

## Ep #003: Why You Should Get a PhD in YOU

# Vulnerable to Valuable

with Rosie Aiello



Julie Reisler

"Time to Get a PhD  
in YOU"



**Full Episode Transcript**

**With Your Host**

**Rosie Aiello**

## Ep #003: Why You Should Get a PhD in YOU

She thought she was always the one who was the problem in the relationship.

If she only did better, then it would be better. Did you ever feel that way, too?

Then she turned the bullying, blaming, and shaming onto herself.

Until after much self-discovery, she created a vision for a kind man she wanted to be with, and found him ...

Hi, I'm Rosie Aiello and welcome to the Vulnerable to Valuable Podcast.

We talk about moving forward after experiencing narcissistic, controlling, demeaning and abusive relationships. If you've been in one of those like me, you KNOW what I'm talking about. You are not alone. You've been through some painful stuff ... shame, blame, that inner bully inside you. My mission is to lift and inspire you ... give you the ways you can reclaim your voice and value, your confidence, and the courage to BE the new empowered you.

Today we meet Julie Reisler. She gets vulnerable on how observing her parents' dynamic when she was young put her on a self-destructive path of overeating. She then set up herself up for being a meek and muted person in her 1st marriage.

She then dove deep to discover her true self, and the love of her life.

We're going to talk with Julie in a moment, and first to today's 11 Pillars.

There are 11 Pillars to take you from Vulnerable to Valuable.

In every episode I share my insights into one of the 11 Freedom Fulfillment Pillars—This is path I followed after escaping a 25 year narcissistic relationship. Within a few short years I became an international award-winning entrepreneur, best-selling co-author and speaker, and now experience daily joy with the love of MY life.

It took me years ... so I CAN NOW shorten that path for you.

Be sure check out Episode 1 or 2 where I identify all the 11 Freedom Fulfillment Pillars. These too can be your path to a new empowered you, to reclaim your voice and value, and to be ready to receive love and kindness so that you can create the productive, prosperous and joyful life you desire.

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Today, I pull from Pillar #1 to discuss having a vision to direct your future. You'll hear later how my guest laid out her vision to create the life she has now.

Creating a vision for your future.

The first thing I want to share is your past does not define your future. This is what you know, and this is what many of you base your future on. "But I can't. And I was in this bad relationship and this happened to me. I'm broken. I'm unlovable. And, I can't create this life that I want. It's impossible." All these negative thoughts ruminate in your mind and you believe them. I'm here to tell you they're not true.

One of the first steps to start to shift those thinking is to create a vision for your future, because when you do, it gives you a hope that you can strive for, even if it doesn't look possible. How can this be?

I was in this relationship for 25 years. I lived overseas and I had to engineer an international escape to get out. But I remember early on, I knew I was going to get out. I didn't know when, and I don't want to discourage anybody if you're not out that you can't get out. You always can. I will go into the why's I didn't get out earlier in a different podcast. But I always had some vision.

And then during the planning stages of my escape, my vision was crystal clear but so simple. I just said to myself every day: "My daughter and I deserve a happy and joyful life. I don't have to be a martyr. I have one life to live and I'm going to live it." That was my vision that kept me going. For me to be able to just feel that freedom..." No, it's mine. No, I have this life and I'm going to live it."

So, create that vision for yourself because that vision allows you to create that joyful life that you deserve, and you can take mine. If you don't have anything, take it. It's all yours. You too can say, "I deserve a joyful life. Yes. I deserve a joyful life." Don't worry about the how. Don't worry if it seems so farfetched. That will come later.

First, you got to start with a vision and just keep going after it and going after it and thinking about it and writing it down. Write it down, record it, say it out loud, say it to yourself, practice it, get a real feel for it. The more you do, the more you're going to embody it.

Think about a life where you're treated with kindness, respect, and thoughtfulness. That sounds pretty juicy. You can say, "Oh, but Rosie, I never was treated with kindness, respect, and thoughtfulness." Well, there you go. That's the reason to be - to expect to be treated. You're lovable the way you are. You are whole the way you are. You're not broken. You may feel

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broken. There's a difference between feeling broken and actually being broken. You're not broken.

You deserve to create a life that you want, and you can. You can find real love that's kind. So many of my guests have found that kind love. I have found the kind love and I too never thought it was possible. I wasn't even interested in the beginning of looking at another man. I didn't want to hear a man. I don't want to see a man. I couldn't go there, but I still had. I deserve a happy and joyful life without even knowing the details of what that meant. That was my guiding light.

