

Ep #015: Create Your Vision



**Vulnerable
to Valuable**

PODCAST

with Rosie Aiella



Magie Cook



"Create Your Vision"

VulnerabletoValuable.com



Full Episode Transcript

With Your Host

Rosie Aiello

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She grew up in an orphanage with 200 other children, 68 were her legally adopted brothers and sisters. Suffering, neglect, and abuse surrounded her. But she had a secret that saved her.

That secret she had from a child carried her through the toughest times, and was and still is the reason for her successes in all areas of her life including creating and then selling her Salsa company to Campbells for over \$200 million.

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 coming up in the podcast, our guest Magie Cook, gets vulnerable sharing her traumatic childhood growing up in an orphanage in Mexico to becoming a multi-millionaire. Make sure you have pen and paper to take notes!

We're going to talk with Magie Cook in a moment, and first a mini masterclass ...

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In today's podcast, my guest shares how from a young age she created clear visions of what she wanted her life to be. This topic fits in perfectly with Freedom Fulfillment Pillar #1, Creating Your Vision.

Listen carefully throughout the podcast to see how many ways Magie created a vision and how it came to life.

Creating a vision is the best way to keep yourself looking forward instead of focusing on the past (or present depending on your circumstance), which keeps you locked into small and usually negative thinking.

Your past does not dictate your future. Your past does not determine your future.

Your future depends on new thinking. That new thinking takes practice because your brain wants to keep you comfortable and to your brain comfortable is what it knows—even if it's abuse.

Early on in my marriage, I knew something was wrong. I didn't have the words for it, but I clearly felt something. I didn't like being insulted and belittled all the time. Despite having been

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a rising star in corporate finance in a tech company in Silicon Valley, after my marriage and moving to the Middle East, all of a sudden I couldn't do anything right. I was treated like a child and it only got worse after my daughter was born.

After she was born, I told myself that someday I'd get out of this marriage. I didn't know when, but I knew I would. 20 + years later, I am preparing an international escape from my husband.

I told myself hundreds of times that my daughter and I deserved a happy and joyful life. That I had one life to live and I was going to LIVE it. I didn't know how it was going to happen. But I believed it in my soul.

As I look back, every time I believed something down to my soul, it manifested. And that's what you'll hear throughout this podcast interview, too.

All a vision needs is a sliver of hope.

That sliver of hope becomes the seed for growth.

The more you nurture that seed, that vision, the more it will grow.

You can create a vision of the life you want.

Too often, people become impatient, me included when the vision doesn't become reality in the timeframe we have in mind.

Then you give up on their vision, instead pouring even more energy into what you are seeking in their life.

Dream.

It's okay to dream.

Write it out.

Read it.

Say it.

Draw it.

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Color it.

Make a vision board.

Breathe it.

Believe it.

Believe it.

Believe it.

You may often hear others say, don't worry about the how.

People get focused on if they don't know the how, then how can it come to be? But then they get focused on the how so much so that they lose focus and energy on the vision and this is a mistake.

So go ahead, right now. Write down your dream.

I was living in the Middle East. In an abusive marriage. Far from family and friends. No support team near me. No one.

Yet I created that dream.

I didn't give specifics. Because I didn't even know then not to give specifics.

I could have never in a million years guessed that I would be here with you now sharing my story in the Vulnerable to Valuable podcast, that I would have started a business, that I would have become an international award-winning entrepreneur, that I would become a speaker and an award winning author with colleagues. That I would have found the love of my life. That I would be living the life of love, peace and joy.

But I am. It blows my mind too.

I just kept an itchy bitsy flame of hope burning that I will have a better life.

And I'm sharing another vision I have: To inspire and impact 100M women worldwide with their children to release the shackles of abuse. To be their guide so that they learn to believe in themselves. To believe they deserve to be treated with kindness. And this will lead to create

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kinder intimate relationships, kinder families, kinder communities and a kinder world. One woman at a time.

I invite you to be a part of this vision, simply share this podcast with your friends and colleagues and ask them to please subscribe, too.

