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MAVEN MASTERCLASS

WITH
DR. VALERIE REIN

TRANSCRIPT

00:00:03 [Kate] Welcome Empresses and welcome Dr. Valerie Rein, the author of Patriarchy Stress Disorder. So the reason we are having this conversation right up front, right when you join the Origin Membership and joined in for this experience is because I feel like we cannot talk about ambition and we cannot talk about work without first understanding the context of what Valerie has penned, coined, Patriarchy Stress Disorder, which I didn't know that it existed until this book was recommended to me. But I have now I think I've recommended this book possibly maybe more than any other I've ever read, but certainly right up there. And if, I don't know, if you can see this is my copy, it's like a lot of earmarks, so this book is required reading. Obviously Do Less is required reading, but if you've gotten this far, it's pretty likely you already read Do Less. So this one's next. Okay. So let's just start with the fundamentals. What is Patriarchy Stress Disorder? Let's just start there.

00:01:17 [Dr. Valerie] Let's start there. It's a, it's a kind of trauma that most likely most women don't know they have, and yet we all suffer the effects of it.

00:01:28 It's intergenerational trauma that has been passed down for generations and generations of women living under patriarchal oppression. In a nutshell, it's never been safe to be a woman on the patriarchy, particularly a visible outspoken, brilliant, beautiful, bright shining woman - completely unsafe. And so now that we have the opportunity to shine, our nervous system actually is signaling 'unsafe', 'unsafe', 'unsafe'. Our subconscious interprets visibility, success, a greater intimacy, loving who we love, more money, more impact in the world as unsafe, based on this intergenerational trauma.

00:02:21 [Kate] Okay. Now for some listening, they might just have heard that and it hit them like a ton of bricks, like, 'oh my gosh, that is so true'. That's what happened for me. For some, they might be like, 'why is it unsafe? It's safe'. You know, 'I live in a place where I feel safe.' So can you talk about the ways in which it is still in the year we're filming this, which is 2021, but you're probably listening to this, you know, within the few years after that, why is it, now obviously, I also want to say, I live in the United States and so, and you live in the United States, but you grew up in the Soviet Union. And so those are two different experiences, obviously. And then there are other women living places where it is much more overtly, not safe to be a woman. In the, in the United States. I think many of us who've had the privileges of, of education and relative family safety, it's like, 'what are you talking about? It's safe.' So talk about how it's not safe, even if you might think it's safe.

00:03:34 [Dr. Valerie] I love your question, Kate, I'm going to actually speak from the vantage point of the science that shows how intergenerational trauma is transmitted. In this study

researchers introduced the smell of cherry blossoms to mice while simultaneously zapping their feet with mild electric shocks. These mice were then bred and their children and their grandchildren when exposed to the smell of cherry blossoms showed a strong fear and anxiety reaction. Okay. So PSD is women fearing the smell of cherry blossoms, which for us is everything that we authentically desire that has historically been prohibited and punishable under patriarchy.

00:04:23 So you may consciously feel very safe and objectively, you may be in a very protected, safe environment. However, your nervous system remembers the mild electric shocks and so much more that came with the smell of cherry blossoms. That is greater visibility, money, impact, speaking your mind. And that is really what PSD is. Now, does it get re-triggered on a continuous basis now in the year 2021? Of course it does. Women's bodies are still being legislated in the US, the patriarchy is still legally, legally telling us what we can and cannot do. There is no law that legislates a male body, and that's a deep, it's a deep and confronting truth. Throughout patriarchy, women's bodies did not belong to women. Women's children did not belong to women. It wasn't, a woman could not get a divorce. Marital rape was legal and all these changes, legal changes took place in, in the last few decades. A woman couldn't take out a business loan without a male relative co-signer. I'm not sure if it had to be a relative, but a male co-signer. I'm pretty sure it was a relative until 1988. So it's not ancient history.

