

MERYL: Welcome back everybody to the Rebel Nutritionist podcast today. I am thrilled to have Melanie Hunter with me, certified holistic nutrition consultant and breathwork specialist. So a little bit about Melanie and I, how we connected. We met at the Joe Dispenza workshop back in September.

And I feel like she is my kindred spirit, we hit it off and it was great. Uh, so welcome.

MELANIE: Thank you so much for having me. I'm so excited. So good to be here.

MERYL: So, today we are gonna, we're going to actually do two parter because I feel like we have so much to talk about and you have, you're a wealth of knowledge and we can just probably do this all day long.

Right. So, uh, I've talked a lot on my podcast or even in some of the videos that I've done about the energy and, you know, **how energy in your own body and your own mind creates and shifts your life.** Right. And I, I remember what Joe Dispenza said, he's like, all right, so take this information, but don't make it weird.

Right. Don't make it creepy. And so because I, you know, part of, look, I know we've both been doing this work for a long time and you really, um. It grows on you. It starts to resonate in ways because you start doing the work and then you start seeing it shift your life. 100%. And so I think why I'm so excited to be talking about this with you is because you, you know, you've seen the shift.

I know I've seen the shift in my life and I feel like I talk about it ad nauseum, but, and I don't want people to think it's weird and I don't want people, it's like not, you know, not woo woo. I mean, what we do know now, **there's so much research on quantum biology, like literally the energy in our body.**

Creates or the energy that we create in our bodies shifts our biology, right can actually change our literal being and so — I think it's time we like really bring this to the forefront without making it creepy. Okay. And, um, and ——— it could be creepy. I don't really care at this point. Right. That's why I'm the rebel.

Um, but making it so that people can understand it and have it resonate. So, like, What was your first introduction into this work?

MELANIE: Well, into Jo Dispenza. Yeah, I mean,

MERYL: well, Jo Dispenza, or even, you know, the mindset work and really understanding, like, what goes on in your mind actually shifts your life and your body and so forth.

MELANIE Yeah, I mean, so I'm from Youngstown, Ohio. This was definitely not something that we talked about, or that was, you know, normal. My parents And, you know, my family think I'm very woowoo and weird, and I'm actually comfortably stepping into this position now. Yeah. Um, so it's really been a process. I think that, um, over the years, it's been a gradual process, of shifting mindsets.

And actually, even, you know, when someone first points out to you that, you know, everything that you believe is actually. Just what you have decided to believe, you know, it's just like game

changing. And so I don't know exactly if I could pinpoint where it started, but it's been a slow and steady transformation, but it's also been just like, so amazingly powerful.

MERYL: Yes. So when you say slow and steady, how many years would you say it's been, it's been since you first came into this work?

MELANIE: Yeah. Um, you know, interesting. I remember talking to my husband when my, little. My boys were little, little, and I was saying how, um, I was like, you know, when you're driving on the highway and you can feel the person next to you wanting to merge into your lane And he's like, yeah. And I'm like, everyone feels that right. , like, that's energy. Right. And so I remember like, like little things. Yeah. Like little downloads. Um, so I don't know. That was, that's been a long time. But I, **I first started meditating in any capacity like nine years ago.** Right, okay. Yeah. And yeah, so it's been a, it's been a minute.

MERYL: So I feel like I've said that like. I, so I remember when I was sick after I had cancer, I went through treatment. Right. So this is now 20 years ago. Yeah. And I remember people talking to me and saying, you need, you know that, that your heart chakra was at that point, right? Was congested. And you really needed to work on your heart energy.

And you know, that time I think I was 33, 34, right. And I'm like, yeah. What the hell are you guys talking about? Like, this is so weird, you know, and the other thing is, is that when you come from a science world, right? Everything that I did was scientific. It was show me the data, show me the research. So you start talking about this mind-body stuff.

And you're like that, that's there, there's no science behind that. And that's, again, that's woo woo. Um, And then I finally, after I, I had moved to, to Florida, uh, and started to dip my toe into, I think the first experience I had done yoga and with the yoga when we were in Shavasana, try to do some meditating and started some meditating.