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The only way to move forward and create an impact in your life is to know where you're at, where you want to go and what's holding you back. Get started by taking the Freedom Fulfillment quiz. In 4 short minutes you'll discover where you are, where you want to be, and what you'll need to do. If you are serious about evolving into a new empowered you, who can show up as the confident woman she once was, or wants to be then start now. Your life is waiting for you.

Go to: FreedomFulfillmentQuiz.com

Today we're going to meet Magie Cook, who grew up in an orphanage in Mexico, won a basketball scholarship to a US University, started her own Salsa company, sold it to Campbells Company and is now an inspirational and motivational leader. Her wisdom pours out so that you can learn to create your vision, believe in yourself and make the impossible dream possible.

Magie Cook will be here in a moment and first ...

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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 impact 100 M women worldwide who have lost their voice, value and authenticity in narcissistic, controlling and abusive relationships. Will you help us achieve that goal?

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Now to Magie Cook, inspirational and motivational leader...

Let's go from Vulnerable to Valuable with Magie Cook.

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Rosie Aiello: Hi there, Magie. I am so thrilled to have Magie Cook. I heard her speak at a big convention last year, fell in love with her then, read her book, fell more in love with her, I'm so happy you get to join us and share your brilliance.

Magie Cook: Thank you for having me.

Rosie: Well, I want to let our listener know a little bit more about you. I'm going to read your bio.

Magie Cook-Garcia is an immigrant who was born in an orphanage in Mexico. She grew up with 68 siblings. She was recruited to play basketball for the Mexican National Team, but broke her collarbone. She later immigrated to the US on a basketball scholarship at the University of Charleston. We're going to talk about that a little bit more. After graduating, she became homeless. She entered a Fresh Salsa competition for the state of West Virginia and won unanimously and created Maggie's All Natural Fresh Salsa's & Dips with \$800, a company that distributed products across 38 states to all major supermarkets, such as Walmart, Sam's Club Whole Foods. In 2015, Magie sold her company to Campbell's Soup. What an amazing story, and that doesn't even touch what this woman really is. Let me tell you. It's just the beginning.

It's such a delight to have you participate in this, and I know you'll be an inspiration to so many who hear your journey. So, just give us a little bit about a brief of talking about your journey from where you were to all the magnificent things you've done.

Magie: Well, it was certainly unconventional in the way that I grew up. I've never... When I moved to the US, I never met or heard of a family that grew up with 68 siblings. And it's truly an environment where you had to survive because there was only two caregivers and there's all of us. And we grew ourselves up. So when I was a little kid, I was brought up with a young adult that lived there. And when I grew up, I was brought up with a little kid. So we were just growing each other up. So I consider myself to have mothered so many children and other children mothered me.

But it was a situation, circumstances, where it's a third world country, it's Mexico and we're in the mountains, in the Michoacán. And there's nothing, there's no civilization. The only thing between you and the road is a barbed-wire fence. And you see all kinds of suffering. You see kids with all kinds of illnesses or abuse or scars, unbelievable scars, and there's things that are happening there because how can two caregivers take care of so many children? Because we were... There were 68 of us, but there was all their children that came in that weren't adopted that lived there. So at some point, we had over 200 kids there, but it was a constant feeling of you having to survive.

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And one of the biggest things for me, I'm not sure if I talked about it in the book, but... And I'm just going to be very honest and vulnerable, is that I was always saying love doesn't exist. And the reason why is because I felt like I needed to be tough in order to protect myself and show a character that was... You're not going to mess with me because I saw so many of my sisters being sexually abused or abused emotionally in so many different ways. So I always said, "Love doesn't exist. I'm tough." But that wasn't the right thing to do. However, I... And that aspect, I always saw myself with hope, always had this hope that someday I would come out of there and become somebody and become a success.

And so I saw myself as the super successful woman with a suit, with heels and sitting behind a mahogany desk. And I didn't even know anything outside of where I was living, but I had hope. And so I was always looking for what could I do. I'm in this orphanage with dirt floors and cow pastures and poop everywhere. You could literally kick the poop when you played soccer or something in the fields. How do you see yourself better in a situation, a circumstance where you're stuck from being born there to when you are 17? How do you change that? And for me, it was just, I had this mental mindful escape where I would go away to the mountains, or I dug this cave. I think it's in my book.