00:06:00 [Kate] Now, most of us were alive in 1988. Or many of us

00:06:06 [Dr. Valerie] Yeah. It's not ancient history at all. And now most venture capital goes to men, like overwhelmingly. And those women who are in corporate or have been in corporate, they have a very visceral experience of being in rooms, where they may be the only woman at the table, especially if they are a woman of color. And they're the only person who is not listened to, or it's such an uphill battle to get your, your, your point across, because you have to walk this line, you have to do so much emotional labor to be assertive, but not too much, because then you're labeled a bitch. Then you're uncooperative. Then you, if you're too ambitious, like all these things that are completely acceptable and celebrated in men are actually actively demonized in women.

00:07:02 The women's sexuality, oh my gosh, like how have you been on social media anyone, right? Like women's bodies are constantly policed, too skinny, too fat, too revealing. Oh, you can't wear this. A friend of mine was sharing, like the comments that she gets on her pictures, where she reveals more of her body. Like you're not deserving of motherhood.

00:07:30 [Kate] Wow.

00:07:31 [Dr. Valerie] It's just like horrid stuff. It's, it's constant. And even if you are not experiencing it personally, you're like, no, I don't put my pictures in a bikini out there. I don't really care. You are exposed to that. Your subconscious is registering all of that day in and day out and is reminding you where you stand in this world, how dangerous it is to put yourself out there. And so your subconscious is actually driving the bus. According to neuroscience, our actions are decided in our subconscious. Make no mistake, the mind, conscious mind is the last one on the bus. It jumps on to tell a good story of why it's a good decision, why it's rational, but subconscious, your subconscious already decided if you're going to do this or not.

00:08:21 And so you may go a few different ways. You may push through and show up anyway, dangerous or not, you're gonna keep on pushing. And unfortunately, there, there are some negative outcomes that happen because the nervous system is constantly in hyper-vigilance, in overdrive. And it leads to insane rates of burnout among high-achieving women. I think it's a huge contributing factor, or it's going to hold you back from showing up the way you want to show up. Or maybe you'll oscillate between the two.

00:08:55 [Kate] Right.

00:08:56 [Dr. Valerie] Regardless. It's just huge emotional toll. It takes up so much energy from us to be negotiating that. And I'm not only talking about the external triggers. There are plenty. When we start unpacking that in our community, the first thing we do, we start unpacking this and women are like, oh my gosh, I never even thought of this. Like I never even thought like subconsciously, I may be holding back from making more money because my subconscious is like, but then you can't be in a relationship. I don't consciously believe that. But then she, she, she sees it to her shock that it's reflected in her thinking and her actions.

00:09:37 So that waking up, I call it waking up in prison is rough because there are so many defenses around it, but it's, it's necessary to realize how it's affecting us and it's not our fault. It's not our making. And even despite all these triggers present, we can do a lot of things. We can do a lot of things to reclaim our power. And I know Kate, you are really brilliant at that and you really lead by example.

00:10:09 [Kate] Thank you. So I want to circle back and just highlight the piece about the cherry blossoms and make sure that people heard that what is shown with epigenetics and intergenerational trauma. I certainly believe in the metaphysical spiritual aspects of that, but from a scientific perspective. So that's not what we're talking about, just because I believe in it doesn't matter for this conversation. From a scientific perspective, our cells have a memory of traumas that we did not personally experience in this lifetime out. Exactly. Our cells carry stories.

So if you think about, you know, my, I, my granny just passed away last week and she had an incredible life and was such a pioneer and overcame unbelievable challenges. She was, she was 95 when she died. So I just think about like, she saw a lot and she saw a lot of change. She, you know, she stood in bread lines during the Great Depression. She slept in a crib with a bullet hole, you know, over it. Cause her, her dad was a bootlegger. She wanted to be a forest ranger, but she couldn't because they didn't allow women to do that at the time. When her husband died, she couldn't take out a credit card in her own name, you know. So I think about all those things. And I want you to think about as you're listening, your grandmother and your great-grandmother and your great, great, great grandmother, and what did they experience because that lives in your cells and it is impacting your life. And it is impacting your work life because the memories of their trauma lives in you. Now also, I don't know how it works, does the memory of their joy and their pleasure live in ourselves too?

