

Ep #019: Healing Mind, Body and Soul, From The Inside Out



**Vulnerable
to Valuable**

PODCAST
with Rosie Aiello



Nicole Jansen
**Healing Mind, Body
and Soul, from the
inside out**



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Full Episode Transcript

With Your Host

Rosie Aiello

Ep #019: Healing Mind, Body and Soul, From The Inside Out

She was a business coach helping empower entrepreneurs for decades, yet she found herself unable to empower herself. Her mental and physical health suffered until... she discovered her path to inner truth that shifted her from deep anguish to rebounding stronger and having a new belief in herself.

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 Nicole Jansen gets vulnerable when she reveals her pattern of going back again, and again to the man who said he'd change. All the while becoming more and more ill, both mentally and physically.

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

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I share these mini masterclasses to show you a path to reclaiming your voice, value and confidence. To looking at yourself in a new, deeper way. And you'll hear more about that from our guest today where she'll share her powerful strategies.

Listen to them carefully, they are amazing.

Today, I'm covering Self-Care from the Freedom Fulfillment Pillars. Self-care is towards the top.

I'll be talking about both Mental and Physical self-care.

What happens when you neglect or ignore the signs.

Some ways you can help yourself

And the benefits of self-care that are crucial to your overall well-being.

Ep #019: Healing Mind, Body and Soul, From The Inside Out

I can help you move from a crushed confidence and feeling not enough, and confused to regaining your voice, sense of self and owning your true value so that you can show up in this life fully like you want to.

Complete the Freedom Fulfillment Quiz at [FreedomFulfillmentQuiz.com](https://www.FreedomFulfillmentQuiz.com) where you can start your freedom journey to be 100% you.

What is self-care? Well, let me ask you this: Do you have feelings of overwhelm? Do you feel stressed, tired, fatigued? Do you have difficulty making decisions? Maybe you have difficulty coping. You feel burnout. Maybe you have anxiety and depression. Maybe your confidence is just crushed. You don't have much confidence, not much self-worth. Maybe have difficulty being present with yourself or with others, or maybe you're just having to have a difficult time having any kind of good relationship. Those are just a few other symptoms of not having good mental health.

What does good mental health actually mean? Well, good mental health isn't just about the absence of mental health problems being mentally and emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than thinking of the absence of mental illness, mental health really means the presence of positive characteristics. And so we're going to go over that.

It does not mean that you'll never have a disappointment or have bad times or experienced emotional problems. This is life. but this is what I was talking about if you're not able to cope with it, and this is going to help you be able to learn how to cope with all of these and be aware when you start to have physical problems.

So what are some of the things, some simple things that you can do? And then I'm going to get into some of the benefits or the outcome of having good mental self-care, good physical care, because what I have seen and what I've experienced talking to many of my guests is that when you've been in an abusive relationship, it takes 100% a toll, a negative toll on your mental and emotional wellbeing. And in most cases, on your physical health. And many times, the physical element is not correlated to the emotional element.

But I want you to be open to that instead of making excuses why you got sick to realize that probably was tied to your relationship with your abuser, the one who puts you down, the one who wouldn't let you speak, the one who wouldn't let you go when you wanted to go somewhere. The body can only take so much before it starts to rebel.

So whatever it is, even if it was a long time ago, these signs are really important for you to know, and to take the steps to healing and not to blame yourself or to judge yourself or criticize

Ep #019: Healing Mind, Body and Soul, From The Inside Out

yourself. We're all on a journey and you're going to learn things. And here's something that you need to hear today, and just be open to that. It's all good.

So some of the things you can do, which are maybe you've already heard of, but again, this is a reminder - doing some meditation or just deep breathing. There is a biological mechanism that actually happens when you breathe in through your nose and then exhale really slowly through your mouth. It triggers something biologically that actually calms the nerve physically and helps you relax. And when you do that, then you're able to open up the prefrontal cortex and start to really process and make better decisions.

Writing a daily gratitude or success journal is another way, a simple way. Maybe you're not in the mood to feel grateful for anything. You're just in such a state. Maybe you're still in anger state. And these states come and go too. So don't think, "Well, I was doing well today," or "I was doing well yesterday, but today I'm a mess," or something like that. Don't judge yourself.

But you can even pull simple things of gratitude, like just looking at the sky and seeing the beauty in the sky or the trees. It doesn't have to be something really big. You can appreciate doing a journal and you can appreciate just having a washing machine. I think that's pretty cool.

It just takes you off of thinking that there's nothing good in your life and to focus on, "Oh, well, maybe there are some things that I've never appreciated before because I've been so focused on everything that's gone bad in my life, everything that's wrong in my life."