Rosie: Yes, it is.

Magie: I dug this cave with my knife collection that nobody could get to. And that was my secret hiding place for me to go in and kind of relax and meditate and be away from it all. And then when your name was called, you knew something was wrong. You were in trouble or something. So it was like, ah. But having a certain mental attitude, it had to be so prolonged, but I knew and I believed that I would come out of it at some point. And a lot of you are out there and you have challenges and circumstances that you're not stuck in a place where really you have choices, you have options, and all you have to do is look at those challenges. And I'm not calling them problems. It's just the challenges, but you have to look at the opportunity that those challenges have, because when you look at the opportunity, then you're able to shift everything. If you change the way you look at things, you begin to shift at how to approach things differently and how to start creating change for your life.

Rosie: What I find so amazing at such a young age, at such a young age, you knew about meditation going quiet even though you were in the rural area. But you still even more so got down to earth. You granted yourself. You went into... You got into a quiet spot away from everybody else. And you had this incredible... I mean, I just think you're just beyond normal, Magie, because you had this special gift really to create that hope. When you didn't see anything, it's not like you had television and you were looking at things. You had nothing to even spark that hope, but it was in you. And I find that women who are maybe in an abusive relationship

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and they can see a lot of other things, they don't have the hope. You created the hope, no matter what. And I find that so inspiring and so helpful.

Magie: And I was... When you are born into a disruptive or a bad home, you don't learn from watching other people doing good in relationships. So I had the same issue. I was in a cycle and I recognized those patterns. And when I was able to recognize those, I stopped them. My life changed tremendously. And I was able to... I'm married now. And it's been so amazing, but it took a long time. And I didn't see that until it was repetitive. And I said to myself, "Okay, I've seen this before. Enough is enough. And here it stops."

Rosie: Yeah. Right. That's so important. It's like you start to recognize it, but you don't always recognize it in the beginning. I want to just go in a little bit more. Well, we were talking a little bit before we started recording. And just to tell you how amazing this woman is, you heard in mine and the bio that I read that she got a scholarship for a basketball scholarship. Now, if you're like me and if you're just listening, you would probably even... If you could see this, you're going to think, "Oh, well, she's probably 5'11", 6-foot and really great. Well, she is really great and she is super-fast, but she's 5'2". Now, if you're 5'2" and you can get a scholarship, and the woman saw you just playing randomly and walked up to you, the coach, right, and just said, "I want you on my team," kind of a thing. Another thing of you manifesting what you wanted, but here is living proof of what is possible when you want something, because you wanted that. You practiced and you were really good.

Magie: Yes, 5'2". And I remember I had to discover that I had to be really fast.

Rosie: Yes.

Magie: I could score on most players that were six feet tall or more in college right underneath the hoop because you had to be fast. But one of the things that I did, it was, I was always looking for things to be better. I used to practice in the orphanage in a dirt court with a blindfold. And I had an adopted sibling. We found him in a dumpster because he had spina bifida. He was thrown away. So, that week I had to carry him on my back because we were paired up. And I asked them to play a game with me, just tell me to turn right, left, stop, go back while I'm dribbling the ball. And I'm visualizing all these people coming after me. And so that's how I got really good at basketball. And that's how I got recruited to play for the Mexican National Team.

Rosie: And your scholarship to the United States. I mean, it's just an incredible story. So, tell us a little bit about, as you were growing up, we kind of have an idea of probably a lot of neglect. I'm imagining a lot of neglect. So, how would you describe how you grew up and how it impacted how you were treated? And there seemed to be a conflict. There's a lot of compassion

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of taking care of all these children, but individually, it was neglect and maybe you didn't feel loved. Can you describe the situation a little bit more so we see?

Magie: Well, it's impossible for two people to really care and love for. And as a matter of fact, when I grew up and I was in college, I met with them, our caregivers, and I told them, "You can't keep getting more children because you can't have one on one with them." And their focus was mostly bringing more funds to the orphanage. And the way to do that is, show that you have more kids. So it was obviously something that didn't work. But for me, I mean, just constantly, I had this fear, this constant fear that I was either going to suffer something the next thing from moment to moment, traumatic, or I could be killed because of the impact of the punishment.