00:12:15 [Dr. Valerie] I'm so glad yes, absolutely. And oftentimes they are wrapped, these memories of joy oftentimes wrapped in traumatic experiences because there just wasn't so much space for joy. And as we begin to heal, this trauma, this intergenerational, collective, personal traumas, we actually unrap and make so much more space for joy.

00:12:42 [Kate] Yeah, I love that.

00:12:44 [Dr. Valerie] I just love reclaiming intergenerational gifts.

00:12:48 [Kate] So there are so many things as I was reading your book. I mean, there were so many things that were such major ahas for me, but when you say, you know, there's nothing wrong with you, right? It's really our culture. And so I think as women, we very often think like, well, it's, there must be something wrong with me that I can't overcome my imposter syndrome. There must be something wrong with me that I can't just work harder and overcome my fear of visibility. There must be something, you know, there, there must be something wrong with me that I do this self-sabotaging behavior. But actually, as I learned in your book, it is our nervous systems trying to keep us safe. So those are actually patterns, maladaptive, but still in some ways, beautifully adaptive patterns in our, in the soup we're swimming in to protect us. So actually, there's something brilliant about you. And so can you talk a little bit more about how the nervous system works? We talk a lot about the nervous system in, in the Origin membership and, and you're one of the primary people I've learned from, you know, among, among a small other group. But I would just love to hear how, you know, just for those who are like, what is the nervous system? What does that have to, what does that have to do with my business?

00:14:14 [Dr. Valerie] Yeah, absolutely. And it's just so foundational. I'm so glad that you're

paying so much attention in Origin to these foundational things that we should all be learning about. It's just that our system doesn't, it's not set up to empower people.

00:14:34 [Kate] It's so true.

00:14:36 [Dr. Valerie] By knowing the foundations about their bodies and how we work. The nervous system is fabulous. And as you pointed out all of these things that apparently are holding you back, start out as legitimate adaptations, as very helpful adaptations. You know, you, you touch your hot stove, you know, your, your nervous system like reacts. There's this activation and you move really fast. Right? And then you're going to remember, because it's an emotionally charged experience. You're going to remember not to touch it again. So with those traumatic emotional experiences, our nervous system goes into fight, flight, freeze reaction. Now, historically fight and flight are not so available to women, have not been very available. Just think about all of the experiences. And it just feels me with a lot of emotion actually talking about it. Just feel into the experiences you've had maybe little experiences like sideways glances, like offhand comments, like you too big for your britches or unwanted sexual attention. It's not like in most cases you were conditioned to turn around and just like throw a punch or just run away and get out of there. We were all trained to be good girls. Be polite, be accommodating, be nice. And unfortunately that left the primary defense for us, which is freeze. And yeah. And so I just want to, I didn't think I would go there, but I just want to give this kind of blanket, 'you're ok, there is nothing wrong with you' statement to everyone who's experienced, maybe unwanted sexual experiences where they didn't run away. They didn't fight. And they are blaming themselves. You did nothing wrong. There was nothing you could do because your nervous system went into freeze and I've been unpacking my own unwanted sexual experiences and a lot of other experiences that were traumatic. Looking at it, oh my gosh, I was in total freeze and, and actually most of us, just, again, a shocking truth, we spend most of our lives in high functioning freeze because it's just unsafe all the time. And we're showing up, we're there, we're smiling, we're nice, we're super productive. We're doing, doing, doing, doing, doing, doing, which is actually a trauma adaptation, right? That doing, doing, doing, doing because that's socially acceptable and it numbs us out and it earns us conditional worth cookies.