Now you slowly start to shift that focus. And shifting that focus is so key. But as you go through this and you'll hear this through the interview I have with my guest, Nicole Jansen, is looking really deeply at yourself and asking yourself so many important questions. And that can lead to, "Am I talking to myself kindly? Am I being rude to myself? Am I talking all this negative talk?" You heard it from somebody else, but are you doing it to yourself now?

So these are things I want you to think about. And I have so many more in self-care guidebook I'm going to give to you. So just go to the show notes and go to the podcast link to pick it up there. There are many, many ways which you'll see in that guidebook to self-care. And what happens is when you start to practice this, and again, don't blame yourself. You're not doing it every day. You're doing it sometimes. It's okay. Just start taking the steps to doing it. Start looking at yourself, giving yourself some self-compassion. This is such a huge, huge way to give yourself some self-care and self-kindness.

So when you do these things that take care of you, really take care of the inside of you, they take care of your soul, they make you feel loved as if you're taking care of the little version of you or a little girl, how would you talk to her? Would you hold her? Would you console her, make her

Ep #019: Healing Mind, Body and Soul, From The Inside Out

feel safe? And when you do, you start to build greater feelings of worthiness and value. You are more flexible to adapt to change and realize you can do it. It may be difficult, but you can still move forward. Your self-confidence starts to build as you begin to know who you are, who am I during this whole process? And then I'm a person who is learning and growing. That's it.

We don't have to have these big, massive goals, but just understand that you're on a journey. And as any journey, it's going to be up and down to know that you're doing just fine. And as you do it, your confidence will build and will build. And the more you do it, the more hope you start to see in yourself and the more you move forward, the more action you take to move forward instead of keep focusing on the past. What is, what was.

And as much as you want to change the past, as you want to wish you was a better person for you, that he was kinder, that he was supportive, that he was compassionate and empathetic, as much as you want that, you're putting energy into the past that cannot be changed. You're putting energy into somebody who cannot change, who decides not to change.

You're not there to change anybody else. You're not there because you can't change anybody else. You are there to focus only on you. And the more you heal yourself, the more you take care of yourself, the more you can show up fully in this world. And when you do, the world will be looking and they're going to say, "Wow, you've come a long way." I'm here for you. And more people will be coming out to support you.

You're not alone on this journey. And that's what's really important. Even though it's a journey, you're not alone. I'm here for you. And there are others that are here for you. Reach out to us. Reach out and not think you can do this alone, or that you have to do this alone, that you should be able to do this alone. That's the negative self-talk that I was talking about earlier. Rather, you can simply change your thoughts and say, "I'm learning. I'm asking for help. And I'm moving forward the best I can."

Of course, the physical aspect, there are many illnesses. I want you to just pay attention to that, where have you been ill. Maybe you have a cough. Maybe your hair was falling out. Maybe you got limp. Maybe you had hysterectomy. Maybe you had breast cancer. Maybe you had a thyroid problem. Maybe you just haven't connected the dots. And the more you heal your inner self, the faster you will heal physically too. When you heal yourself emotionally and mentally, your whole body changes and you end up having more energy and vitality. Your pain starts to go away.

I was working with a client and she had a bad headache and a bad neck ache and everything else. And by the time we were done, she says, "Oh, it's all gone. You must be a chiropractor too." We

Ep #019: Healing Mind, Body and Soul, From The Inside Out

weren't even in the same room, it was pretty funny. But that's what happens because it was all of her emotional anguish that was dragging her down and causing her physical pain.

Of course, when you do these exercises to help you get better emotionally and physically, even by a walk, it creates a hormone called dopamine. And we'll just call that the happy hormone. And the more you do that thing, the more, the happy hormone will start to be produced to offset the hormones that are bringing you down. Those get produced as well.

So we have to outdo the bad hormones that are getting generated by your anguish, your negative thoughts. You're insulting yourself. You're judging yourself. "Why can't I do better? Why did I stay in that relationship so long? Why this, why that?" Forget the why questions. You're here and you're here now.

All of these give you the chance. When you do healthy self-care, good self-care, you have more successes. You feel more hopeful. You create a foundation for a longer and healthier life. You create the foundation for creating healthy relationships. You create the foundation for creating and having a healthy, intimate relationship.

No, self-care is not selfish. Self-Care is critical to your overall wellbeing.

You deserve to be treated with kindness and that starts by being kind to yourself.

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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](https://www.freedomfulfillmentquiz.com)

Today we're going to meet Nicole Jansen, host of the Leaders of Transformation Podcast and empowering entrepreneurs for 30 years. She'll tell you her unique way of digging deep, so that you can know yourself better, belief in yourself, can emerge both mentally and physically healthier.