And I remember that I had these re-occurring nightmares of learning to fly and they were chasing me to calm me. And I would learn to fly. In my dream, I would start floating away. And I was so happy and I would hide in the mountains, wait for the caregivers to leave. And I would come back to the orphanage and teach the other kids to fly so they could fly away with me. But then it was a nightmare because I could only save a few, because I could only have a few. And that was stressful for me because then I saw the orphanage in flames and I saw all these things happening. But it was... I think that the most impactful thing for me wasn't necessarily the physical abuse, but it was a psychological part of it because I think that that type, form of suffering is felt and it's taken. You can take it with you for life if it's not dealt with correctly.

But you're talking about being hungry, being hungry for up to two to three weeks, I became a hunter. I was hunting my own food. I still have my knife that I used to hunt with. And just that and just being so afraid from moment to moment, you never knew if somebody was going to say, "Magie did this or did that." And you were just punished for no reason at all. So it was like, it was never-ending. And I know that our caregivers try to do the best they could. But if you think about what happens in a mine when there's too many kids pulling and so many things happening, you can go crazy. And so that's why I always said if I ever have kids, I'm going to have one or two because then I can just love them and have that right. And being at the orphanage, it's crazy. It was a better environment than being on the streets, but it will still not.

Rosie: Yes, because we need love and attention. And in my situation, I was married to a Lebanese man. He was in the Middle East. I'm American from California. And it was the same but different. It was linked. You felt the fear. I felt fear and terror. And it was the mind, the mindset until I was going crazy. I thought, "What's wrong with me? I could do well and everything else, but not in my marriage." And I was just ground down into just powder of how I am. So you lose who you are, right? And it's just time to get your way to get back. So, what are some of the ways that... You talked about your hope, what other visions did you have to drive you to continue on that path of hope?

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Magie: Well, it was a gift that I was able to come out of the orphanage and get a scholarship in the US. And it always happens by accident, but there are no accidents.

Rosie: Right.

Magie: I broke my collarbone. I couldn't play for the Mexican National Team. And then my caregiver, who's a doctor, said, "Your dreams are over." And what do you believe when a doctor tells you a certain thing? They're an authority figure, but I always believed that if something bad happens, there's a reason and there's something better. And if I wouldn't have had that mentality, then I wouldn't be speaking to you today because when we arrived in... My parents took a bus, the school bus to tour the United States to raise funds for the orphanage. And we stopped in West Virginia at a picnic and there was a basketball court outside. And if I were to believe what I was told, I wouldn't have played that day if I was depressed and everything, but I played and I was excited. And that's when I got recruited to play basketball for the University of Charleston.

And so it's that mentality that no matter what happens, you can either choose. And it's something that I do every single morning. You can choose the life to take control of you, or you can take control of your life. And the moment you wake up, what are you feeling? What are you thinking? Are you going to your phone, the news, the first thing that you wake up? No. You are centered. You are grateful. Even if it's the smallest things, like all these sheets are so amazing and comfortable, and I'm so grateful that I have this bed now. I'm so grateful that I have a car. I'm so grateful that I have a business and that I have a partner. Just on and on and on.

And what happens with gratitude is it opens this vortex of attraction that brings more of the things to be grateful for. And that's one of the things that I really truly learned and appreciated so much because the body cannot feel fear or be in the state of love at the same time. You either choose one or the other. So if you choose... You can only be in one state or the other. So if you choose to feel love and to feel gratitude, then it changes everything. And then your day just keeps getting better and better and better.

But it's really interesting because your thoughts will come in quickly. And in the way that I had noticed them is through my gut. And when you feel that, you're like, "Okay, what is that? What's that feeling? What am I thinking?" Because it's subconscious. You sometimes don't even realize that that's happening. And the moment you feel like often bad, you stop and think, "Okay, this is happening. I'm going to change it around. What can I replace it with?" And it's an onward thing that you have to continuously do.