00:17:32 But deep down inside, we don't feel, we don't feel fully alive. We don't feel like ourselves. We don't feel authentic. We don't feel fully expressed, happy, fulfilled, connected, intimate. We may have trouble sleeping. We may have trouble connecting sexually and intimately on any level. And none of it is our fault. So back to how the nervous system operates, the fight, flight freeze reactions, they have formed around a traumatic experience when we also like it overwhelmed our capacity to cope with it in that moment. And it doesn't mean that

it has to be a big life-threatening experience. A lot of these experiences happen when we're little and for children, like everything overwhelms our nervous system's ability to cope. Literally everything. My daughter used to say to me, 'mom, don't yell at me' when I would just use a stern voice.

00:18:33 [Kate] My daughter does the same.

00:18:35 [Dr. Valerie] I'm like, wait, I'm not yelling. My dad used to yell at me. Like you would know it, but it needs speaking about intergenerational trauma, right? It takes so much out of me and those who are parents or have these patterns come up in other settings may understand. It actually takes a lot for me not to go into the patterns that I inherited. Like yelling, like blaming, like shaming actually takes a lot of capacity because obviously that's not what I want to do. So a big shout out for everyone, if a parent or working on these patterns in your partnership or at work or with your own self, because it takes a lot to overcome and override them.

00:19:25 [Kate] It does

00:19:26 [Dr. Valerie] Yeah, we get triggered based on those traumatic experiences with little things that resemble that experience in some way. And that's basically how the trauma loop keeps on replaying itself. Let's say you had an experience when you were in kindergarten and the kids laughed when you were doing a show and tell, and now you have fear of public speaking. And every time before public speaking opportunities, you either get a sore throat or you get into some self self-sabotaging distracting things. Or you just say, no, you can't do it. And it's not your fault. So I'm coloring those trauma loops, maybe they come from your lifetime. Maybe they come from previous generations. You don't live even know why you fear things.

00:20:13 Like in my book, I talk about a girl who had a fear of trains, a fear of getting on trains and going to unfamiliar places that made no sense to her and her grandparents were Holocaust survivors. They never talk about their experiences, right? She grew up in a very safe environment, very supportive home, and never made that connection that the trains were used to as vehicles of mass distractions. Right, basically. That made no sense until we got to this place where the trauma loop originated.

00:20:53 So you reclaim your power by understanding how these patterns are driven. Yes. They're not your fault, right? They don't have anything to do with you, most of them, and you can rewire your nervous system to be with triggers, observe the trauma loop, unloop it so that it doesn't pull you under. And then eventually you get triggered less and less and less and less, and you regain more and more energy. It's less of an uphill battle to live in alignment with your values

and your desires. And yeah. What are you going to do with all this energy and all this time that you reclaim right? Maybe reinvested it.

00:21:38 [Kate] You're going to reinvest it. Exactly. So, okay. So I want to next, where I want to go is, is maybe, you know, one or two tools that maybe we could share where people could start. But, but before we do that, I do want to ask you what are the ways, especially with ambitious women, with business owners that you see we've, we've touched on a few, but I really want to just nail it down. What are the ways that PSD which stands for Patriarchy Stress Disorder shows up? How does this show up for, for people that you, that you see that it might be showing up for the person watching this right now?

00:22:19 [Dr. Valerie] Absolutely. So we touched upon trauma adaptations. These are ways in which our system protects us from re-experiencing trauma and they fall the way I see them. They fall into three broad categories. They show up in the mind, they show up in the body and they show up in the action, the main choices, behaviors. So in the mind, a very common one is the inner critic, the imposter syndrome, that incessant voice. I remember interviewing Marie Forleo for my podcast. And she was very upfront about that. She said, you know, my inner critic is very brutal, vicious at times. You know, she actually said my inner critic, she's from Jersey. She can be very, very vicious. And, and obviously, right, like she has a lot to pat herself on the back for, in terms of her success, right? Why wouldn't her inner voice be patting herself, her on the back all the time? Why wouldn't it for all of us? We all are remarkable. And yet that vicious innervoice is there because it's, it's holding us back. It's it's actually protecting us from the mortal danger or increased visibility success.