Nicole Jansen will be here in a moment and first ...

Ep #019: Healing Mind, Body and Soul, From The Inside Out

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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 Nicole Jansen, Empowering Business Coach.

Let's go from Vulnerable to Valuable with Nicole Jansen.

Rosie Aiello: Welcome, Nicole. I am so glad. It's been a long time. We've met each other at an event, and then we kept in contact, and now you're here on the Vulnerable to Valuable podcast. I am really thrilled.

Nicole Jansen: Oh, well, thanks for having me, Rosie.

Rosie: Well, I want to let our listener know really how much spectacular you are. You have been empowering entrepreneurs for over 30 years. When I read that, I have to be honest. It was like, "What was she? Ten?" It's 30 years, just cannot be possible. Her vast experience in business leadership and human behavior, along with overcoming adversity in her own life, has uniquely equipped her to bring out the best in others. I will say that. I have firsthand experience on that. She's the founder of Discover the Edge and the Leaders of Transformation Podcast, reaching listeners in over 140 countries.

Well, congratulations on that.

Nicole: Thank you. And yes, I wasn't 10, but I was close. I started my first business when I was 16 years old. I'm now 48. But I was actually helping my parents in their business when I was even younger than that, yes. So I've just been knee-deep in that for a very long time. So, that's not an exaggeration.

Rosie: I was close. I can tell.

Nicole: Well, good for you.

Ep #019: Healing Mind, Body and Soul, From The Inside Out

Rosie: So tell us, this podcast is about women who've experienced some kind of, let's say, toxic or unfavorable relationship, and then how you got through it and you know what you're doing to make yourself, make your life better today. So to give the listeners a little bit of an idea, tell us about what your experience was and how long was it? How long were you in the relationship before you even knew it wasn't a healthy relationship?

Nicole: Yeah. Well, there's a couple of them actually. It's built up. Sometimes you have a little something going on. It's not working, and then you go onto the next one. And then you're like, "Oh wow, this is really not working." So, when I was younger, I had different relationships, boyfriend, girlfriend relationships that were not overly healthy, but they did set a framework for me in terms of what relationships were like, being in a relationship, what was it like? And the one that really stood out for me was with my now ex-husband and we were married for almost eight years. That all happened over the last 10 years.

And in terms of when did I know that it was starting to get a go and then it was toxic was, it was like in the process. It's like right in the middle of it where all of a sudden, I was... I'll give you a little context. So, we got married. Everything's wonderful. Oh my gosh, I married the love of my life. It's going to be amazing. Actually, he came to Canada first because I'm originally from Canada. We knew ultimately we were going to go to California.

Well, after I got here, already, there was some red flags there that showed up some pretty big red flags. But anyway, I get down to California and he was already second-guessing whether or not he wanted to be in a relationship and specifically with me. And so, that was where it started to hit my confidence. It really impacted how I felt about me because I took it personally. I took it as though it was something that I was doing wrong.

Rosie: Of course, yes. Were you married at this time or no?

Nicole: Yes.

Rosie: You're married. Okay. So you come down and you've just relatively arrived. And then now he's doubting whether this is the right move and you took it personally. It's like, okay, got it.

Nicole: Yes. So I took it personally, but then I was like, "Oh, you know what, I need to..." I didn't see it as an abusive relationship at that point, but I was like, "I really need to work on this." I'm the coach, right? So I'm always working on myself and so forth. So, I did that. I did that for a while and I found myself getting more and more confused about who I was. I hired coaches even that were saying, "Well, you need to be more feminine. You need to be this. You need to do that." And then I was getting further and further away from who I actually was. And so, it was

Ep #019: Healing Mind, Body and Soul, From The Inside Out

this spiral downward. And the more that I did that, of course, the more disconnect we had between us.

I remember at one time, he said to me, "You've really lost your edge," which is a play on words because, of course, my company is Discover the Edge. It's like, "You've really lost your edge." I'm like, well, I really felt that I was losing a grasp on who I was and what I was - everything about my identity, even my business and all of that, and the confidence in that. But again, I was thinking. I was working on myself. I was working on myself. "I need to sort this out," knowing that he has some things to deal with, but I was really taking it on for myself.

And after a while of doing a lot of inner work, and we can unpack that a little bit further in terms of what I did, I got to the point where I realized, "Okay, so you know what, I played a part in this, but this is not just me." And I realized that it was some of the stuff that was going on, that he was saying, wasn't just feedback that it was abusive.