When I say I live that life now, it's almost unbelievable. That's like, "Oh my gosh, I do. I feel joy." Does it mean that every single day of my life is happy-go-lucky and everything is all roses and cherries and everything else? Of course not, because that's not the human experience. But if I were to describe my life, yeah, I have a joyful life, and I'm creating that.

So today, all I want you to do is just create a vision for yourself. Just create something, take mine, add to it, add yours. Maybe you like to draw. You can paint it. You can create a vision board. What's important is that you really feel it... something that makes your heart skip a beat of joy.

Don't worry if you can't grasp it right now. It's okay. Take it in time. Just take a little step here. Maybe have a notebook devoted to your vision, and you can keep expanding upon it and giving it colors, more colors, more descriptions. What do you look like? What are you doing? Where are you? Who are you with? What colors are around you? What do you see? What do you smell? What do you hear?

Just feel it, see it, taste it, hear it... all those little pieces put together. Maybe there'll be one of those pieces that grow bigger for you. Maybe you like sounds. You'll just say, "Oh, I can hear his voice. I can hear the sound of his voice. It just makes me feel so safe. I hear him saying to me, 'I support you. I believe in you.'" Wow. That's pretty magical. I believe in you.

So, create that vision for your future. It's not static. Don't worry about, "Oh my gosh, I have to change it." I wouldn't change it too much except to expand it and modify it. Don't make it in such a big leap that it's not really believable.

If you're not making any money and you say, "Oh, I'm going to be a billionaire," it's too far of a leap to start thinking about that. The body is not going to be able to know how to reach for those solutions. I mean, to say, "I want ten times my income," whatever that is. You see? That's more feasible. Maybe not put limits. Maybe you'll make \$2 billion, so why say one? You don't know yet.

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When we talk about the love of your life, talking about kind love, feel, how does he make you feel? How do you feel? How do you want to feel? Maybe you're going to have to tap into some new feelings that you haven't experienced before or not for a long time.

That's the challenge for today - looking into your vision, creating the vision that will give you that hope to keep going after. I call it "the good hope". Keep going after your good hope. You can do it.

If you want to know where you are on this path, take the Freedom Fulfillment Quiz, my gift to you. In 4 short minutes you'll discover where you are and where you want to be.

Go to: [www.FreedomFulfillmentQuiz.com](http://www.FreedomFulfillmentQuiz.com)

You can find this LINK and all other links mentioned in the show notes.

Julie will be here in a moment and first ...

Thank you for downloading the Vulnerable to Valuable Podcast produced by the Love is Kind Network. We're just starting out, Please subscribe. Every 5 star review on iTunes and every share will help our mission to reach and impact 100M women worldwide who been affected by narcissistic relationships and domestic abuse. Our goal is to create kinder intimate relationships, kinder families, kinder communities, and a kinder world. Will you help us achieve that goal?

Now to the dynamic Julie Reisler, who when she learned to listen to herself, she finally discovered her true self and created a fabulous life.

Let's go from Vulnerable to Valuable with Julie.

**Rosie Aiello:** Welcome, Julie. I am so glad you're joining us today.

**Julie Reisler:** Thank you so much for having me. I am thrilled to be here.

**Rosie:** I want to just share with my listener a little bit more about you before we get into it because you have an impressive background.

Julie Reisler is an intuitive coach, best-selling author, multi-time TEDx speaker, and host of the *You-est You* podcast. She works with and coaches big-hearted, high-achievers, soul seekers. She's all about helping you tune into your intuition to be your you-est you. She is the author of the *Get a PhD in You* book series and a mindfulness teacher on the popular app Insight Timer, with over 115,000 downloads. She's currently working on her third book.

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Julie has a Master's degree in health and wellness coaching, more than 12 certifications in mindset, mindfulness, and well-being, and is on the faculty at Georgetown University in their coaching program. What a delight to have such an inspiring, amazing woman today.

**Julie:** Thank you so much. I am so looking forward to diving in today with you.

**Rosie:** Before we get into the nitty-gritty of what led you here, just share where are you now and what are you doing.

We read a little bit of your background, but I want to hear some more.

**Julie:** And I say this because I'm going to share where I am now and I'm glad we're going to also look before that. I think it's important to share what has happened to be able to get to this point today.