Rosie: Yeah. It's nonstop working on your brain. I call it rewiring your brain to change your thoughts, especially when you've been pounded into, "You're not good enough. You're not smart enough. You're not a contributor," all this negativity on top of your own insecurities. But then

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when you have somebody who's with you - your family, your parents in this case, and my husband in my case - is that you start to lose who you are and how you believe in yourself. And I love your strategy of being open to gratitude because you can just talk about your whole heart opens up. And that's when you can receive.

I'm still focusing on how young you were when you did all these things. So you were still ahead of the curve, I think, of most people, as far as your ability to vision, to believe in yourself. And that was all, you're always being challenged to believe in yourself. Like you had the episode with your business, right, when you were growing. How do you maintain that belief in yourself, who you are, your own truth, right?

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And we're back with Magie Cook, inspirational speaker.

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Rosie: How do you maintain that belief in yourself, who you are, your own truth, right?

Magie: It all comes down to hope. And the most important thing that I talk about when I'm on stages is really discovering or rediscovering or understanding your why. Why is it that you're breathing? If you have that vision, it creates the passion, the drive to get to where you are to where you want to be. So all of a sudden, all these things that are called challenges, they're no challenges anymore. Why and why you're doing that. You're touching people's lives. You're impacting the world.

I came into the production area one day, actually, office. By that time, we had a 20,000 square foot facility. My office manager, she was from Mexico. She said, "You're so positive all the time. You're just so positive." And I was like, I felt bad. I was like, I didn't know that was a bad thing. And then I was like, "Wait a minute. No, I'm not going to let somebody change that." And so I

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was always like, "Yeah, come on." I would do push-ups with the team members before we went to production. I would do all kinds of stuff. And people loved being there. The culture was amazing.

My team asked me to stay there instead of going back home because they had problems at home. That's the kind of environment. And everything is felt. Everything emanates from you as a leader. And they see it. They see you, they see it. And they begin to adapt those things and it creates change for them. You have to be that beacon of light for yourself, but also for them. And then you begin to see the impact that you're doing in the world around you. And it's felt in the products that you're selling, the people are tasting, the people that you come in contact with, the new deals that come. It's like a light.

I used to go to the center of the production area before the team got in there every morning. And I would close my eyes and visualize this light coming into me and then out of me, and surrounding the entire place and touching everything and touching the people, the tomatoes that are about to be cut, the pencil in my office that I was about to grab and rewrite my goals for the day, the products that are going to touch the people in supermarkets, the buyers that are buying from me. Everything. And it was such a... And it's gratitude. It's such an amazing experience because you are emanating all that. And then people come in and it's felt.

I had often buyers or salespeople come through my office. And the moment they turned the corner because our plant was so big, they were like, "I saw you and I knew... The moment I saw you, I knew you were the owner. And yeah, you could just tell that you have this light." And I was like, "Thank you." Because it is felt, and there's no choice. There's no other choice. It's a decision that you need to make that you make instantly. How is my life going to feel today? How am I going to feel to... What's the decision that I'm going to take that continues to change my life, the rest of my life? Because all we have is this moment right now. As I speak the words to you, this is the moment that's all there is you. What I just said a minute ago, it's gone. This is the moment that we have. And we have to take that and move forward and be the best that we can be in every single moment as our lives are very important in this life that we're living with purpose.

Rosie: Yes, absolutely. That's my dream, is to inspire all these women that their lives matter, that your life matters and you made the choice. It sounded like the journey is easy, right? It's not like we are all the cherries, right? I mean, but to me, it's just like your freedom is important, freedom to be you, and to just fight for your own freedom in a way because you have to believe in yourself when nobody does.

Magie: I had a lot of rejection and I had to believe in myself. I was turned down by banks. I was rejected by potential future team members. I remember opening the door one day because I was hiring. Walmart came and asked for us to be in all supermarkets across the country. So I had to

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hire and we were running 24 hours, the production. And I was putting out for hire, to hire people. They rang the doorbell. I ran from the office, upstairs, downstairs, opened the door and I said, "Hi, my name is Magie. Are you here for an interview? I'm the owner. Are you here for an interview?" And the guy was probably... I was in the mid-twenties, right? And he was probably in his late forties and he was a white guy. And he looked at me and he said... he backed the way and he says, "You're a woman. How old are you?"