Rosie: But how did you know that? How were you able to come to the point where, because you've done so much inner work, and was it just a realization? Did you read something? Did you talk to people to say, "Hey, this is beyond just me"? Because women, the first thing they do is they take the blame, they take the full risk, they take the full responsibility because the way they word it is like, well, you just fix yourself kind of attitude, right? And because we want to make things work, we do that work and then we do it and we do it. It doesn't work. It doesn't work. That was my experience. So I'm just curious, how did you know, "Oh, it's abusive"? For me, I had to read a book.

Nicole: Yeah. For me, it was the compounding effect of all the work that I was doing because the reason why I think it hit me so personally, even though I had done all of this personal development work, was because what he was hitting on through his actions, through his words, was the fear that I had, which was I was not enough, not good enough, not pretty enough, not worthy of love, ultimately. And that's why I'd say the context for that was partially set up with earlier relationship. It didn't start here. It was the buildup of other relationships, not feeling that I was lovable, that I was enough.

And then, with this, I was just working on this. And I got to the point through, yes, reading a lot of books, doing a lot of soul searching, doing a lot of praying and talking with people. And my mom, who was alive at that time, was a great support and encouragement for me and a few key friends. So I didn't talk to a lot of people about it. And I think that's really important. You don't just share with everybody because not everybody has the tools and/or the healthy perspective to be able to offer unbiased, loving advice. I mean, we're all biased ultimately, but that loving advice that we need the truth, but the truth with grace, and that they're not filtering it through their own stuff. Like, "Oh yeah, he's a jerk," and going that route because that wouldn't help.

Ep #019: Healing Mind, Body and Soul, From The Inside Out

Rosie: That's a really good point because it's just so easy. I'll just talk to my friend and then they're just giving them their own personal advice and personal opinion. But it doesn't mean it's the right opinion or the right way to lead that person.

Nicole: They're filtering it through their own experience

Rosie: They're filtering it through. It's like, "Oh, you just need to communicate with him better." So still, every time, at least for me, it was always, "Oh, you need to do this better." They never, "friends" never looked at him as a problem.

Nicole: That's interesting because I had some friends of mine who were like, "He's a jerk. He doesn't deserve you," all of that. And while that was meant to serve me and to acknowledge me, but what it was, it wasn't helping me because it wasn't offering a solution. It was offering opinions about what they thought he was. He's a this, he's a that, men are like this. And that's not helpful. That's not solution-oriented.

There's a number of books on that shelf and other books. I often recycle my books. I have a whole library room full of books. But I'm going through and looking at books that really dealt with soul searching and looking at scripture and saying, "What does God say about me?" And so, I really dug into that. Prayed a lot, spent a lot of time at the beach, just clearing my mind, get not so that I wasn't upset, right? Because you don't make quality decisions when you're in high emotion - to get to that place of peace and going, "Okay, God, what do I do in this situation? And what do I need to learn and so forth."

And so, there came a point where I realized that I had done a lot of inner work and that, you know what, I was actually okay with myself. And I realized at that point, it was like this revelation to go, "You know what, there's a point where I need to take some ownership. So I looked at what I was doing and then I looked at what he was saying.

And all of a sudden, I realized this has actually nothing to do with me. It was personal, right? And once I got past that and had some healing, then I was able to look at him and say, "You know what he's saying is actually very toxic, very abusive."

I did have somebody who... Shout out to Vivian Castillo. I think she goes by de Guzman now. She did some energy healing work on me.

So that I could see clearly what was actually happening. And so, as I started to listen, once I got past the personal offense. And I'm thinking, "That's not okay. You know what, that's not helpful. You're starting to hurt me." And he was rejecting me. And he was like, "I don't love you." I

Ep #019: Healing Mind, Body and Soul, From The Inside Out

mean, he was never one to yell at me. He was never physically abusive to me, but he was emotionally abusive in the sense that it was hurtful.

And what I realized in that point, in that moment, is that this has nothing to do with me. This has to do with his own pain. Hurting people hurt people. That doesn't make it okay.

Rosie: That's right.

Nicole: But hurting people hurt people. And I started to realize, "Oh my gosh, he is so hurting. He is so void of love. How could he possibly show kindness when he's the void of love, which is what kindness stems from?" And so, I started to realize that and I'm like, "Well, okay. So how can I help him?" So we went through that process, how can I help him? He didn't want any help. I was like, "How can I be a good wife? How can I be a good support to him and do all of those things? I'm going to support him." And I believe those seeds actually were fruitful and they spoke life into him. And there is a place for that. But ultimately, they need to water it. They need to receive it.

He ended up leaving. He ended up going through a series of relationships while we were still married. And I saw it on Facebook. Yay for Facebook. Thank you very much. And then there was a point where I said, "God, you what do I do with this?" And He was like, "Love your husband."