I'm very, very grateful. I have had my own business for a little bit over six years. I get to really help people to tune into their heart intelligence, their inner wisdom. That is something that has saved and changed my life. I pushed it down for many years and didn't listen to it.

I feel grateful to be fully self-expressed. I am remarried to a wonderful, loving, kind, very empathic man who just gets me. I feel very blessed to have that. I've learned so, so much, I feel like I've done 20 lives in this one life. But today, self-love, caring for myself, nourishing my body, healing my body, taking care of myself is the most important thing I can do, Rosie, and that is a huge shift from where I came from.

**Rosie:** Thank you for sharing that and we'll get into that some more, too, because it is just so important. What was a little bit more of your upbringing and then led into your marriage and how was that?

**Julie:** Let me just say I have two very loving parents and, from the outside, if you were looking in, and I think this is what can be very deceptive and challenging, especially if you're struggling. My dad, who struggled with PTSD, was totally undiagnosed. He's a Vietnam veteran, ADHD, bipolar, low self-worth. I don't even comprehend what he went through.

The way that I grew up and how this translated, I was put on that pedestal to a degree. It wasn't in an inappropriate way, my dad with me, but my mom, who I always felt like they were brother and sister, and my mom, who has high anxiety, this just made for like oil and vinegar. I grew up with my dad really being pretty mean to my mom, bullying her, being mean. The sad part is I didn't know any different and, of course, my sister and I just kind of got onto the bandwagon. He, I think, took out a lot of his angst and anger on her and I grew up seeing that, so I had no idea that that was part of the pattern. Remember, I grew up with a lot of love and support. My parents were very loving to me and I figured I have love, great.

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I struggled a lot with overeating as well. I think, as a sensitive empath, for some who are listening, you might resonate, but I tend to feel energy in people's feelings very, very deeply and I could sense my dad couldn't stand my mom and was angry with himself. To block that, I did a lot of turning inward on myself and I used and abused food for years, and I'm talking eating out of the trash, binging, stealing food from friends, wherever I could get it, and that's what I did.

**Rosie:** It's interesting how when we don't understand and we can't express it, how we manage it. It was a coping skill. It wasn't a healthy coping skill, but it was a coping skill and that was all you were able to do at the time.

**Julie:** Right, that's what I knew. I have done a lot, a lot, a lot, a lot of work, I mean years and years. It's probably close to 18 years because I know when I first started to really address this. Actually, in some ways, I had to really learn to forgive and just love up on myself. I did the best I could. My sister chose alcohol and drugs in addition to food, she's a recovering alcoholic today, but there's a lot of ways to express. That was what I did and it was the best that I knew how to do, but that's what I saw.

I remember seeing other families and parents and just thinking I really wish that's what I had. I remember I would spend time with friends that had families that were very solid units and searching, seeking, wanting that. I can feel it; it makes me sad thinking about it. It was really hard to watch my dad go through that and then take it out on my mom and my mom, a lot of fighting, a lot of crying.

My dad put so much attention to me, so I felt like, frankly, on a different level, my happiness, my doing well in life was keeping him alive. And you know something Rosie? He has actually talked about that. He went through a bout of depression, this was before, this was like 80s/90s before it was as commonplace. I really think there's some truth to that. I think he could have easily opted out of life and so there was a lot going on there.

**Rosie:** That's a lot for a child to bear and then you got into, because I want to go into self-forgiveness in a little bit, but just to continue then, this is what you observed. That's just what it is, that's the life you knew. You knew it was not quite right but couldn't really express it. You went to friends' houses to get some kind of a foundation there, some sense of strength of their relationships. Then you met somebody who turned out to be what?

**Julie:** I would say it's so fascinating. I met my first husband in college and here's what I'd say: he's a good person and I was looking for stability, I was looking for security, that's what I was looking for at that time. My parents split when I was in my 20s; we had started dating when I was, I guess, 18, 19. He came from a very traditional family where there's a lot of right and wrong, black-and-white. As an empath, I could see what people would say like, "Wow, he's really arrogant," and I just was like, "Well, he means well." I don't know how to explain it, but to kind of...

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**Rosie:** The excuse-making. I call that the excuse-making that we fall into. I get it.

