this bring me closer to peace? And it's okay if the answer doesn't come right away, give it some time, give it some time.

But I find a lot of my clients realize like wow, I've not, I don't even know myself well enough to know what's in alignment with me. And that's the best way to sort of start to get a calibration

on what's in alignment with me, understanding that each day it may change a little bit about what brings me closer to peace versus not. But over time you're going to start to notice and learn your rhythm and you'll start to really learn what's in alignment with you. And so many of us have been living our lives based on expectations external to us or what we think is expected of us, that when I ask my clients, what do you really want, they don't even know the answer, and I know I didn't. It was always well, I want my kids and this. No, what do you want? When you really asked me, I didn't know, you know.

0:48:28 - Julie

How do we differentiate between when we say no, this isn't aligning me with peace and so I'm going to decline? How do we get to the place and is it even possible, especially for women again back to the woman thing to not feel guilty about saying no and to set those boundaries around? This is what I want and this is what I'm willing to do and what I'm not willing to do, and then hold that line yeah, it took me a long time.

0:48:59 - Kendra

I'm 51. So it took me a long time to get there. I think it's a lot of inner work. I mean, for me it was. It doesn't maybe have to be a lot for others, but for me it was.

And I really had to get clear on not only the idea that, like I'm worthy just because I'm a human being and I'm here and I have rights, as well as getting clear on how am I really serving other people which I believe is my human experience, and what we're here to do with each other, if I don't even want to be at this event or if I don't really want to be doing this thing. So, if you say yes because you feel like you have to, because it's an obligation, and you feel guilty about saying no, if you can really kind of unpack, like how are you really serving your mother If you know even that example going to her birthday party if you don't really want to be there, is that really the most loving thing you can do for her? And that one can be a hard one because others would say, yeah, I should sacrifice it. Others you know some would say, oh, you're right, no, like if I don't really want to be there, maybe it's not really serving her, because then she'll get upset and we'll fight, or you know, they kind of can see how this might unfold.

The other alternative to that, Julie, is that then we have to get into negotiation with ourselves, which is like, okay, how can I make this a yes? What do I need? Maybe I need to have a conversation with my mother before I go and say, look, mom, I want to come, but I don't want to talk about politics or religion. Okay, great, you know. So oftentimes it's other boundaries that we need to start to assert, to negotiate and make it a yes.

0:50:35 - Julie

Or don't sit me next to Uncle Harvey at dinner. Yeah, the pervert or whatever. Yeah, how do you convey and really help your children understand that they're worthy just because they're here?

0:50:50 - Kendra

Yeah, well, this is the interesting thing about children, Julie, and this was a big learning for me. My children don't have a problem with that. They know that. I believe our inherent natural state when we're babies you don't see babies worrying about that, right? Is that? We are this? I think yeah, they want something. They scream it's all learned. I believe it's all learned and depending on how much trauma is inflicted and how much healing you've done, that it's through that.

So I rarely ever meet a child. You know my children don't really have a challenge with that. Luckily Now I've met other children who are seven or eight, who kind of do, but they've had, you know, they've had very troubled childhoods and I say troubled just you know, foster homes and experiences that have somehow left them with thoughts that they've given meaning to that. Oh, maybe it's me, maybe it's me. So that's why I think it's so important to you know pediatric therapy, but also start teaching this emotional intelligence in grade schools and high

schools, because I think the sooner they can learn this, they can start to learn about self-regulation and start to realize, oh, this is a pattern that I'm seeing and they can get on it younger than when people are in their 30s and 40s and learning about it when it's harder to undo.

0:52:18 - Julie

Yeah Well, and baby's natural state is one of joy, oh yeah, unless they need to be fed or changed or they're in pain. They're joyful, they're happy, they're smiling, they're having fun, they're playing, they're exploring things, they're learning like a bunch of little sponges. And I find that we all go back to the factory preset vibration of spirit every night when we sleep. And I love your practice of, before you get out of bed, you go into a gratitude state because you're still on the spirit channel where you can receive guidance, and the spirit channel is a high vibe and things are fun and they're interesting and they're joyful, whereas the I feel crappy channels of oh my God, I gotta go drive in the snow for 20 miles and the roads won't be cleared and you're on the I feel crappy channels. You know at that point, sometimes before you even get out of bed. So I love that practice. A couple more questions as we're winding down here. You say purpose isn't something you earn, it's something you remember. How do we connect with that knowing? For?

0:53:31 - Kendra

me, it's slowing down, it's allowing space and time.

Over the years I've been trying to create more spaciousness in my life, just to allow for the being, because that's when I can listen right, that's when I can listen to my knowing, listen to spirit.

If I'm going going, going all the time or telling it what I want, I'm not receiving right.

And so I think when we have to change our channel to receiving versus publishing because I think it gets really loud in our lives and I don't personally feel like it's possible to connect with our purpose when we're always doing and active and forcing and producing, publishing, whatever you want to call it. So I think the only way to do that is to receive and then to feel into like we had talked about downstream, what's feeling right, what's working, what's flowing. And I think again, at the most basic level, I think our purpose is just to be here and it's just a body, to be here and to be of light and love and joy and serve others. And society has created a culture where we get money and we have all these businesses and do all these things on top of that, but I think at the most fundamental level, it's about serving. So I think if we can root ourself and our purpose is just to be here and literally, when you walk in a room, your presence makes a difference and just acknowledging that that's a great start.

0:55:04 - Julie

I agree.

0:55:09 - Kendra

Last question why do we incarnate? That's a great question. I don't know that answer yet experiences to share with the masses so that we can elevate and advance consciousness and kind of like the theory of everything and move consciousness. I think there was a time where I thought it was chosen like we could choose whether we want to sign up or not. I don't know that. It's that. I think it's more that the fact that we have this body we've signed up for it.

0:55:53 - Julie

Well, I'm sorry that you were sick and you had that pneumonia that landed you in the ICU, and I'm thrilled that you had your NDE and had your awakening, because it seems to me that you really are doing a magnificent job of helping people realign their priorities and what they want

to accomplish this round, without having to be that close to death. That's my hope. It's not necessary, but it certainly got your attention and caused a major shift and, like ripples in a pond, you throw a rock in the pond. You are rippling out. You were the rock in the pond your NDE and now you're rippling out to people all over the world to help them realize the things that you did. So thank you for everything that you're doing to help humanity in general and those of us that are looking up to hear what you have to say. How can people learn more about you and your?

0:56:55 - Kendra

work. They can find me at [kendradahlstrom.com](http://kendradahlstrom.com). They can also find me on LinkedIn. I am on Instagram and YouTube as well, but LinkedIn's probably the best place to reach me on my website.

0:57:07 - Julie

Okay, what's your website? [Kendradahlstrom.com](http://Kendradahlstrom.com). Okay, all right, so we'll have that in the show notes and people can reach out there. In the meantime, sending you lots of love from Sweet Home, Alabama, and from Tennessee too, where Kendra is. We'll see you next time. Bye everybody, thanks for joining us.

0:57:28 - AnnCR

Be sure to follow Julie on Instagram and YouTube at [AskJulieRyan](https://www.instagram.com/AskJulieRyan), and like her on Facebook at [AskJulieRyan](https://www.facebook.com/AskJulieRyan). To schedule an appointment or submit a question, please visit [AskJulieRyan.com](http://AskJulieRyan.com).

0:57:41 - Disclaimer

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