And then someone had introduced me to the book, Joe Dispenza's book, Breaking the Habit of Being Yourself. Forever ago? This long ago? Yes, forever ago. Wow. Okay. And so, so that had to be 15, I don't know, maybe, maybe a little less than 15 years ago. Maybe it was 10, 12 years ago. And so I read the book and I found it fascinating.

And then I started to really, like you had said, right, dip my toe in the water of Oh, what is this work? And then I remember reading Molecules of Emotion by Candace Peart. Oh, I never would have known. And so it's all about the, so that was all about, um, the opioid receptor in the brain. She was actually the first scientist, uh, to discover that.

She didn't get the credit because in a man's world in science, she never got the credit, but she was really the one who discovered that. And then I started to really look into Oh, wow. So there is a big mind body connection. And what are we doing? And and that sort of had my wheels spinning and my interest peaked.

And I started doing more and more. and always knew there was some kind of connection but couldn't Exactly. Put your finger. I didn't know, I didn't think I was doing it, you know, not that there's any right or wrong way, but I knew there was something I was missing. I'm like, why, what, what am I missing?

And I still, and I would continue to explore. And then, after I went, I had the opportunity, my friends, asked me to go to the Joe Dispenza workshop in April. Okay. — Game over. That was it. Game over. Right. I mean, all of a sudden I'm listening to him. And I think what resonates with me with him is that he is so much into the science.

Like there is science behind this stuff, you know, and I think that for me, it was a little bit more tangible, like, Oh, wow. And that you could measure the energy and they were measuring the energy in the room. Now he's got all these studies that, that, that they're actually measuring the change physiologically.

MELANIE I mean, so many too, right? Like markers for so many different things. So many things. Yeah, I mean, I think that that's what's amazing about Dispenza. I think he's amazing in so many ways. Right. But the fact that he is **bridging that gap and making this more scientific** is really like such a blessing because, you know, you experience things in your life.

That was so powerful. And, and yeah, when you tell someone that it's kind of, they're kind of like, okay, right. Unless you experience it, it's really hard to like make it quantifiable, but like the science is there and you really can't argue with the science. Right.

MERYL: And I think that, you know, again, like I always said, when you're in a space, like, oh, Joe just spends a workshop, everybody is there. It's like minded, right? So I didn't have to explain to you what I was feeling.

MELANIE Yeah, I get it. Oh my God. You're on such a high. Like, yeah, — Right

MERYL: . I was just jealous that you were able to hit the, that you, get into this, like, at one point I saw you meditating and you're like shaking, I'm like, I want to do that.

MELANIE: Oh my God. I can only do that there though. It's like the energy is so high in those rooms. That when I go to hit that penal gland, I am like totally in it. But I try and try, try it home. And you can't get it. I can't get it. We'll have to do a penal gland. Right. But I think, you know, for people who are just starting out and that's like, feels daunting.

'cause I think judge is so amazing, right? And yet his shortest meditation is like 23 minutes. Right? And somebody who's never meditated, they're like, that's a long time. Yeah. So I think, um, you know, it's interesting **if you go back in time to when you were first starting, right? It's really like being open minded and kind of, you know, paying attention, like there's seeds planted along your life,** right?

That, um, that you really just have to be open minded to and like allow space for.

MERYL: A hundred percent. And I think along with that **open minded and willing**. Willing. And, um, oh, there was just something else in my head that, — you know, part of it is also I think for me where the connection I was able to really make that connection is feeling.

Oh, totally. Right. I was thinking because I'm a thinker. Yeah, right. I kept thinking I got problem too. Yeah. Right. And thinking and thinking and thinking. Yeah. And saying, I desire this. I desire this. Right. 'cause that's what you're supposed to say. You're supposed to say not I want, I desire. Right. And that's what the universe hears.

So I was like, I desire, but then, and I think it was actually one, one of the Abraham Hicks. Meditations that I listened to and he says, but you got to feel it. And then I finally was like, Oh, I got to feel it. Motion. And then when Joe Dispenza said it, I'm like, Oh, no, I get it. Right. So sometimes it's like **you hear it from different people and you hear it in different ways and it resonates**.