That directive was not to restore and reconcile our relationship. It was to heal my heart. He chooses to be with somebody else, that's fine. I can still love him." And at that point, I knew I was free.

So the second part of this, the part two of this story is that a few months later, I was moving out of the place that we had lived. And so I said, "I respect your decision, but if you want a divorce, let's just get divorced and get it done because you're already living with somebody else."

We go to the courthouse because I'm like, "Let's do it. If we're going to do it, let's go to the courthouse--"

Rosie: Take action.

Nicole: "Take action. Let's get it done. Accelerate the process." So I met him there. It's the first time I'd seen him in two and a half years. He gave me a big hug and I was really surprised about that. And he said, "I hope you can forgive me one day." And I said, "I've already forgiven you. In fact, I want to thank you, not because you meant it that way, but God was able to use it internally. "It became a blessing. I learned things about myself and I got to see things and to

Ep #019: Healing Mind, Body and Soul, From The Inside Out

grow in a way that I would never have otherwise. So thank you." It got him thinking. It blew his mind that I could love him and have forgiven him already when he could barely forgive himself for it.

After several months of talking, he was like, "You are the person that I want to be with." And I was like, "Tell me more about that. Tell me about the process you went through." I didn't just jump into that. I was like, "Tell me about how you came to this revelation." But after several months, we didn't finalize the divorce. The paperwork was submitted, but that left it there. And so he said, "I want to come back. Would you take me back?" And so, we finally agreed to do that, and it was amazing. I have to tell you, it was amazing. It was wonderful until it wasn't.

And about 10 months in, my mother passed away suddenly. And suddenly, I had to fly to Toronto. I was gone for three weeks and I had those old feelings like something was happening because he would lie and cheat and lie and cheat.

Rosie: You felt something inside.

Nicole: I knew something was up and I didn't know if it was my emotions. And so, everything's okay, everything's fine. Everything's fine. Everything's fine. I come back. I'm back for a couple of days and it just kept nagging at me. I knew something was off. And so finally, it came to be that I found out that he had been texting somebody and actually went to see somebody and had been fooling around while I was away. And I was like, "I absolutely love you, but this doesn't work for me."

We ended up getting divorced two months later. And hopefully, this is helpful to your listeners to unpack this, but there's a lot of lessons that I got out of it. And there's boundaries and all sorts of different things. This isn't just, I had a bad time. I was confused and now I'm clear.

Rosie: And this is after your divorce, you're offering this to him?

Nicole: We're not divorced yet. The paperwork is still out there.

Rosie: Got it.

Nicole: I'm going to go make this choice.

And so I've had friends that say, "Have you kept in touch with him? Do you talk to him?" And I'm like, "No, I don't. I still send him love, but you know what? That's not a healthy relationship. I'm not going to watch him self-sabotage and self-destruct because it's not just in our relationship. It impacted other things as well."

Ep #019: Healing Mind, Body and Soul, From The Inside Out

Rosie: Well, what's really good about this, because everyone's relationship is different, and for them to hear, because sometimes they go, "Oh, well, I went back," and then they start blaming themselves. And you came from such an evolved level, I think, because of the work, the empowering work that you've been doing with your clients for years. For sure, I think it helped you and for women to get that perspective that you did the inner work. And of course, it's not a one-time thing. It's ongoing several ways. You started out with, or at least you said the moment is like, when you were out at the beach, you're trying to get into yourself, not all this outside noise. You did some clearing with an energy healer. You talked to people. You read. So there were lots of things that you did.

And you had, to me, this open heart, which I think shows a lot of who you are, and you didn't have this blame and resentment. And there's a lot of negativity that women can go into, which again, there's no judgment here. It's pretty common. I mean, I went through it actually for a while, until I went through the learning steps in healing. And we realized that it's not a place to be for your own self. And so, I really appreciate that because it was really full of, where women can say, "Yeah, I did this. Oh, I'm doing this." And not to put blame, but to say, "This is a step I took." And you went back and it's like, "Yeah, we went back together based on these assumptions, these values that are important to me.

Nicole: Yeah. Knowing full well that I was taking a risk. I set it up upfront with boundaries.

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Every episode I offer a mini masterclass on the 11 Freedom Fulfillment Pillars. You can get the guidebook to all 11 Freedom Fulfillment Pillars right now. Simply go to VulnerabletoValuable.com and hit the subscribe button to get your copy.

The only way to move forward and have an impact in your life is to get awareness of where you're at, and discover what's holding you back. Following the 11 Pillars I was then able to develop strategies to create my business, become an international award-winning entrepreneur, speaker, and author, find the love of my life and I use these pillars every day to create a fulfilled life. These are the same ones that I use with my clients. And now they are yours free. Go to VulnerabletoValuable.com and subscribe.

