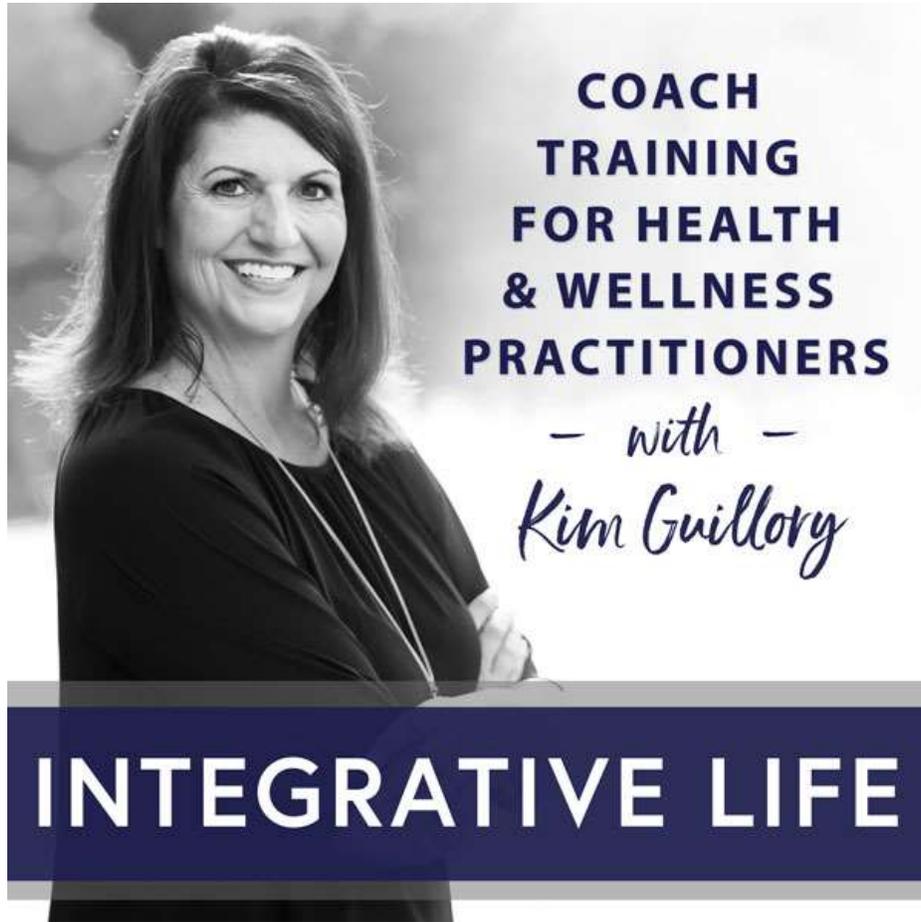


Ep #1: An Introduction to Living the Integrative Life



Full Episode Transcript

With Your Host

Kim Guillory

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Welcome to Integrative Life Coach Training for Health and Wellness Practitioners, the only podcast that can help YOU help more people, create a greater impact, and make more money in the health and wellness industry. Join Clarity and Confidence Coach, Kim Guillory, as she teaches you how to integrate your passion to serve with your skills and experience to create a business you love. Let's get started...

Welcome to episode one. I am so excited to get this podcast out there. I have been thinking about this for the last two, maybe even three years. And I kind of tried it on my own before, it didn't work out so well, and now I'm super excited about it not because this one is exactly what I want to get out there. So, this is the podcast that is all about how the mind affects everything; physical conditions, results in your life, everything.

What we think, we become. If you've heard that before, this is proof. I'm going to be having other guests on the show that are going to prove how this affected them in their own life and I'll have clients and other coaches and other leaders and teachers who are doing the same work that I'm doing and how it has helped their clients and patients over the years. We are so excited to get this off the ground and going and to truly be able to help more people create a happier healthier life.

So, in this particular podcast, I want to just give you a foundation, let you know a little bit about how this got started, who I am, who this is for, and hopefully, just give you enough information to give you a taste of what's more to come.

So, my name is Kim Guillory. I live in Louisiana, right in the center of the boot. I'm located in a rural area where there are likely more cow heads than human heads, which is a great place to live. We have lots of land to roam on, and instead of fighting with traffic and lots and lots of people. We more or less have to deal with the tractors and the combines and things like that on the road that slow us down. Maybe sometimes it's loose horse or cattle or whatever. Anyway, there's always something to everything, no matter

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where we live, right, we find something great about it and we can find something not so great about it.