I mean, I think that's, you know, what were you going to say?

MELANIE: I was just gonna say, that's exactly it though. Whatever resonates for you, you know, it's like, I'm a huge dispensable person. So are you, my husband, like, it doesn't resonate with him in the same way. Yeah. And it's okay. Right. It's more just see, find your path and whatever resonates for you, like stick with it.

Right. And the feeling that's what. She keeps you coming back. Yes. I mean, that's why I sit in my meditation, meditation chair every day is because that feeling that I have during that time is literally so blissful that like I crave it.

MERYL: Yes. Same, same. And then if you don't have it, so it's right. I think it's that feeling that you have after it, but even Part of what I think and, and so many people when they talk about manifesting, right?

I mean a lot of people, again, are very dismissive of that. I'm telling you, it works. a hundred percent works. It a hundred percent works. And you know, it's not always about the how. You don't know how you're gonna get it, right? But if you put it out there, it definitely comes. It does. There's just no question.

So part of that is what I needed to do more of was. What was the feeling I wanted to have when I was in that place? Right. So if you talk about abundance, well, **that feeling of abundance was joy, right? And it was freedom.** Yes. Right. It was freedom and it was opportunity. So feeling the joy. Right. And feeling the, the feeling of it.

MELANIE: Yeah. You know, Um, I think it's like you already have it, right? And I tell you that like, cause even saying I desire something that's still kind of a lack, right? You're still kind of in a lack mentality, but when you're actually in it and you feel like it has already happened, it is more real. It is as real as sitting here having this conversation.

MERYL: Right, right. And I think that's the big, where people don't get that connection. You have to feel in that space as if. You have that totally.

MELANIE: **And I think the hard part is is getting out of your own way with the emotion of the past**

MERYL: right like all those emotions come back in I know for me if I'm stepping into abundance then I have to get out of that scarcity mindset And I've talked about that a lot right **for me scarcity was my big word If that's why I chose abundance, right like abundance was the opposite of scarcity**, right?

and then I had to Really look at, I mean, there was times, you know, again, in the meditation, Joe Dispenza, **the behaviors that you do every day that keep you stuck**. Oh, 100%. Right. And so I would be doing something and I might have been paying a bill and I'm like, I felt anxious about paying the bill.

I'm like, there it is. Right. There's my scarcity. Oh my God. Right.

MELANIE: Turn and pivot on that. But what awareness, right? Well, that's the thing. That's it. So, I mean, I think it's so interesting because it's also like a forever long journey, right? Like for me, it's lack and I. Still, sometimes I'll be like, there's not enough time today. And I'm like, that's lack mentality. Yeah. Still popping in. Right. So it's like how you like, **it's a constant everyday work of making that, turning that around and changing your narrative around it**. Right. So, I mean, **the work you do in the chair is like amazing, but you really have to work on it. Throughout the entire day to change these beliefs that are so deeply ingrained in us**.

MERYL: Absolutely. So can you, without, I mean, I, so I'm going to put you on the spot, like, so give us an example. Like when you say lack, can you kind of elaborate? Like, is there something that you've been working on and then have seen the shift?

MELANIE: Oh my God, there's so many things that I could share. Um, okay, take one. I mean, I think, you know, the story about my mom, should we talk about that or should we talk about the house? ——

MERYL: Whatever you want to talk, whatever you feel. I mean, I think the story about your mom is amazing. I haven't heard the story about your house. We can do both if you want, but start with whatever feels good for you.

MELANIE: I'll start with the house because it's easy. Um, so I came back from Jo Dispenza's first week long retreat. And while I was there, **I was manifesting a house on the water and a house for my mother in law**, which sounds very bougie, right? But my mom, my mother in law has been living in this for like seven years, and she's amazing.

And I knew it was just time for her to have her own space. She needed it, she wanted it, and it was time for us too. And we were driving an hour to school each way. Right. And I'm like, we really need a house close to school. So that's what I was, you know, envisioning for these beautiful reasons that are not, you know, bougie.