**Julie:** And I have to say this, I took the imprint I had. He's remarried today and a great marriage that works, but with me, I think I came in used to this bullying type of relationship and just fell right into that pattern where I just assumed I don't know as much as he does. He's smarter, he's very assured of himself, he's confident, I would say arrogant might be used, and that dynamic created this cycle of feeling like, honestly, I didn't feel like I had a voice. I always say I felt like he was the CEO, CMO, CFO and I was a secretary, which, knowing me now, is absurd because that is not my personality. I deferred to him; I just assumed he knew better. A lot of times, it felt like always the issue was me.

It's funny even saying it. I really believe that because I saw that in my parents. I can see now there were things to work on, but I can see that's not the case. But in it, if you had told me this early on, I would have said, "No, I really have a lot to work on, he doesn't. He grew up with a great family, one of five, they're great. I'm the one who's the problem." That was my family dynamic, so I just repurposed it.

**Rosie:** I get it because my ex-husband, too, he just kept telling me how awful I was in whatever the subject matter was and when you hear it so much, then you start to believe it and that's why you kind of lose yourself. It's the beginning of really losing yourself and losing your voice.

**Julie:** Yeah, and as a recovering people-pleaser, I wrote about getting a PhD in you, it could've been a PhD in people-pleasing, this was my survival tactic. I also figured out the social constructs, the way they operated. Very close family, we lived like a mile from his parents and did things every week. It was a lot for me and I think I just figured out a way to fit in and be really well-liked, and so in doing that, I really submerged myself, my voice.

**Rosie:** Right, because the real you is fighting to come out. I know we figuratively lose our voice because we can't express what we want, but did you have any other health issues impacting you?

**Julie:** Look, from years of abusing food and overeating sugar, I don't think that helped anything. I was so good at people-pleasing, I was kind of fooling myself. I actually woke up in the middle of the night, I thought I was having a heart attack. Thank goodness it wasn't, it was a panic attack, but it was so extreme, I literally couldn't breathe, I thought I was dying. I had two kids under the age of two and I woke up and I heard my inner voice say, "You are not okay here." I just remember sitting up, it was a full moon and it literally felt like the moon was speaking through this inner voice. This is why I do a lot with people around their inner voice because I started to finally hear it.

It took a lot of courage, honestly, to listen to that because, again, there was no horrendous grievance or issue going on, but it was not working at all. I was doing all this work on myself realizing this is not the right place for me, I don't fit this anymore. I also had different aspirations and wanted to speak my voice.

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We did some counseling and then, finally, I had another intuition that I was literally not going to be alive in five years if I did not move and leave and I trusted that. We got separated, literally like two or three weeks later, the joke is I was at a Target in Florida with a friend. All I know is I passed out and I woke up to these very attractive EMT men and I was thinking, "What is going on? What is happening?" I'm in my mid-30s, I was very healthy for the most part. I had just started teaching fitness, it didn't make sense.

Come to find out, my thyroid, which, by the way, regulates everything - your metabolism, your hormones, like it all - it had completely stopped working, underactive. I was very lucky. Had that kept going, I would've had major, major issues. But I still have this underactive Hashimoto's thyroid disease today, I'm still on medicine. This is nine years later. Immediately when I found out, what came to me was that your throat, your thyroid is right here, and I thought, wow, that is so representative of not having a voice. That made sense. I'm like it shut down because I shut it down for years.

**Rosie:** Thank you for sharing that powerful story because I think a lot of women are suffering maybe other health issues and they're not putting it together. I think the abuse or how you're treated is not being put together with the physical part. If you are constantly being blamed and we can't use our voice, it's like a pressure cooker that's building up and if it can't go anywhere, it can't be expressed, it's going to pop out of your body somewhere. That's been my experience personally and talking to other women. It's so important.

**Julie:** I believe I've heard this before, I've done a little work with Dr. Joe Dispenza and he talks about your issues live in your tissues. That's why I do a lot around scanning body wisdom. I do a clearing every day, I tune in. Our bodies hold so much information and wisdom and I really think it saved my life, honestly, getting out of that, even though many people were like, "What are you thinking?" I actually had someone say, "He's so good-looking. You guys are good looking together," and I'm like that has fricking nothing to do with anything. Like let me tell you something, I don't make my decisions based on that and it doesn't mean it's a good fit at all.

“We'll find out some of Julie's key success strategies and first...”

I found that many women have a hard time asking for what they want. And they have an even harder time knowing WHAT to ask for. That's why I created a guidebook : *How to Confidently Ask for What You Want* . And it's yours free.

