

Ep #173: How to Move Beyond Fear and Create Change



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With Your Host

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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 there, and welcome back to the show. Guys, I'm dripping wet, just so you know, give you a little visual. What our podcast is about today actually has to do with what I was just doing. So I have been outside filling, I guess you could call it a cattle trough, these big metal troughs, up with water because I am taking a plunge tomorrow morning. And I'm soaking wet because it was raining outside while I was trying to do this.

So I already dislike being wet and there was no ice involved. So good luck to me, right? If you are not in the More Than Mindset group, you need to head over there because I will be discussing this in there so you can actually get the visuals.

So let me tell you a little bit about what I am doing or why I'm doing this. First of all, I recognize that discomfort is the key to creating something new. We have to be willing to let go of the old identity, and that is uncomfortable. We have to let go of the old beliefs, that is uncomfortable. Because of the perception or the identity of who we are right now in this moment can't get to the next version without this prying apart. This like almost like ripping at the seams and busting through.

Every time we're willing to be uncomfortable, we're willing to try something new and different, we actually can see a little bit more through the veil. And the veil is the wall between the material world and all that exists.

What that means is that we came into this world with full opportunity of all potential. And we have built a wall according to our childhood, to the conditioning that was done through living in the material world. What the

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teachers told us, what our parents told us, our friends, all of the things that even media, social media, TV has told us to be afraid of, to watch out for. All of the danger signs, right?

Imagine if we just lived out in the country in the woods and we didn't have TV. It would be a whole different world. We would be different people, we wouldn't even have the same conversations. But that's not what happened, we were born in the material world and we have been told a lot of things about ourselves and we took that information as truth. And it is not.

So what I am doing, plunging into the ice, is getting uncomfortable. Doing something I dislike very, very much. You could say I hate the cold. I totally hate it. My favorite thing to do at the end of the day is soak in a very hot full tub, just to give you an idea of how much I hate the cold.

And here I am, just filled up my trough with water and after I record this I'm going to get ice. And tomorrow morning I will go on my bike ride, like I do every day. And when I come back I will plunge into the water for three minutes.

I chose to do the ice bucket over the cold shower because I have tried the cold shower multiple times and I hate it so much and I escape. So I decided to set the timer on my phone and be willing to deal with whatever comes up in those three minutes. And I am going to stay plunged all the way down into the water as I'm waiting for the timer to tick.

And one of the favorite things I ask myself, and I tell my clients to do also, is who do you want to be while you're waiting for what is going to be? So in other words, we live in the material world, that's on the linear time zone. So time in minutes and hours are kind of, like it feels long. We feel impatient, right? Because we have to wait for some things to appear. But what's in the quantum field, what's in like outside of the material world, like the world of

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all potential, where that is at. There's this big gap in between and that's time and space.

So the question that I ask myself when I'm impatient, when I'm trying to create something that hasn't happened yet and doesn't look like it's going to happen at all, I ask myself, who do you want to be while you're waiting? If you're sure it's going to happen, if you know for a fact that it is real already somewhere on some timeline, then how will you behave while you are waiting?

This has brought up so much for me because I'm impatient. I want it yesterday. I feel very entitled that the vision that I have for humanity should have happened already. The vision that I have for the life and the world that I want my children and grandchildren and your children and grandchildren to live in and yourself is not here. And I thought it should be here by now. I thought it should be here 10 years ago to be honest, or 20 years ago. And it's not.

And I am not always proud of how I behave in my impatience. I'm frustrated, annoyed, aggravated, angry. It feels sad, a bit mortified by not being able to create this vision. It's very, very frustrating. And so I have behaved impatiently, urgently, in pressure, pushing, forcing, trying to make things move along, which feels like moving a mountain with my pinkie. That's what it feels like, it's just not budging.

And so I'm taking a different approach and I'm going to use this opportunity to be a catalyst to find out what is in the way. And I guarantee you something will come up because I am not going to want to stay in this. And three minutes doesn't sound like a long time, well try holding your breath for 30 seconds. That will give you an idea of just how long it is.

So welcome to my world. This is what's happening. So part of this whole experience is part of my experience as a 6/2, an off the roof in Chiron

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return, and the significance of the changes that I am experiencing within myself. I was sad and it was hard and I've finally embraced it. And I'm willing to explore what else there is that my mind has yet to imagine yet.

And I'm going to tell you a little visual that's been coming up for me for the last few days as I've been plunging into this. So things have changed in my business and I decided being a solopreneur wasn't enough. I'm not satisfied.

I want to create something bigger, something more significant and I want to do it with partners. I've been doing, most of what I've created has been alone. I feel guided by spirit, I feel led by this inner knowing. And so most of the decisions that I've made in my business up until this point has come from that.

I try to ignore it, I can't sleep, it keeps nudging at me. It keeps showing up in my world and I'm like, "Okay, okay, okay, okay, God, I'll do it. I'll do it. I'll do it." So that's how most of my 27 years have been. And it still is, but it's more about how can we do this together? Who else is the million-dollar Grammy? Who else has the same vision that I do for humanity?

And instead of it being a me thing, it's a we thing. So the million-dollar Grammy is a movement of women who want to empower the next generation, who want to break the cycles. Breaking the old patterns and healing the generational traumas, the environmental messaging, and societal conditioning, and religious dogma.

We are women who want to break through what was. Heal it, mend it. Mend our minds and align ourselves with this limitless potential, this opportunity to create something bigger together.

So if I were plowing a field with one horse, right, you're just kind of going along. That's what I've been doing. And it's fine, I have done pretty good.