But anyway, so, um. I go, I get home from Despenza on Saturday night. Sunday, we went to a, my, my little guy, he's five, his best friend's birthday party. Um, this was actually a year ago. So anyhow, so we're sitting there and he was very attached to me because I'd been gone for a week. Right. So I sit down on the floor with this other mom and I'm new to the school, so I didn't really know her well.

And so she asked, how was Joe Despenza? And I'm like, oh, it was so great. It's like, I'm manifesting a house on the water. And — she looks at me and she's like, **my husband is a builder. He's over there. You should go talk to him. And so we met him and that is who's building our house right now.** Oh my God. Right?

MERYL: Like I got the chills.

I'm manifesting house too, but I need to manifest a few million dollars.

MELANIE: The thing is, it's like the That actually, I keep reminding myself this. I'm like, **how can I come into manifesting and bringing, playing with energy in a playful way?** Because in the universe, like you read a million dollars or 10 million is no different than a hundred.

Right. It's our minds that get in the way. So I've really been trying to take a playful approach of like, let's just see what would happen. You know, like, what if you call in 5 million and you have nothing to lose.

MERYL: Right. Listen, I'm doing that. I'm like, Yeah. Right. Here's the house that I like manifesting that how I get the money is, you know, exactly.

Not exactly. So, you know, I am, and I am finding that I am in my mind a little more playful. And it was funny because I went to an event, um, with these two women who, uh, one of the ladies, she's very much also into the energy work, whatever. And, um, She said, **when you're doing your meditation, actually speak it out loud.**

That's powerful. And so, so now I'm home alone, my girls moved out. Yeah. So it's me and my dog. And literally in the morning, I'm speaking out loud. Like I'm saying what I'm desiring. And I'm, you know, playing with it, right? I'm having fun with it. So, uh, so I catch myself, I'm like, you sound like weird, right?

I'm listening to myself. Isn't it just like how we still judge ourselves? Right? Isn't that, right? So I, I did it the first few times. I'm like, yeah, now it's good. Now I'm saying it out loud and there we go. Now the universe is just expecting to hear it. I never said.

MELANIE: I think there's really power in words. You know, I did the rice experiment and like, Oh my God, that rice experiment.

MERYL: Wait, I was fascinated. So you have to tell everybody about the rice experiment.

MELANIE: Okay. So if you follow me on Instagram, you'll see the whole story. I documented the whole thing, but my husband actually one night at dinner, we have dinner as a family always.

And he was like, I saw this rice experiments. He's like, I think we should do it. And so I was like, cool, whatever, basically, you know, I honestly didn't even think about that. So he actually cooked the rice and got, we started with two jars. If I were to do it again. which I think I will at some point. Start with three.

Okay. So **you start with two jars and you cook the rice and you put the rice in there and you label the jars. One was love and the other one was hate. And once the rice is cooled, you put the lids on and you let them be. So they sat on my counter for months. I thought this experiment went so much longer than I ever thought it would.**

And so basically every single day, and I told my boys, I asked my boys, will you guys help me? And my boys. So they had a field day with this, right? — **You say loving things to the love jar, which I loved doing. They were not great. But I said, you can say anything you want to the hate.** So you can swear, you know, you can swear at it.

Like, I don't care what you say. I'm like, ——

they had so much fun. And so, um, but interestingly, I found, I didn't like to say hateful things because you actually feel it in your body.

MERYL: Yes. Yes. If you're an empathetic, sympathetic person. Yeah, yeah, yeah.

MELANIE: But anyway, so we spoke to these jars, um, every day, and it was mind blowing. Literally, **the hate jar devolved mold on it within, like, four days. — And the love jar, I started this experiment, like, eight months ago, and it's literally still on my calendar. I stopped talking to it months ago. It has zero mold on it.** So it's insane power of words. And so my son actually was like, well, what if we had like a control jar?