So, a little bit about me – I have been raising an amazing family for 30 years; husband, five kids, and nine grandbabies, which is a big reason why I am so passionate about this work. There is a great need happening in the world right now and it has been for the last several years, with chronic pain and disease and just illness manifesting without an explanation or without a cure.

There's just so much that's going on with fibromyalgia, chronic fatigue, adrenal fatigue, Hashimoto's thyroid conditions, hormone imbalance, gut health, skin conditions. I was run through the mill with this myself and I've had a lot of physical conditions come up over the year. And now, we have this mind-body connection.

Now, this is not new to me, but what's new is me taking this further out into the world globally. I've probably been working on this publicly since I've been in business. I started with essential oils back in the day when I opened the doors as a young mom. My youngest child was going to school and I decided, like, what do I want to do with my life, and couldn't think of anything.

I tried working. Like, minimum wage was – this is what was happening; my check was \$301.50 for two weeks and my babysitter was \$70 a week, so do the math. I ended up just like, let me stay home and take care of these babies, and found myself kind of bored, wanting to do more, know more. And I got into a couple of direct sales companies just to have something to do. I would actually trade off Avon for babysitting duties, that kind of thing.

And then I decided I wanted to go to beauty school. I am like 23, 24 years old and my baby is going to school and I sign up, I get out and work for a couple of years. And then I ended up opening up my own place bringing in

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a couple of services that weren't available at the place where I was working.

And I thought I would do this a couple of days a week and I ended up falling in love; in love with business, in love with service, in relationship. It was just the best thing ever. Like, having a job that you truly love to go to, helping people feel pretty or feel better, and just being in communication and conversation, I developed some truly amazing friendships through all those years.

But what ended up happening is I was getting most of my value and worth from the service. So I burned myself out. I didn't know how to say no and I took all of my personal junk, my own earlier traumas and stuff into the business. And this is what I find I really want to speak to entrepreneurs, especially in the wellness business, about and why I'm doing this podcast in particular is we are healers, we are teachers, we are educators, we are service providers.

And whether it's health and wellness or doing hair, feet, whatever it is, it's helping other people feel better, whether it's self-image or self-care or medically, you know, all of those things, at the end of the day, it's still about helping people improve their lives and us making a greater impact and making a little bit of cash, you know, contributing, connecting, being fulfilled, satisfied. What do you love to do and can you make money doing it?

And sometimes, we get overboard by not having boundaries or not implementing the boundaries that we say we're going to do. And I remember trying counseling and, oh my god, I was having so much trouble with depression and I wasn't sleeping. I had a lot of stress and I had a lot of physical pain and eventually I was diagnosed with fibromyalgia, which led me to this work that I'm doing today.

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I was really young. I still have five small children, and I remember going to the rheumatologist and he said – and I should say, I'm not a doctor. I'm not giving medical advice here. I'm truly just sharing my story and what happened along my journey, and that's my disclaimer.

And so he says, "You know, this is self-inflicted. It's a condition of behavior." And I'm like, "What? Tell me again, what did you just say?" My mind went right to childhood stories of – I recall being told I was a hypochondriac, I was like complaining about my stomach and hurting because I wanted to get attention. And when he said that, that is like the first thing I heard. It was like the first thing I heard.

It was like, "Are you saying that I'm making this up?" And he says, "No, not at all, I'm saying that it's a condition from lack of self-care." It's basically the overdoing, over-giving, people-pleasing, codependency, that kind of thing. It is the physical manifestation of those things, putting everyone else first, not knowing how to say no, not taking care of your own needs, not taking responsibility for yourself, which is just the ability to respond to your own needs, not giving yourself permission to do the things that you want to do in your own life and being so afraid that someone was going to not like me or reject me or talk about me or not come back in the business.

I was, like, seriously trapped in this people-pleasing. And that, within itself, is an addiction. And that's a lot of what we're going to talk about on this podcast also is overcoming addictions. And so that was the big eye-opener for me and I have stories I'll go into as we move along in the podcast. It's just too much for this one in particular. I just want to lay a foundation of where I'm speaking from.

So, he sent me home with a book by Pema Chodron about When Things Fall Apart, and it was basically about coming into presence. And I remember him saying, like, "Just take 10 minutes. Even if it's five minutes in the morning and five minutes in the evening, and just stop and take a few

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breaths and try not to think about anything, just stillness.” And I was like, “Okay.”