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I'm pretty good farmer it turns out, I've planted a lot of things, I've grown a lot of things. But imagine now that there's two or three or four pulling that plow. Can you see the impact that we can make together?

And so that's part of this is really giving up some of that I have to do it myself. I'm not supported. No one gets me This is so hard, right? That part, I'm having to give up those lies that have been truth to me. And I'm curious about you, what will you have to give up to create the new identity? What will you have to let go of in order to become more potential of what you truly are?

So for me it's thinking I have to do it all. I have to be in control of the whole entire project. I can only depend on myself, people are not there when I need. One of the things that's been really hard for me is I have a lot of resilience, fortitude, endurance. I push through, not because I'm forcing it. But because my belief is so strong and my vision is so clear that I can't imagine it not happening.

And I didn't notice that other people don't have that, right? It's not in all of us. It's available to us, but it's not innately natural to all of us. But I trained myself as a young kid and up into adulthood to endure. And now that I recognize where that comes from, it comes from training the mind, training the brain, bringing into accord of what you want. It comes from being uncomfortable, being impatient and waiting anyway.

It comes from going all the way through the commitment, even when you want to quit, not quitting. Going over and beyond, kind of like in my local business, I gave it over 25 years. The whole intention behind what I created was inspired by watching people suffer and having a 28% suicide rate and really wanting it to be different.

And so what I built was to serve the community that I lived in and so I didn't give up. I didn't throw in the towel, but I finally recognized that the vehicle

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that I chose and the place that I chose it is actually not working. And there are plenty of people in the world who have this same problem. And there are plenty of people in the world like me who want to help solve that problem.

And so I moved from solopreneur more into this movement, this commitment to collaborate with other people so that we can hold each other up when it gets hard. So we can keep our belief alive with each other for each other. And I don't have to do it alone. And there is a lot of talent out there and a lot of commitment and vision that can impact on a greater capacity because we're doing it together.

So letting that go, staying when it's uncomfortable, staying in the ice-cold water even when I hate it, even when I want to jump out. Staying anyway is going to be part of the training of how to stay in the game without jumping out no matter what comes my way, no matter what happens.

And I had this conversation with my husband yesterday. And he said, "What are you willing to lose in order to do this?" Because he sees I'm relentless, I can't let it go because, I think it's because I'm a 6/2 and a visionary. And I really am focused on generations to come, I can't just let it go.

And I'm not interested in the material world. I don't want a damn Gucci purse. I don't want whatever kind of car and those shoes, I don't want, I don't care. I don't like it I don't want it, I'm not interested. What I'm interested in is the potential of humanity. What I'm interested in is helping people optimize their experience in the material world. How to monetize it, how to be successful, how to create impact, how to make change, how to create change, how to be part of the change.

That is very interesting and inspiring to me. And I'm just kind of bored with my flipping mind and the stories that it tells me, to be perfectly honest. And so I'm going to go sit in this cold water and I'm going to let my mind do what

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it does telling all kinds of crazy ass stories. And I'm just going to watch it. And I'm going to hold on to the sides and I'm going to let whatever comes up move through me. And I'm going to stay and I'm going to stay.

That's what's happening in my world, friends. I'm curious what's happening in yours? What are you moving through? What are you working through? What are you changing?

The vision that keeps coming to mind for me right now is imagine walking down a dark alley and there's a door going into a building. It's a white door, metal with a silver handle. It's very dark outside and you know you have to go through the door. You know you have to go to this next place in order to get to where you're going. And when I open the door, it's unlocked, it's pitch black.

It's so black I can't see what the floor is made out of. I can't see how far, how big, how long. It's just black, unknown. No idea what's there. And it feels like I need to step into this without knowing, with this deep sense of trust.

So it's calling for more of me to come online, to come on board, more of this faith, more of this. If you guys remember, at the end of the year I chose this non-negotiable in order to move into a deeper trust. And I thought I experienced it in January, but it seems that it's still here and I'm still experiencing it.

So imagine going to step into this darkness and not even knowing if it's a hole that you're going to step into, if it's water, if it's a floor, if there's rats in there. Like how far does the room go? Will my eyes adjust? Am I going to be able to see once I'm in it? These are the questions that my mind is asking.

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And I'm watching my mind and I'm telling it to shut the F up. I am sick of the stories that you tell me. I am bored with your agenda. I have been waiting, I have been sitting, I have been doing the same old thing over and over and over and I'm done.

I'm done and I'm choosing the unknown. I'm choosing the darkness. So when you ask what are you willing to give up in order to get? I'm willing to give up the known for the unknown. I'm willing to give up the comfortable for the uncomfortable. I'm willing to give up what I know right now, who I am right now today, I'm willing to give that up in order to see what else can be.

So my all-time favorite phrase that I hope some of you are adopting is I'm willing to be surprised by what else is possible that my mind has yet to imagine and experience. Because until our mind experiences something, it cannot imagine. That's why the room is black. And that blackness is the fear. That unknown is the fear, that discomfort is the fear and we've got to be willing to step into it.

So you're welcome to come into the More Than Mindset group. Share your experience, tell me if you've done this before, if this is part of your practice, and to see what's happening in our world.

And if you want to do this work, if you want to live by your design, if you want to improve your health, wealth, and relationships, I invite you to Self-Healing Masters. It's a membership where we do coaching, we have courses, and I'm not the only teacher coach in there. We're bringing in lots of fun stuff. We'll have a live event coming in October.

And if you want to improve or grow your business, then come into E-School. Those are the two things that I have to offer you. Let's do something different. Let's change the world by changing ourselves. And let's do it together. All right, have a great week.

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