And we're back with Nicole Jansen, Empowering Business Coach

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Nicole: And so there is a point though, that's where the boundary comes in. You don't go in. So some women do blame this, "I went back." But they go back. They go back because they feel the

Ep #019: Healing Mind, Body and Soul, From The Inside Out

need to pull back. For me, I went in and was like, "I would love it to be this way, and let's see." And that's why I kept checking in with things and so forth.

Rosie: Right. And I think a lot of women go back because there is literally the trauma bonding that that happens. And there's that dream, that hope, the hope that it's going to work this time. And I think you're a great example. It doesn't work if both of you haven't moved up and healed. You did a lot of healing, a lot of inner work and he chose not to, and it's not our job to heal them. Not only is it not our job, we can't heal somebody else.

Nicole: And I can't judge it either because it's his life.

Rosie: Right. But we can just say, "That's not my choice of how I want to be treated in this world today."

Nicole: That's right. That doesn't work for me. It doesn't work for me to be in a relationship like that. So you're going to make your choices and I'm going to make mine.

Rosie: Well, I'm really glad that you came out with such strength.

Nicole: But let me tell you, in the midst of it, the first round, I mean, it was rough. There were days, I was like, I did not want to live. I remember saying to my mom very distinctly, I mean, it really hit me hard. I mean, I'm saying it like it hit me hard. No, it really hit me hard. Because I've done the healing, it doesn't hurt... When I speak about it, I don't have that agony anymore. But when I was there, I mean, it was... I remember talking to my mother and saying, "I feel like I'm playing a game of life that I can't win. And I don't want to play games. I don't like playing games that I can't win." And I just literally was ready to just throw the towel, "My God, I don't want to be here. I don't want to live this way. I don't want that hopelessness." There's the hopelessness and there's the emptiness that came with it. I'm just feeling very empty, questioning everything. I questioned me. I questioned God. I questioned others. Who could I trust? All of it came into question.

And so it wasn't like, "Oh yeah, I just read a couple of books and I feel better." It really was the dark night of the soul. It really was that. And I don't want to discount that because there is that valley that we go into, that pit that we get into a lot of time. But the good news is, there is a way out of it. Some people have somebody that can support them, some people don't. That's why when I say, talk about God, is that what I realized because both my parents have passed over the last couple of years too. So all of this has happened and it's just like, I'm losing them and my dad dies. And I'm like, "Seriously? How many things can I take?"

Ep #019: Healing Mind, Body and Soul, From The Inside Out

And I know you want to talk a little bit about health and so forth how it impacts. It's like, all of these things are happening and I'm just feeling like Job in the Bible where it's all happening at once and feeling forsaken. And so for me though, what I got to that point in questioning... And I don't think that God really... Some people are afraid to question. They feel like we shouldn't question. I think God opens us, allows us. God, universe, whatever. But to me, it is God, my creator, that isn't upset about those questions and actually welcomes those questions because those questions lead to answers.

So in the process of that, what I realized is that I was not alone, that my husband was not my source. Even my parents were not my source. My friends were not my source. The source of my strength, the source of my hope, of my love is God. I believe God is love. So where that comes from, He's the source. And so therefore, that's where I got to that point of being whole and complete where I didn't feel like I was enough. I was enough because I was created enough.

A baby is born valuable and worthy of love simply because they are.

Rosie: I understand that. And just your whole journey is like coming to really owning your own truths, getting to know who you are. So can you speak to that? How did you come to, "This is my truth"? And because it's so easy, because remember you go through that confusion, the doubt. So how did you get from the confusion and the doubt to, "This is me, this is my own truth, I know my own truth," which so many women just can't... everyone else has defined them like into it. Everyone else has a definition.

Nicole: And that's why going to the beach or getting away, getting quiet, turn off social media, maybe you need to check it because of business or whatever and you've got your friends or family where you want to keep in touch, but turn off all the noise, turn off all the opinions and get quiet. And that's why most people, even if they don't believe in God, they believe in something greater than themselves. Some higher power is checking in with that. And it's a love energy. It is a love energy. So if it's a dark energy, don't check in with that one. We don't want to go there. Okay? Because the darkness does come and tells you you're not enough and that this will never work and you'll never be whatever.

Rosie: No one will ever love you. No one will ever want you--

Nicole: All of that crap, yeah, which I don't even want to verbalize because I don't even want to put it out there because our words create our world.

Environment is important. So it's not just being in a void because nature abhors a vacuum. So if you're in a void and you're just isolated, I'm not talking about isolation. I'm talking about tuning out the opinions and noise. People say... They're going to say things to you anyway. You're going

Ep #019: Healing Mind, Body and Soul, From The Inside Out

to hear things anyway. But I'm like, "Thank you for sharing." And I filter it through what does love or I call God. What does God say about that?