Rosie: One, you're a woman, and two, you're young.

Magie: Yeah. And then he stepped back and he said, "No, thanks." And I said, "Thank God. He didn't know I was gay too because he probably would have murdered me or something." But my reaction to that, I was happier. You know why? Because I knew that that was exactly the person that I didn't want to track in my business and be around. So that was a positive thing. That was the, "Yes, I'm glad I had that experience." Not because I had... In a lot of Latin minority people, women, I think that they're at a disadvantage, but they're at the greatest advantage because if I wasn't a woman, a minority, Walmart wouldn't have called because they... At that time, they were running a \$4 billion stimulus. They wanted to bring in women in minorities. They wanted to spend that money to grow, to have that impact. And guess what? The greatest advantage. So instead of seeing yourself as "I'm a minority, I am at a disadvantage," you have the greatest advantage. And again, it's all about how you change the way that you're looking at things in your life, your perspective, that you make that instant transformation in your life. It's pretty amazing.

Rosie: Just follow her. You'll see how amazing she is. What about, I know for me, learning, as I've been going through this, my own healing journey and moving forward, is having enough, having compassion for myself. And I find I still need to do that and have to create self-compassion, self-kindness, forgiveness. Can you share your journey, your thoughts on that? How's it been for you?

Magie: Well, remember that story that I was telling you about I was dreaming and flying?

Rosie: Uh-hmm.

Magie: So when I was in college, I started to have those re-occurring nightmares. And I was at my dorm with another basketball player and they would wake me up constantly. And almost every day, I was sweating and I was screaming because of my nightmares. And that was a dream, the dream thing that I was trying to rescue these kids. And the moment that those nightmares went away is when I realized that I have to change that into something different, a different meaning, give it a different meaning in my life. And so I actually tattooed symbols on my each shoulder blade, like my wings, to dream and to fly because the meaning that I wanted to give it

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was to dream in life and to fly to become a tremendous success so that I can help others. And the F.L.Y. part, the translation is, first, love yourself.

Rosie: First, love yourself.

Magie: Yes.

Rosie: Love that.

Magie: To dream and to FLY, first, love yourself. You have to be willing to... I used to give everything that I have. You have to be willing to give yourself everything first, emotionally, financially, everything intimately with you, because how could you be... How could your cup overflow if you're lacking within you? How could you really help others and with your business, no matter what businesses it is that you're in, with your partner, with your friends, with your family? You have to be the catalyst for yourself first. You have to learn to love yourself first.

Magie: Yeah. I mean, you just have to continue to change the way that you're looking at yourself and be that force that you'll say, "Okay, enough is enough. I'm not going to do this anymore to myself." I'm going to recognize because the research that I come across is that science is saying that it takes... now, it takes 21 days to reprogram your subconscious mind. So if I get in the mirror every day and I say, "Magie, you're super beautiful. You're powerful. You're empowering. You're kind. You are loved." If you say these things to yourself and over and over, your mind, it becomes believable because it's a repetition. And you really need to believe these things in order for you to change the core of your spirit, in order for you to allow that light to shine. And scars are hard because they're there forever.

I was going through... A couple of months ago, I was mentioning that I started having those nightmares again from my childhood. And the reason why is because something triggered it. Something that I was going about in my daily life triggered it. And I remember the first thing that I did was I said to myself at night, "I'm going to program my subconscious mind that when I have a dream like that, I'm going to wake up." So I'm telling my mind before I go to bed, "If I have a dream like that, I'm going to wake up. Please wake me up."

Rosie: Stop it. Yeah.

Magie: Stop it. Pause. So when that happened the next night, I just woke up like this. And what I did was, "Okay, Magie, let's change the ending." And I went back to sleep, I changed the ending to my dream, and it was so beautiful.

Rosie: Oh, how wonderful.

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Magie: Yes.