00:23:44 [Kate] Yes. It's protecting us.

00:23:47 [Dr. Valerie] It's protecting us. As long as it's keeping us in line, it's doing its job and it's so, so painful. Also distractions, also mental fog. Also lack of clarity. You must hear that a lot.

00:24:00 [Kate] Yeah. I am overwhelmed. I don't know where to start. I don't know how, you know, there's like too many options. So then I get distracted by all these. It's a very common, unfocused, very, very common problem with people who come into our environment. And so that's why I wanted to have this conversation because I was like, you can use all the focus tools you want, but if you don't understand PSD, it's sort of like, you're gonna, it's like slapping a bandaid on, you know, a place where you need surgery.

00:24:43 [Dr. Valerie] Exactly. It gave me chills, but it's, but it's true. It just, it runs so deep. The healing runs so deep and it's so worth it because once you handle what creates that unsafety,

right? Layer by layer layer by layer, those trauma defenses go down, they go down and you're not fighting that uphill battle anymore. With your inner critic, you don't have to like kill yourself on the barricades of your mindset work.

00:25:12 [Kate] YES! Oh my God. Oh my God. Okay. So I have a hundred million questions I could ask you, but you brought that up and then I know where we're going next. Mindset. So, so much of the personal development, coaching industry, business industry is about work on your mindset and you can fix anything if you work on your mindset. What are we missing with mindset work?

00:25:41 [Dr. Valerie] Yeah. It can be helpful in some context. What we missing is actually this understanding that it's the subconscious that's driving the bus. And unfortunately, you know, a lot of conventional treatment modalities, like even in psychotherapy, haven't caught up to this like cognitive behavioral therapy operates on the principle, like you change your thoughts, you change your behaviors. Like, wait a minute, like a quick field test, right? There's a ball thrown at you. You catch it. You don't even know what you did. You don't even know that it's a ball. And then you look at it, 'oh, it's a ball. Somebody must be playing catch over there,' but your body already responded. Your body responds first always. And your subconscious, your body is, is your it's embodied subconscious mind. So your subconscious has already made the choice for you. And then your, your mind tells the story in one way or another to justify it. So without doing this depth work, it's like rearranging chairs on the Titanic deck that, that is headed for that iceberg unprocessed trauma collision. You know, we were on track with that collision and it's, you know, it sounds dramatic, but it's not inaccurate. And it just it's, you know, maybe there's a little bit of my mindset work here and there that supports these efforts, right? It just need to go hand in hand. Otherwise it's, it's just, again, women come to the conclusion that something is wrong with me because it's not working. I'm working so hard on my mindset and I still can do X, Y, and Z. And it's not you. It's the tools.

00:27:44 [Kate] Thank you for that revelation.

00:27:47 [Dr. Valerie] You're welcome.

00:27:49 [Kate] How does Patriarchy Stress Disorder affect men?

00:27:53 [Dr. Valerie] Well, differently from women because of the distribution of power. When I, when I say patriarchy, I surely do not mean men. I'm not talking about men. I'm talking about the system of oppression and inequality, where the power historically belonged to men.

00:28:10 I'm talking about political, economic and even moral power. Patriarchy decides

what's right. What's wrong, what's okay to wear, what's not okay to wear, how it's okay to show up. What makes you a good, good woman, good wife. What makes you a bad woman, bad wife and mother, and patriarchy decides all of that. So it sets very, very stringent rules for women. And we walk a very fine line. It sets very stringent rules for men as well because the price in club patriarchy is very high. You have to leave your wholeness at the door. As a human being. Men can't be nurturing. Men can't be emotional. These are all, you know, signs of weakness. And of course it wreaks havoc on men's mental health, on relationships.