Simply go to [www.TheLoveisKindNetwork.com/gift](http://www.TheLoveisKindNetwork.com/gift). Start your collection of gifts as I will be offering different gifts throughout this podcast. Get your copy now. It's been a major life changer for many of my clients who've learned to ask for what's important to them, including asking for the sale.

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And we're back with Julie Reisler, author of *The You-est You* and founder of the The School of Sacredology.

**Rosie:** We have to listen to our inner self, our real truth, because we know the real truth, we know what's going on behind the closed doors. You touched upon it a little bit earlier, about your path to self-forgiveness and everything else. Can you just share maybe some of the tips that you did to get there?

**Julie:** Yeah. I want to say one of the things I started to realize is I took a lot of what I saw and then I inverted it, meaning I started to really be nasty and bullying of myself. I spent a lot of time doing that. That, actually, has been one of the more challenging ones to change because, again, we're with ourselves all the time, we have all these reoccurring thoughts and things that we say to ourselves.

The gift was, I said it earlier, struggling with food addiction, I had a pivotal moment. I was still married, really, again, thinking it was all me. I had heard about a support group and, thank goodness, it was - I remember this - it was May, early evening and I was eating M&Ms out of control and it was like do I drive into the tree or do I go to a meeting? Thank God, I got myself to a support group. I think, for me, having other people that were sharing similarly of not just about food, because it's just not about food, it's also about what we're talking about, I started to let go of shame. I just slowly, like an iceberg that melts slowly, I started to melt and really get lovable. Lovable just because I'm here, not for any reason. Not because of any outside factor - because of my body or how I look or what I've done - none of that matters. I started to really connect to who I am and to my heart and that process, I worked with a lot of coaches and sponsors and therapists and did a ton - this is 18 years ago now.

I think, for me, one of the most powerful pieces or tools was I would say I got really into Louise Hay, this is actually when I was younger as well, and she has a whole practice. I wrote about it in my book and kind of tweaked it, but a mirror practice where you really look in the mirror. Now, it's not, "I just love you. You're great," because if you don't feel that, your body resonates as that's not true and you don't want to lie to yourself. But there are things you can say that you can appreciate that will feel true, like, "I'm really grateful for my eyes. I've had them since I was born," or my heart or whatever it is, or, "I love that I'm a kind person," and I just started building this relationship with myself. It's been a game-changer and I thought, "I've got to help people. I feel like I got out of jail." So that's a big one, that's a huge one.

Getting quiet, still, meditating, that took years. Learning to be still, even if it's five minutes a day, that has changed just my whole nervous system, my brain patterning.

And then support, finding people that have my back, that are loving, that are high vibrational, that are kind, that could just hold that space for me.

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**Rosie:** Thank you for sharing all of those different strategies because some of them are going to resonate with our listener and with me and we'll take on, some of them I'm already doing. I go, "Yeah, I didn't think about that," or just as a reminder. That's what this whole thing is because I think, between the two of us, we know that this is a journey and our goal is to help make this journey easier and, hopefully, shorter for the next woman. At least that's my goal as well.

So did you have, when you were in it or after it, a vision of what you wanted to have in your life or was it clear or did it get muddled and then got sharper as it went on, how you got with your sweetie?

**Julie:** It's interesting. It's a great question. When I started doing this deep journey in myself and recovery work, I remember one of the books that was really pivotal for me was Julia Cameron's *Artist's Way* - this was like 18 years ago - and it has you go really into what lit you up as a kid, what gets you excited. I started to realize, oh my gosh, I used to do a lot of - my mom's an opera singer, a music teacher - I did a lot of on-camera, on-stage, and theater and I was like I love that. I love being self-expressed like that. I got into an improv class and an on-camera class and, the next thing I know - this was while I was working full-time - I started doing commercials and hosting and acting and dancing. I grew up dancing. I took a hiatus because I thought I was too heavy to do it, that's a whole other story, but took that up again and started to kind of find what brought me joy.

That opened me and it's very interesting, I had made a list. I remember just making a list like if I, hypothetically, could have just found someone that was really the right, good fit, what is it that I'm really looking for? I made this list and I remember it was like kindness, empathy, EQ. I don't think I said EQ, but like big heart, just things that were really confident, quiet, just things that I was like I want that.

**Rosie:** Is that my list?

**Julie:** I know, right? I think we have the same list. What is crazy is I was really not looking. We met through work. I remember thinking like, "Oh my gosh, you are almost the list. That is crazy cool."