Rosie: You are amazing on how you can just you just... What you envision and what you think, then it happens.

Magie: Yeah. It happens more if you really want it. Like, if you really want it and you are emotional about it and you want that change.

Rosie: Believe in your heart.

Magie: You believe in your heart and manifest because you want it so badly that your body is working with your subconscious. Because your subconscious, you're not really awake; you're in that state. That's why I do meditation and affirmations right before I go to bed and when I awakened because I know my subconscious is more programmable. So if I have a limiting belief that I can change that and tell it to myself every single day, it becomes believable and I become manifesting all these other things that I always wanted in my life. And they continue to come.

Rosie: That's wonderful. That's wonderful. How about, I know for me, and I don't know if it was for you that when I was in my relationship, because I lost my voice metaphorically, I was afraid to ask for anything because if I asked he would just scream at me. So I just got used to not asking. And then if you're in business, you need to ask for the sale, you're asking all the time in relationships and just things. Did you have that as a challenge? And how did you... how did it come up?

Magie: It was a big challenge for me. And I think as women, we are afraid to ask. I was surrounded by very powerful men growing up, and you couldn't even speak up. There was silence when they came into the room and you couldn't express yourself. Everything that was said was, you had to hear it. There was no option of contributing to a talk or have communication because it was very... It could end up in a beat-up or something. I mean, it was very powerful.

For me, in relationships is that when I noticed the patterns, I decided that I no longer wanted those things. So when I ended those relationships, like, I'll give you an example. I've been in an eight-year relationship, four-year relationship, two-year relationships. And the moment that I decided that enough was enough, because I realized that I was dating people that had these similar characteristics or character as one of my caregivers.

Rosie: Yes, yes. Right. Because we see that and we get used to it, so your brain doesn't think it's a big deal. That's what it knows. It doesn't know that it's not good because it's common. Yes.

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Magie: So you see this in them and you were like... And you feel like, "Oh, maybe this is the right thing because I feel comfort there.

Rosie: Yes. You feel comfortable because--

Magie: Comfortable. Yes. And then you go into the relationship and it's abusive. exactly how that, and it's like the universe or God is telling you, "Pay attention to that." And there's a reason why you're suffering. And this is me speaking to you, telling you I want you to recognize this, and I want you to grow from this because you don't grow unless you change those things that are happening. So everything, all the relationships that I've been in in the past were cycles. And I recognize that, and I decided enough is enough.

One day, I ended my last... It was an eight-year relationship. And I said I am going to go out and meet people and date people. It doesn't matter if I go out for a week, a month or a year. If I recognize one of the things that I don't want... And I did make a list of things that I'm not willing to accept for myself and the things that I absolutely love in a person. And if one of those things came up, no excuses, I wasn't going to feel bad about breaking up with anybody. I was going to love myself first. First, love myself and say, "I'm sorry, this is not working." And I hurt so many people because they were like, "I can't believe that for one little thing, you left me." But it wasn't anything but myself first. It was, I am not willing to take on the same patterns of the past. And I'm telling you, it happened with at least five or six or seven people when I started dating again. But it was just like a test for me. Like, is this what I really want in my life?

And I ended up meeting someone that's super amazing. Our fourth year anniversary came up this month. And it's the happiest that I've ever been, just because I wasn't willing to settle for anything more, anything less than loving myself and becoming the... stopping the cycle of my own personal abuse and the abuse that other people were giving me. And this relationship, it's nothing like my caregivers, either of them. Nothing. There's peace, there's love, there's a connection. There's something. The things that I'm--

Rosie: Joy.

Magie: Yeah, joy.

Rosie: Yeah, joy.

Magie: Yeah, absolutely.

Rosie: Yeah. That's interesting because that's what I found too. And this is one of the things how I help women. It's just like, if you're going to be keeping attracting, you keep attracting,

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whether it's in business or personal relationships, that which has been familiar to you when you were growing up or whenever you experienced the abuse. And this is like until you start to notice that this is not acceptable behavior ever, right? One time is not acceptable.

Magie: Right.

Rosie: Right? Because if it's--

Magie: If it's going to happen one time, it's going to happen again.