00:29:05 There's just so so much pain. And again, awareness is key because generations and generations, men have been socialized to try to mold themselves into this two dimensional cutout that a patriarchal man represents. You have to be aggressive. You have to be competitive. You have to be a good provider. That's pretty much it. I have to be a good soldier, right? And it's just so painful because men are definitely not two dimensional. They are complex, beautiful humans, and anywhere you are on the gender spectrum, right? You may have different experiences with this system of oppression and how you've been socialized and what you've inherited, but we're all impacted. And I'm a big believer in healing for all. Like when our Thrivers, like one of my greatest joys, of course, hearing, hearing how our Thrivers are reclaiming their wholeness, how they are able to show up and own their genius and let in love to places where it felt on unlovable and experienced their unconditional beauty, all of that. And when they're telling us how their relationships are transforming, going to the next level, when they able to speak to their needs, voice their needs. How they can create that safety in themselves and in their relationship and how their partners really step up. And if they have kids, their kids transform as well. They have so much more space for their authenticity. So yes. Thank you for asking about men.

00:30:50 [Kate] And of course, thank you for touching also on the gender spectrum, because of course it would affect trans people and non-binary people and gender fluid people in all these different ways and it affects us all. And so I'm really glad that you brought that up and it's not about men are bad because I think even now, even now people hear the word patriarchy and they're like, 'oh, you're just bashing men.' It's like, no, no, no, that's not what's happening here at all.

00:31:24 [Dr. Valerie] And for us all, reclaiming our reclaiming, the feminine and the masculine from patriarchy, from patriarchal conditioning is essential for people anywhere on the gender spectrum.

00:31:38 [Kate] Totally. Okay. So now that we know what PSD is, now that we know how

it affects us, now that we know how our nervous system works, how do we go about now? Obviously I understand this is your entire work. So we're just gonna take the smallest sliver today, but how, what what's like a first step that we can take to begin to heal our PTSD and welcome in more joy and pleasure and feel safe to be visible and to be in the fullness of who we are as business women and humans on the planet.

00:32:16 [Dr. Valerie] You'll be glad to know that we're already taking the first step through this conversation, waking up in prison. We begin to understand that it is not you, you're not broken. There's nothing wrong with you. And we're dealing with layers of intergenerational collective and personal traumas. So waking up in prison is step one. Step two is meeting the prison guards. These are trauma adaptations that reside in the mind, body and actions. And so we would examine that this is, this is a place where we spend a lot of time on this journey and you can absolutely begin to get curious about this on your own. There's actually a little journaling log on my website. There there is a starter kit tool.

00:33:02 [Kate] And we're going to put a link to that below this video.

00:33:06 [Dr. Valerie] Fantastic. So you can just observe, 'okay, this happened, I got a little activated and then my mind created a story.' Write that down. Or 'my body had this, okay. I just felt drained of energy' or 'I can't sleep.' Or 'I have anxiety.' Write that down, just begin to observe it. Or if you're not into journaling, just notice, notice, notice where behaviors every time, you know, I, I go on social media and this happens. I have the urge to go to the freezer and take out my Haagen Dazs. And the biggest spoon I have, right? Write that down. And the shifting from self-blame like, these are my personal failures to understanding basic trauma defenses.

00:33:52 These are trauma defenses. These are not you. And that creates more and more leverage. And then we actually engage the tools to rewire the nervous system, create more and more safety around these triggers and experiences so that our trauma defenses, our prison guards can evolve into bodyguards. That means we're working with our biology, not against it because we want to feel safe, but not feel safe by staying in prison, feel safe on the journey to our desires. And that's really cool when that begins to happen. You reclaim so much more energy. And so so many avenues open up for you to, to play. And, and then one of the avenues that opens up is the road to deeper healing because you have much more capacity now to even be with those experiences that you need to be healed. Your own or collective collective or intergenerational.