I stopped by the bookstore and I bought the book and I get home and I was like, mind-blown. My life has never been the same. And this was a very long time ago, but my journey has just been amazing from there.

Eventually, I started putting the pieces together about my own physical manifestations, the surgeries that I had early on, the surgeries I was continuing to have, the medications that I was on, being treated for really deep, dark depression. This was, seriously, a big deal and I was basically given the, “Well, your mom was depressed so surely you’re going to be depressed.” kind of thing.

And you know, our brains are highly suggestible and once we’re told something like that, “Oh, you’re going to have breast cancer because your mother and your aunt had it so you’re likely to have it too...” we truly take on that belief and we begin to live as if it were our truth. I talk to clients every day that are like, “Yes, I have disc degenerative disease and so did my parents and so did my grandparents and so it’s just what we have in this family.” And they take ownership of that label.

And that’s a big part of what I want to talk about here is bringing an awareness and just talking about opportunity and possibility of how it could be different and how maybe that story is not serving you and it is not true and it’s creating your future, that we can unveil, unlayer and just kind of identify what some of those stories are that you’ve been told from a very young age that you’ve carried with you into your relationships, into your life today and how it has physically manifested.

So anyway, that’s a lot of information. My wake-up was in those years as I became more and more present and started noticing what was not going in the direction that I wanted to and how I had to actually take responsibility for contributing to some of that. So I’ll be discussing a lot of that and also just really practical stories about the physical manifestations in your life,

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what's happening in your physical health, what's happening in your career, even with money.

So, when we have a belief, a scarcity belief, which is I say we do have an addiction even to scarcity, like there's this thought, money doesn't grow on trees, that's not available for us, that's only for rich people, you know, we can't have what they have. My years on direct sales, you know, in leadership taught me this, that there are a lot of people who would not be able to advance because they possess that belief. And it's not true, nor does it have to continue being true.

So financial health is a thing, like financial health, physical health, spiritual health, even intellectual health, like you're continuing to grow your personal journey, self-empowerment, self-improvement, personal growth. We are not the same person. Even from day to day, we're constantly evolving and changing as human beings.

You know, I don't know if you guys all agree with this but we are a soul in a body having a human experience on earth. And a big part of what I do is chisel away, chip away at these old stories that society has set, that the generations before you have set, that your tribe that you're married into, your relationships, your workplace, all of these beliefs that are not even yours but you've adopted and taken on.

I love listening to Joe Dispenza and Bruce Lipton, Louise Hay, Marianne Williamson, like, a lot of these are my teachers from the past, like over 20 years of Louise Hay's book, You Can Heal Your Life was like game-changing for me. Return to Love, you know, these books and stuff have truly made the turnaround for me.

And Marianne Williamson has this great book, Tears to Triumph. That's about depression and about it being an emotional condition. And I was like, yes, that truly gave me permission to hold onto the idea and the possibility that this was not a life sentence. I did not have to continue believing that I

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was always going to be depressed and I was always going to have to struggle with this, I was always going to have to suffer with chronic pain.

And I want to offer a little bit of that light to the world. I want to offer some of that hope that was given to me. I am forever grateful for these teachers being on my path and the things that I've learned from them that have continued to open up more and more and more possibilities for my own life in abundance – abundance and always in health, in wellness and prosperity, abundance of relationship, just richer, purer relationships.

So, the part that I found myself sitting at is when I realized and connected the dots and built the bridge between healthcare and self-care through my own journey of not being able to get the help physically with my doctors, with holistic practitioners, with alternative medicines. I went to functional medicine, I did naturopathic care, I became a yoga teacher on the journey, a health coach, a life coach, massage therapist. Like, I was determined to figure this out. I was determined to take responsibility for my life and to turn things around.

And I don't know what it was in me that just knew – it was this inner wisdom – that there was more. And I wanted to get to the answer. I didn't like not feeling capable. I didn't like not feeling responsible. I didn't like not being in charge of my own health and not being able to figure this out. I had a hysterectomy at a very young age. I was 29 years old and that really threw me into a deep depression. I suffered postpartum after both of the babies and just so much deep darkness that I looked for answers.

Now, back then, it wasn't as available as it is today. We didn't even have the internet for a big part of that, but those C-sections and then the hysterectomy, you know, that's all hormonal stuff tacked on top of childhood trauma and on top of what's going wrong in relationships and in life in present time. That's a lot to deal with, you know.

