

## Ep #81: Self Healing Masters



### Full Episode Transcript

With Your Host

**Kim Guillory**

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Welcome to *More than Mindset*. The only podcast that bridges the gap between spirituality and success. Go beyond the mind with clarity and confidence coach Kim Guillory and learn how to integrate your passion, to serve with your skills and experience to create a business you love. Let's get started.

Hey guys, welcome back to the show. We are just going to dive right in to the topic at hand this week. So if you heard last week's show you know how passionate I am about teaching life management skills and self-healing tools so that more people can have power and control of their lives. I am committed to this.

I hold a bold vision to build a container for this work. And by container I mean a community and platform to make this work available for generations to come, a place to heal physically, mentally, emotionally and financially, a place that includes spiritual wholeness, to discover your soul essence and purpose, and of course a place for mindset. But we already know that healing requires so much more than just changing your thoughts. And that's what I teach, an integrative healing approach.

This is my life's work, to offer the opportunity for more people to heal emotional trauma, self-doubt, unworthiness issues, severed relationships and financial limitations. And this is why I created Self Healing Masters. So let me ask you. What if you had access to self-healing and spiritual growth support at your fingertips for life? Because here's the thing, you have a gift to share with the world. You know you were meant for more. You are here for a reason and it's more than just overcoming hardships and earning dollars.

You know you want to help people more than anything because that is just who we humans are, brothers, mothers, sisters, helpers, we love helping other people, it is the way that we connect and evolve. But first you need to help yourself.

## Ep #81: Self Healing Masters

You know how to help others. You've been the caretaker and the supporter. But what you don't know is how to get it for yourself. And here's what's jacked up, everything you hear in today's world is about personal responsibility, yet you've been taught it's wrong and selfish to put your needs first. So we get stuck in this internal tug of war. We feel guilt and shame around self-care and self-help and it's pulling us back. And then we feel this undeniable push to get better, feel better, do better. You see others doing it and you want it too.

And what's worse the longer we deny our needs and the desires the more we feel dissatisfied, lonely and sick. Our own body rebels against us and our emotional mess shows up in our physical body. It's all because we were taught to be this way. We weren't taught a different way. So we suffer because of societal conditioning, generational patterning, religious dogma. This has created the limited beliefs that we live by today.

We've heard over and over, "Put others first, don't be too big for your breeches, get down off of that high horse. Don't get too used to that it's going to be bad when you lose it all. People won't like you if you make too much money." We weren't taught how to deal with our emotions. We weren't taught how to cope with discomfort, how to take care of our own needs.

And even, we were even taught that it wasn't safe to think for ourself, to have big dreams and to want more. No, we were taught you should be happy with what you have. So many people don't even have that. We were taught to feel guilt, shame, greedy, we believe that wanting more, wanting a better life is greedy and that we should feel guilty and shameful about wanting more.

We get stuck in this push, pull of misery. And there is no evidence in our environment, it's basically, hey, you better just suck it up and deal with it. Yet we don't have the dealing skills. So, guys, this may not seem like a big deal but it's everything. Our unconscious dialog is laced with good intention

[More Than Mindset](#)

## Ep #81: Self Healing Masters

and terrible ideas, like our body and minds are broken, this is just the life you were given, we should just settle, we should just take our lick.

We've been taught that we can't heal and that we should settle and be grateful. Well, I call BS, an old effed up belief system, that's what this is. How does it feel when you tell yourself, you're just not cut out for success, you don't deserve it, or it's just not for people like you? Because, guys, none of this is true, and I'm proving that, I broke the cycle and so can you.

I was once where you are, sick, bored, frustrated, unfulfilled, I was in pain physically, emotionally, spiritually, because I was denying my life's purpose and potential. And by denying this I was denying myself. I wanted to serve a higher purpose. I knew I could help people.

I knew people needed me and I knew I could be doing more with my life, but I was afraid to step forward and be seen. I was ashamed to connect my inner calling with my outer world. And every system in my mind and body reacted. The result was one health crisis after another. I went to plenty of doctors, took pills, had the surgeries, tried all the healing modalities and I remained sick and frustrated. It was the failure of mainstream medicine that led me on the path to self-healing.

I trained as a massage therapist, yoga teacher, health coach, life coach, and even hypnotherapies in my search for health and happiness. The part I was missing was aligning all I had learned with my own inner compass. I didn't have a physical problem. I was just disconnected from my true self. My mind, body and soul weren't all onboard, I had to bring them all together to become well.