The thing is truly, Rosie, what it said to me was, because I do believe how we feel about ourselves is going to reflect the nature of our relationships, so I thought, "Finally! I've done so much work to love and honor myself that I'm actually bringing in and attracting somebody who honors that in himself and me." It's not perfect, we've been married almost 5 years, it's not perfect, and it's like a relationship. It's a partnership and it's kind and it's loving really.

**Rosie:** And you can express yourself fully.

**Julie:** Oh yeah. We had a tough conversation last night and I was like, yeah. Just conversation is not my favorite. Loving and there's respect.

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**Rosie:** I hear you.

**Julie:** Yeah, it's a gift. The thing is that's why I wrote this book, that's why I do this work because when you change your inside and I had to do that forgiveness work, I had to learn to forgive my dad. I'm still working on forgiving my ex-husband. I'm pretty close to it because, look, judging keeps me in suffering. I don't really want to just suffer anymore, I've done enough of that, and I don't use food today.

**Rosie:** This is such an enlightening conversation because as you were describing your list, the first value for me was kindness when I was looking for somebody or wanting to bring somebody in, and the first value on his list, on my guy's list, was also kindness. It was just like you said, we just got ourselves ready, or I got myself ready. Doing all of that work before was I don't want to be with that negative energy and then switched it around to the positive energy and then, of course, the work that we did on ourselves brought us together and now you're living a delightful life. When you say it's not perfect, but you're able to communicate, he respects you, he honors you. It's the and, not but. If you're allowed to express yourself, that's the most important thing. You don't have to hide, anymore, who you are.

**Julie:** Absolutely. People have told me, they're like, "You actually look younger now than you did in your 20s." It's that energy and it's that self-expression and when you're self-expressed, when you feel free, when you feel that energy of congruency, your body responds. I feel better, more congruent, more energetic today, almost 20 years later, than I did in my 20s, I'm in my mid-40s. It's amazing and I can feel that in myself, so there are so many benefits to really doing this work.

**Rosie:** I love it. How can our dear listener find out more about you and your you-est you?

**Julie:** I know, you've got to love it. That was what I uncovered was my me-est me, the you-est you.

**Rosie:** Yeah, I get it, girl. I get it.

**Julie:** It's like who knew she wanted to run a business? Who knew she wanted to start a podcast? It's so funny, I'm like, all right, girl, there's a lot you like to do and just going with it. The best way, I have a website, which is just my name, [juliereisler.com](http://juliereisler.com). I also have a lot of free meditations and just all on self-love and confidence and kindness and all of that range of topics on [Insight Timer](#), which is a wonderful meditation app and you can plug in my name. You can find me on [Facebook](#), on [Instagram](#) if you plug in my name. I also have the [You-est You podcast](#) and Facebook community. I've started a community to help others, it's called [The School of Sacredology](#), and it's to help people understand how to live a life that goes from being scared to that's all sacred. That's new and I'm really excited because I'm going to be teaching and guiding around everything that has helped to change me.

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**Rosie:** I love that. And just for the listener who may not know how to spell your last name, just spell it so we make sure they get the right website.

**Julie:** It's Julie, J-U-L-I-E, and then it's R-E-I, like the store, R-E-I-S-L-E-R, so [juliereisler.com](http://juliereisler.com).

**Rosie:** Perfect. I wanted to ask you, we were talking a little bit before about love is kind and I was saying that real love is kind, not terrorizing. It's not hurtful or harmful. It's uplifting and caring. What does love is kind mean to you, Julie?

**Julie:** Love is kind to me - that's a great question. I actually think it's our inherent birthright. I think it's how we're designed. I think when you learn to tune into your heart energy and worthiness, what oozes out is kindness, is compassion, is love. What happens when we get hurt or someone gets hurt is hurting people hurt others, so to me, it's a call, it's a cry for help where someone's hurt. To me, that's the natural byproduct of tuning into your higher self, your heart, into what love really is.

**Rosie:** I love that. That's beautiful. Thank you so much for your time here, for your wisdom, for being vulnerable and helping others become valuable.

**Julie:** Thank you so much. This was such a gift for me. Thank you.

That's it for today's episode, head on over to [www.VulnerabletoValuable.com](http://www.VulnerabletoValuable.com), and subscribe to the show. When you subscribe, you'll instantly get a special eBook, *Ask Confidently for What You Want*.

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