And so, in the process of me filtering, I'm filtering and I'm basically cleansing all the messages that are coming through and then I know what to hold onto and what to release. Okay? So I'm creating that environment of peace, I'm calling in peace, I'm calling in love, I'm calling in joy, I'm calling in that goodness.

Rosie: Like adding that little bit of fertilizer. Every time you get into these really positive, healthy, supportive environments, it's like, okay. And you can then get really even know yourself even better. It's like, "Okay, this is what life is. It's peace, love, joy, kindness," that if you are with other people who are putting you down or talking negativity, it's sucking your energy out. And those relationships suck your energy out. You are very in tune with your body, which I'm really so glad that you keep talking about that because it's such a key for women to hear, to really tap into, listen to yourself. And you do have that. Listen to what is your body saying to you because your body is knowing if it feels good or not, if it feels safe or not, if it's right or not. We have again, getting back to the confusion and the doubt, your body felt it for sure.

Nicole: Totally. And that's where it does impact our health. I mean--

Rosie: What happened, a lot of women I've talked to have had it, so you want to share some--

Nicole: It just violated my core values. I was so upset. And I ended up, I was like, I had these lumps. I had these lumps that developed over the following week and it literally started to swell and it started to swell.

And so we all have a weakness. Our body, we have this weak point. For some people, it's their liver. Some people, it's their lungs. Some people, whatever it is. We all have that weak point. So for me, my lymph, which impacts my skin and all that kind of stuff that comes from the digestive system, it was the weak point. So it started to swell, and literally, had golf ball size glands on the side of my neck.

So finally, I went into a naturopathic expert in that area. And I walked in and I said like, "What the heck?" And he looks at me and he's like... I didn't even stretch my neck. He looks at me, "So you have golf balls on the side of your neck." And I went, "Yeah. Can you tell me what that is? And how do we deal with that?" Two minutes later, he says he does his testing or whatever. And he says, "You have mono." So that was--

Rosie: Wait. You have mono?

Ep #019: Healing Mind, Body and Soul, From The Inside Out

Nicole: I have mono. And so--

Rosie: I never heard that as a symptom of mono before.

Nicole: It's your lymph glands. Mono was--

Rosie: Yeah. I didn't know it was swollen that much.

Nicole: Yeah. I have had mono in previous. I had one in my twenties, around another unhealthy... The one of the other relationships I was telling you about, I've got mono back then, very severe mono. Actually, there was a business relationship. It was very toxic. I also had, first, a boyfriend, girlfriend relationship that was also toxic at the same time. And so I got mono then. So that was like--

Rosie: That is your pattern, right?

Nicole: That was full-blown. I had full-blown mono there where I was supposed to be laid out for six months laying on the couch, which... And so, this time it was like, "What the heck?" And so, he was able to deal with it by the grace of God. Every time there's something that goes on the inside, it shows up in my skin. At one point after he left, I had strep throat. From the strep throat, I went into, again, swollen, all that stuff too again, coughing. And then I went into hives. I had hives on 80% of my body for weeks.

Rosie: Oh my gosh.

Nicole: It's like, imagine somebody pricking you with pins over 80%, 89% of the body 24/7, everywhere. Finding the right people to help me through that and recognizing that this was not just a thing that needed to be dealt with on its own. I believe that Western medicine is there for a purpose. However, I looked at it and said, "Nicole, you got to work this out."

And I got to this point where I was like, "There's nothing else I can do." And the doctor was like, "Well, you need shots, you need this, you need that. We can help you if you end up with cancer and all that kind of stuff. We'll help you then." And I'm like, "I don't want to get there." That's the path that I'm on. I see the symptoms and I know that's the path that I'm on. I remember sitting in the doctor and saying, "Look, at this point, based on all of the symptoms that I'm having and all the things that I'm reading," because I took my health. Just like I took my life and my relationship, I took the ownership of it. It's in my control. Nobody else is going to fix it for me. I need to be responsible for fixing myself. I can't change anyone else, but I can impact, I can work on myself.

Ep #019: Healing Mind, Body and Soul, From The Inside Out

And so I was like, I'm reading, I'm studying and figuring out all these different things, going and seeing all these health practitioners and stuff. And I'm like, "Look, I'm going to end up with either cancer of the colon, thyroid cancer. My colon was messed up. Digestive system was largely not functioning. My thyroid was out of whack. My pancreas was completely out of whack. They couldn't even bring it down. There was no homeopathics. There was nothing that could do it. And lymphoma, with the lymph glands, were just like small and clogged and everything. Just systemic toxification."