And when I finally figured out how to heal my life and pursue my passion without guilt or shame, I wanted to share it with everyone, and now I am introducing Self Healing Masters, an integrative approach to healing your health, wealth and relationships. Self Healing Masters is a program for mental, emotional and spiritual growth. You get lifetime access and that

[More Than Mindset](#)

## Ep #81: Self Healing Masters

provides opportunity to repeat the lessons for continued expansion and integration.

I have taken out all of the confusion, the fluff and the façade that the material world likes to throw at us to get right to the point. Because, guys, you know me, I'm all about the punch line. And here's how you go from sick, frustrated, and unfulfilled to aligned and ready to live your purpose and passion with ease and flow.

So let me tell you, who is Self Healing Masters for? Spiritual seekers, personal growth enthusiasts, healing focused individuals and healing focused entrepreneurs. And then I'll tell you what is Self Healing Masters about, what is included. And it's about learning how to manage your mind, how to manage your moods, how to manage your magic and how to manage your money.

And this is how it is delivered. We will have weekly live calls, group mentoring, community support and you'll have a library, video lessons and workbooks. Through this experience you will reinvent yourself over and over on all levels.

And then you can ultimately live your life's legacy as you, you who you were naturally born to be, in ease, flow and freedom. Because once we step into this world of personal healing and self-improvement, guys, it's like peeling layers of an onion. And that's why I'm offering Self Healing Masters for a single payment, so that you could stay and continue to grow at your own pace. We are ever evolving, and this tribe is where you will evolve and thrive in a safe and loving environment.

Here's how it works. The weekly live coaching and support takes you deeper into the work.

In module one you'll know exactly how to change habits and behaviors.

In module two you'll know how to improve life through emotional stability.

[More Than Mindset](#)

## Ep #81: Self Healing Masters

In module three you'll identify your unique gift to fulfill your passion and purpose.

In module four, know how to consciously create financial stability.

Plus we have bonuses, is my favorite.

Bonus number one is personal chart evaluations. It's about discovering the science of human design, exploring the Enneagram and the personality profiling that really helps us discover our inner essence, who we are, not as who we've been told to do, but who we truly are from the inside.

Bonus number two, we'll have additional monthly calls to dive into this deeper self-discovery.

Bonus number three, extra courses in health, wealth and relationships, these are all bonuses, guys.

Bonus number four is a meditation library on demand, how do you like that? It's so good.

Alright, the best part is I finally have a place to deliver all that I want to share and continue to evolve. This work starts in the highchair, not the electric chair where we have finally given up on the human. Guys, we have to do better. We need to start where the root cause is planted. We need to be teaching this to future generations.

We need to be teaching this at the beginning, before all of these neural pathways become what they are. And by that I mean we learn through habits and behaviors according to our environment. And so how do we improve that? We improve our environment.

We improve our life skills, coping skills, this is what we want to teach here. And that's what this is, powerful tools, life skills, mentoring, support and examples of possibility and potential – potentiality that's inside of you and us, as it's being exposed. A place for teaching, coaching, leading, sharing,

[More Than Mindset](#)

## Ep #81: Self Healing Masters

building lifelong meaningful relationships and evolving so that we can have a better human experience in the material world. It's so good.

All that I've shared before is included. So I've talked about 5k on Replay, The Journey to Joy, The Punch Line Approach, and the book studies, meditations that we have in the morning, all of that is included. The 5k on Replay is all about managing your money. The Punch Line Approach is how to consciously create whatever it is that you want in your life. The Journey to Joy is about expressing, and exploring, and being of like a deeper, better, more passionate and meaningful life and experience here.

So that's what I want to share with you this week. The link is in the show notes. Go and check it out, there is so much detail there. I have a video, there's – you can use this link to sign up and come into the community. You'll get a welcome email that's going to take you into our world. I can't wait to do this work with you. I am so excited about having this one space where I just share everything. It's something I have been building on for years, I've been...

Anyway, go and hit the link and come into our world where we can take this work deeper and really share more coping skills with the world as it is today and for generations to come. That is what I'm most excited about is a place to really dive in and cultivate, do this work. So if you find you're in personal development, spiritual seeking, and you don't have a place to land, people around you don't understand and you feel a little weird, you don't quite belong because you don't have anyone to soul journey with you, this is your place, come on over and hangout with us.

Alright, I look forward to meeting you all. And until next week, this is what I've got for you.

Thanks for listening to this episode of *More than Mindset*.