Rosie: Exactly. And to start to know someone, when I first started dating, the same thing happened. And it's like, "No, this is not right." And now, me too, I'm just in the most loving relationship. It's just like love, peace and joy. I mean, you just feel it in your heart.

Magie: Yes.

Rosie: It's not difficult. It's easy. It's just--

Magie: But the beautiful thing is it's always a gift mutually, both ways.

Rosie: Yes, exactly.

Magie: And it's always growing.

Rosie: Yes. And that's the relationship I have too. I mean, it's like, who loves each other more? It's like, "I love you more." "No, you don't."

Magie: Yes.

Rosie: But we talked a little bit about our voice being lost. And what I've noticed too, I had personal health issues, and just about every other woman who has been in an abusive relationship has had some major health issue. And we were talking a little bit before about yours. And if you could just share what yours is, because I believe that when we keep that, when we're abused and we have to keep it in, we can't share a voice. It's like a pressure cooker, right, where things are boiling inside because it can't get out. And so the body's saying, "I'm sorry, but this is not really helping me."

Magie: Yes, absolutely. I've had many health issues in the past, but I think the biggest one that I thought would be permanent was my thyroid. And the thyroid is the speaking... The hormone that controls everything in your body and it's a tremendous energy point in your body. And I had

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to first fly, learn to fly. And then I had to really look into the healthy eating and the exercising and the giving to my body, loving my body that way.

Rosie: Self-care.

Magie: Self-care.

Rosie: Really big time self-care.

Magie: And what happened was that when I got thyroid disease, they actually... I went to conventional medicine, which I wish that I wouldn't have done that, but I didn't know any better back then. But they actually gave me radiation to drink and put me in this biohazard room and they destroyed my thyroid completely. So I was on Synthroid. But because of the self-care that I've been doing, my doctors are dumbfounded. They're like, "How is it possible that you've regenerated your thyroid?" And it's because everything is repairable in your body. Your body is always looking to repair itself if you're giving in.

Rosie: I believe that. Well, that's such a great story too because all these things that happen to us, when we start to shift, start to focus on ourselves and believe in ourselves, love ourselves, be kind to ourselves, there's such a huge shift and we can create a joyful, happy, prosperous life.

Magie: Yes.

Rosie: So, tell our listener how they can find out more about you, maybe how they can get your book, which is fabulous. Just fabulous.

Magie: Yes. So you can go online. My website is magiecook.com, Magie with one G, C-O-O-K. And when you first go into the page, you're going to get a little pop-up. It's a free gift. That's the three Rs of highly successful people. And I focus on resilience, relentless, and resourcefulness, which are the three things that for me, or have helped me overcome everything in life. You have to be willing to look at those. And it almost seems like every challenge that I've had, I had to apply all three, because if you get rejected, what do you do? Your resilience, you bend, but you don't break. Well, how are you resourceful? You are resourceful in the way that it's not about money, people, things. It's about the... and the resources that we have to... That we think about to come up with the solutions that we need to overcome those challenges, the opportunities in those challenges. So, that's where they can go. You can also... My website also has the link to my book. It's also available on Amazon. And yeah, so the website for those two things.

Rosie: Fabulous. Oh, that's wonderful. Everybody, make sure you go, it will be in the show notes. And our final question, Magie, is what does "love is kind" mean to you?

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Magie: It goes back to learn to fly. Learn to FLY. You have to be kind to yourself. You'll have to learn to love yourself first. And that wasn't easy for me to learn, especially when I was saying to myself, "Love doesn't exist," because I.. And I think that sort of energy helped because I wasn't abused as much as other girls were when I was growing up. But I'm no longer in that environment. You're not in that suffering environment. And if you are, you can make the change, the decision to stop everything, to say enough is enough, but you have to be willing to start with yourself first.

Rosie: Yeah. Absolutely. That's where it all begins. Well, thank you so much, Magie, for your time, for your brilliance, for sharing all of your strategies and tips. If they just take one thing, just one thing, they're going to transform their lives. Thank you so much.

Magie: Thank you for having me.

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