I've done all the physical stuff. Now, I got to deal with the emotional, the hurt and the betrayal and the toxicity, the negativity that I'd been carrying around from those relationships.

So I kept going to people that would look at the root cause. And then they didn't have the answer, so they would send me to the next person, the next person, the next person. I just kept searching. So I'm like, "This is not the vision that I have for myself, to die by the time I'm 35. my vision is I'm going to live to 100 and I'm going to be healthy and vibrant. So what do we need to do to sort this out so that we can get there?"

And the other thing I did with that is I did not make it my identity. I didn't name it. People used to ask me, "What do you have?" I don't know. I just don't want it. It just was like, "I am well. I am healthy. I am vibrant. And that's how I see myself." And so, that helped me because then the next round with all of this, I was able to quickly combat it because I knew that I had to deal with it on an emotional level, which I think very few people recognize.

Rosie: Exactly. And I think women don't... I'm so glad you went through the different variations and how it manifested and everything else, because I think women are not putting together what has happened to them emotionally, being in these toxic relationships, not being able to express yourself, trying to be somebody who you're really not, and not because you want to because of other the circumstances in which you are, and just thinking, "Oh, this illness is something else. It's just something else I have." Not putting that together. And I'm really passionate about women waking up and saying, "Look at your life, listen to these stories and realize that that's going to get better when (1) like you and like me, you are determined to find the answer and (2) you know you have to do the self-healing. And sometimes it's realizing that that relationship you were in, or the relationship that you were in, but aren't in anymore, has been the source. And now you have to clean all that stuff up.

We're going to probably wrap up here in just a minute or so. And I want people, before we do that, to find how they can find out more about you and if you have a gift to share so they can grab that and get to know you and your work better.

Ep #019: Healing Mind, Body and Soul, From The Inside Out

Nicole: Sure. So I created a designated page for your listeners. So it's discovertheedge.com/loveiskind, and there's a few resources there. There's a 30-Day Guide to 7 Keys to Maximizing Your Potential because a lot of times when I'm working with clients, I coach entrepreneurs. And a lot of times, even though I'm doing business coaching, we're working on this. Just like you said, if there's something not working over here, we can pretty much guarantee it's not working over here in the personal as well. There's the 30-Day Guide, it's 7 Keys to Maximizing Your Potential.

There's also a link to my book, which is the Power Up, Super Women, about overcoming and other stories of empowerment. And then there's a link there if someone wants to schedule a discovery session with me, a 30-minute session where we can talk through what they're going through and give them some recommendations where I would start. This is what I would recommend as the next step and helping people to move forward quickly. So, yeah.

Rosie: That's fabulous. So, all of those links will be in the show notes. So we'll be able to get that and also in the PDF download of the whole transcript. Well, thank you so much. I just love--

Nicole: And this little guy here, by the way.

Rosie: A handsome guy here. She's holding a beautiful cat.

Nicole: Yes. So this little guy, I got him in the midst of all this. And so, what can you do, ladies? You might want to go get yourself a pet if you don't have one, and get a cuddle bug who will bring you love that is unconditional. And so he has been such a blessing to me and he sleeps with me. And as you can see, he's a magnet here, for those who are watching. And so, you know what, that's something else. Sometimes rather than going to find love in bars or wherever that oftentimes people go to, or Tinder or whatever the heck, different platforms, sometimes just having... There's a pure love, a kind love that comes from an animal that can be very, very healing.

Rosie: Definitely very healing. Well, speaking of kind love, what does love is kind mean to you, Nicole?

Nicole: To me, love is kind means that it's just like that - love is kind, love is pure. It's true. It's not necessarily... There's a difference. Sometimes we think about love as that I'm just going to accept anything that somebody brings my way. Love is kind means being kind to others. Hopefully, I've explained that that's even with my ex now, but it's also being kind to me.

Rosie: Yes, absolutely.

Ep #019: Healing Mind, Body and Soul, From The Inside Out

Nicole: So it's not an either-or, it's an and, and we're kind and we can be kind to ourselves and we can fill up our own emotional tanks, if you will, or emotional bank accounts, as I sometimes describe it, then we have more love to give. And love that is not kind is not love at all.

Rosie: Yes. That's exactly how I feel. And so I appreciate that. Your definition, I love hearing the different definitions of how people interpret that. And that's right. So real love is kind. And thank you for being vulnerable and showing everybody how you became valuable in your life. Thank you so much, Nicole. It's been a fabulous time.

Nicole: Thank you, Rosie. I appreciate all you're doing and helping to encourage women to be valued, to recognize how valuable they are.

Rosie: Yeah. Thank you. Thank you so much.

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