00:34:51 So tunnel digging is the next step around cover and heal those using mind, body energy tools. And then finally the stage that everybody is waiting for. But it's not what you

expect when you arrive is savoring freedom, is when you are actually working on expanding your capacity to feel more joy, more pleasure, to roll with more visibility, more impact, more income, more intimacy, et cetera, et cetera, whatever you desire. And that's a real butt kicker. That is, you know what I mean? You're living that every day. It's, it's harder than it seems because our systems actually, because women haven't had a chance to unfurl in their fullest expression for many, many, many generations for thousands of years, our channels were running the big energy is kind of withered atrophy. So we need to be restoring them, reclaiming that. And that's a process, that's work, like going to the gym. And, you know, you start with little weights and you go to bigger weights and you train your endurance and it's the same thing with your nervous system and your subconscious.

00:36:14 And we do it in a community because as you know, from Origin, community is key. It's key being met by those who get it, being safe in a community. Most of us received traumas in a community be that a community of one other person or many. So it's very essential to be in a community that is safe and is on that same journey and can support you in that.

00:36:41 [Kate] Totally. Okay. This is so beautiful. I, I love this so much. It's such a critical element to this work. It's, it's why we actually have a nervous system healing call every month in Origin and use that. Like, I think if you're, if you're watching this and you're new to the membership and you're thinking, ah, what is that nervous system healing thing like that? Oh that's like going to yoga. Like, no, I don't, maybe I don't need to do that. That's not going to have anything to do with building my business. I really want you to prioritize attending or the replays because this work changes everything

00:37:25 [Dr. Valerie] Changes everything.

00:37:27 [Kate] And if you don't do the work on your body, your embodied subconscious, you will just keep replaying the same things over and over again. And none of the strategy that we teach here will really work in a sustainable long-term way. There will something will happen where you'll self-sabotage or you'll get distracted or unfocused or whatever. And so do that, please do that. Read this book, take the steps, go to the link below the video, get the journal, check out. Dr. Valerie's work. It's so critical. Is there anything else that you think people really need to know as we bring our conversation to a close?

00:38:13 [Dr. Valerie] It's amazing that we're in this conversation. So just notice what it's already being activated and coming up in you being in this conversation. Maybe there is an urge to run away and distract yourself and just get busy. But as Kate said just keep showing up. Keep showing up to this work, keep showing up to working with your nervous system, keep showing

up to the community that can support you in this work.

00:38:44 Several times a year, we have an opportunity to come together as a community as well. We have an event called The Thriving Experience, and this is an opportunity to actually see and experience beyond a shadow of a doubt that there's nothing wrong with you, with women from all over the world. Maybe they grew up in Africa, in Australia, in Switzerland, or like me in the Soviet Union. We all got the same core patterning and now a nervous system, which is shocking and revealing. And we've come out of these silos of shame. Something is wrong with me by reflecting to each other, being with each other and just reflecting our, our value, our unconditional worth, our unconditional beauty. And that's what I want for you. That's what I want for my daughter. That's what, why I'm doing this work. I want every woman to know her unconditional worth, her unconditional beauty and never, ever, ever trade it for the cheap surrogate that patriarchy tries to sell us every day, many, many times a day at a very, very high price.

00:40:08 [Kate] Wow.Hmm. I really felt that. Thank you. Thank you. Thank you, Valerie. This was such a beautiful conversation and I am so honored to be on the same team with you furthering this mission.

00:40:23 [Dr. Valerie] Thank you for being such a champion of PSD awareness and healing and a leader who really embodies this transformation. For when I'm looking for examples of living this work in the world, I always look to you and I just want to, want everybody in the community to know just watch what Kate does and how she does it. Don't just focus on the business strategies, actually understand what it takes to show up in the way that Kate does. And Kate happens to be very transparent about what it is taking every step of the way to show up. And it's not coming from up here.

00:41:03 [Kate] Body First, Business Second. That's why we do this. That's what we're talking about.

00:41:09 Thank you everyone. Thank you for being here. And there will be a link below this video also to share your takeaways in our community, because I would love to hear and any questions that brought up for you, all of that. So thank you, thank you, thank you.

00:41:25 [Dr. Valerie] Thank you.