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Let's just use that for an example. You're looking at a new mom who's like so exhausted. She's like fixing bottles all day long. She's not sleeping at night. She's trying to manage other kids and her job and her household and her husband. And you put all of that on top and then eventually there's just that straw that breaks the camel's back, that one thing that just snaps. And there's this thought, it will never get better, it will always be this way, I'm so exhausted, I just can't catch a break.

Well, we can take that same experience and bring that into the workplace and bring that into relationships that are struggling and bring that into, whenever you're having issues with a child, how we do anything is how we do everything. So we can use one example of one particular thing and then take it into other parts of our life and see that that is just the human condition, the human experience. There is contrast. And contrast is not a bad thing.

Our ability to manage our mind, to manage our feelings, to manage our actions can turn all of this around. So I will be teaching a big part about that and how coaching has helped; not just the awareness of the mental and emotional self and the mind-body connection, but also the awareness of taking responsibility for ourselves and truly having the ability to stand and look the situation straight in the eye with honesty, in presence, and to come into that stability first, where you're not being reactive, where you're not kicking and screaming, where you're not so heartbroken and heartfelt and lashing out, that if we can get you to presence – because grace lives in presence – and you can manage anything that's going on in your life in presence, even the greatest grief, even the greatest loss, even the greatest fear.

Grace takes you through all of that and then connecting to inner wisdom and unveiling the stories are not true as you navigate and do things differently, stepping into the person that you are wanting to create, and so this is like a reinventing of yourself, changing our personality, which is just our personal reality and stepping into responsibility, which is the ability to

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respond to self-care, to saying no, to setting boundaries, to being empowered. And this whole podcast is about awakening you to a new perception or a different perception that may not be available to you today because the arena that you have been in, the tribe, the circle, the environment, may not have taught this.

And that's how it was for me. It was not in my environment. It was not in my community. It was not in my family. It was not generations before me. I wasn't seeing generations to come. And I didn't know until I started reading and learning and hearing and listening and studying and practicing, and then it was like actually coming alive in my own body, in my own life, and I was beginning to break through some of these veils, some of this stuff. And then I was seeing hope and I was seeing light. And then one day, after many, many, many years, I got to the other side.

And I believe I can help other people get there way quicker than I did by sharing some of the wisdom, some of the experience, some of the connections that I made along the way and help you come to the place of truly trusting your own inner wisdom, not me. Like, one thing Tony Robbins says is, "I'm not your guru." It's not about me doing it for you. It's about me showing you what lit the path for me and maybe it will light the next step for you.

The other thing is kind of like shining a flashlight on the shadow side. So it's as if you had this dark closet with the door closed and that's the skeletons of the past, of the trauma of the things that have happened long ago in your life that you maybe don't even remember because it was so painful and you didn't know how to process it. And so, if you're willing to come forward and to truly want life to be different and you're willing to shed some light on some of that darkness and let some of those unprocessed emotions come forward, that the healing comes through the awareness, the recognition, to know that someone else has been there, someone else has overcome it, someone else understands it and someone else is willing to hold the space as you begin to understand it.

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So, if all of that makes sense, then I hope you'll stay on and you'll follow the journey and let's see where this takes us. How can we help you form a deeper connection with yourself, with god, with your higher power, with your relationships in your life, with your partner, with your children, with your parents, cousins, sisters? Who are you in this world and who do you want to most be connected to?

What makes you happy, fulfilled, and satisfied? What brings you more joy? What creates health and abundance in your life? Like, all of those things, I believe this simple five-step process can do that. I wrote about it. I've been sharing it. I've helped thousands of women over the years. I've been in the lady's fitness business, I've been in the hair and nail business, health coaching, wellness, leading the alternative medicine, massage therapy. And what I've done is integrated all of these modalities, even essential oils and herbs – we have a master herbalist. That's one of the coaches.

And that's one of the other things I've done is when I saw this is really big – like, I've been given this huge torch that's going to just make this great impact. And I don't think it's meant just for me. And I'm at the point in my life and in my business where I'm ready to share this. I want to share everything I've learned.

I want to share all about the mind-body connection, why we hold pain in our upper back, in our lower back, why we're feeling it in our knees when we're not feeling supported, in our hips when we're afraid to move forward, why we're feeling it in our feet. I've made those connections because my own story connected to that. I've had six foot surgeries. I've had the gallbladder removed and the appendix and the C-sections and the tonsillectomy and all of that stuff, and I've been able to connect those to what I was actually processing emotionally in my life, in my relationships and even in my business, because my business is a relationship.

You have a relationship with all of your clients, especially in health and wellness, right? We're all just here walking each other home. It's not a

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coincidence that we're on this path together and it's not a coincidence that you're listening to this podcast.

So, with that said, I'm hoping that gives you an idea of what this is going to be about and what I mean by your mind effects everything. What you've been told from a very young age is basically what you were hypnotized by. So you're surroundings, your environment and what you heard is now your belief system. And for some, it happens later in other relationships, because you wanted to be friends with someone or you're married to someone and you take on the beliefs to keep the peace. And they may not align with what you truly believe, that inner wisdom that you do possess, that connected part of yourself that you do know.

It may not be aligned and you may have, like, stifled it or given up your belief in order to fit in. And in that case, you may feel the physical manifestations, because when stifle, you're basically dying to a part of yourself that's trying to evolve and come alive. And so, you will notice this come out in your physical body. And that's a lot of the connections that we're going to talk about here.

I want to help people become aware and just to awaken to this new idea and this new concept of stability first. Let's get you grounded, let's get you present so that we can dive in and start doing some work together. We have a group called the *Integrative Life* that's on Facebook where we support. It's a free platform.

We also have a coach training program where I teach wellness leaders, from massage therapists, yoga teachers, fitness trainer studio owners all the way up to health professionals that see this lack in their clients and their business. And they have clients and patients that have these chronic illnesses or some kind of condition that the person is doing everything they know, they're doing everything their doctor tells them or everything their therapist tells them and they're not getting the breakthroughs. And for those particular practitioners, I teach them how to integrate this into their

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medicine and then to bring in some of the coaching to help with lifestyle behavior, you know, habits, overcoming addictions, and I mean addictions by addictive behavior, not just substance.

Like, let's say overcoming chronic settling or chronic scarcity – it could be any of those. Those are habits and behaviors that we basically were taught to do at a very young age because there's a huge fear about making more money and having a better life, and then the people around you are going to snub you and stick their nose up to you, and then you no longer belong there and then your brain is like, "Nope, this is not safe. We can't be better because then they're not going to love us when we start taking care of our self. If I'm not doing for them, then they're not going to want me around..." those kinds of stories is what I'm talking about.

Anyway, alright, well that is it for the first episode. I hope you guys enjoyed and I look forward to continuing this journey with you. Follow along for a few and see if this aligns with you, if it feels right. I will be doing interviews and I'll be bringing some of the coaches on to share their gifts and what they're doing out in the world, and then I'll have some success stories of clients who have successfully overcome chronic conditions in their own life and improved their relationships and their money stories and their careers.

And many of them, this is what was happening – once I was working with clients on a three-month basis and six-month basis, they were like, "oh my god, I need to do this, I need to know how to do this. I have so many friends and family. I see so much pain in the world, I want to help people. I want to help people heal. I want to help people create a happier healthier life. Can you teach me how to do it?"

And once I had so many people asking that, I was like, "Okay..." because I am all about ease and flow. And if I feel I'm being moved into a new arena and I feel that little nudge and that little sparkle in my soul, then I'm going to follow it. And so it's the same with this podcast. As I'm feeling the nudge, I'm going to continue following it.

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Alrighty, I look forward to hearing reviews and feedback and asking questions. I hope to see you guys in the Facebook group. That's a brand-new community that's just starting to evolve and grow. And let me know if there's something in particular you want to hear more about. I will be happy to bring in different things into this podcast because it's wide open in several arenas. We're going to be talking about the eight most important aspects of health.

And in my opinion, that is mental, our ability to manage our mind, emotional, our ability to manage feelings and emotions, spiritually, our ability to connect, feel connected, and to continue growing and evolving as a soul. Socially, and that's like our environment that we want to create, that we live in, that we want to be comfortable in. Intellectually is our ability to grow and evolve as a human. Occupationally, what we offer to the world in service or in giving or in creating, what is it that you offer to the world, whether it's stay at home mom or entrepreneur or anything in between. And financially, your ability to create the money that you need for your own health, your own life, your own responsibilities as well as budget and save it and to use it effectively. And physical, and that is your ability to manage your physical health, your appearance, how you show up, your image and all of those things.

So we're going to be talking about all eight areas and how to integrate those to create a life of living your legacy as an integrated being on all levels in natural essence of who you've been created to be and living a life of ease, flow, and freedom.

Thanks for listening to this episode of Integrative Life Coach Training for Health and Wellness Practitioners! If you're feeling stuck on your journey to mind body integration, head over to KimGuillory.com to download your Stability First Meditation today!