And so this is what if next time Oh right. Do a control jar. A control jar. So this one we just put the date on. Nobody talked to it. We completely ignored it. And it also molded in three or four days. Really? Yes. And so we still have, isn't that interesting? It's so wild. But literally, like you're, you're just giving this energy, but it's also through words.

And words have power.

MERYL: They do. They carry energy. Right. And true it is. I think that's what people, you know, we, we go around, uh, our days and we're so much in the, Hey, **we're all busy doing, doing, going, going, and no one's taking a moment to be mindful.** And I think that's part of what this work has allowed. I agree.

That is you take a moment to just be present — and whether it's breathe and what, cause we're not stopping. And somehow, you know, I've seen this over and over. Like. We get a badge of honor the harder we work and the more we kill ourselves and more stressed we are like that's the shift I agree.

We have got to start shifting this mindset of you know that I get rewarded somehow because I'm killing myself with work or trying to Raise the perfect family.

Right. Or, you know, that my kids have to go to this school like, like the competition is just awful Damaging.

MELANIE: It's horrible. So damaging. Yeah. I think I read somewhere, you know, comparison is the thief of joy. Yep. And it is, is so true. Right? Yeah. And it's, and it's actually so sad because I think some people get so wrapped up in it that they don't even realize Yeah.

That they're in the game anymore. No. You know, they're not even taking a moment to check in. Like, how am I actually doing? Yeah. Am I happy? Are my kids happy? Like, you know, the things that actually matter. Cause yeah, we're just on this like forever long race.

MERYL: We just want more. Right. I mean, it's funny because when I, part of what, you know, when I'm manifesting, right, we're saying, okay, well we want millions of dollars. But my, it's like, I, I really decided I, yes, there's certain things I, I desire to have, right. Like I'd love a nice big pair of diamond earrings, you know, and it doesn't have to be that big. Right. So I don't know. I've just always liked that. And I'm not looking for money to go buy things.

I don't really want to accumulate things. I want to have experiences. A hundred percent. You know, and part of it is I want to have the freedom, you know, when I'm manifesting, it's like, or when I'm meditating, it's like, I, I want the freedom to be able to have the experiences I want to have in the way that I want to have them.

Right. And if it's in a bougie way, who cares? Right. Right.

MELANIE: I mean, it's my experience. A hundred percent. It's interesting that I hear, **I hear in you a tiny bit and I carry it to a tiny bit of guilt for that**, right? Yeah, guilty for wanting to call in millions. Yeah. And then I'm like, well, there's my black mentality popping in. Right. Right. It's like, well, **there's actually enough for all of us and we can all call that in and we can all have beautiful experiences**. And I want the same thing that I want for me, for you and for everyone. Right. So I think that's interesting though because I think there's a little bit and I think that needs to go too, right?

MERYL: Oh, it totally needs to go and you know and it's funny because, that is a work in progress and it is, it is as much as I, you know, every day I'm doing the work and I know you're doing the work and you're, you're still like, wow, I, I still have a lot to learn. It never ends.

MELANIE: It never ends. I think, you know, but I also think there's beauty in that.

I think there's beauty in the work, right? It's like, I think **so many times we're speeding to the destination and like expecting, you know, I think I have this part of me that it's like, wants things to be perfect that I've been really working on for my entire life because it's like, what does that even look like?**

And it would be so boring if we all were right. There's beauty in the process of unlearning these things. And, and honestly, even like the, the ugliness of being a human, like there's beauty in that too. That's why we share these experiences.

MERYL: Well, and I think that's it. I think it's, it's the ugliness and sharing it.

Yeah. I think so many people feel shame. Yeah. And I can tell you, I, we have so many and I'm going to Really kind of Highlight the women because we have men that come in here too that

that have this but I think **women it's so pervasive who sit here and you know start telling their stories and it's like it's it's There's shame and there's guilt and there's you know, not enough of right and like they're not enough** They right because i'll say to them.

Are you ready to do this work? Are you willing and able to do this work? and They say yes — **And they don't know what it looks like because they've never worked on themselves,** — right? Like I say, what is your form of self care? And people look at me and go, what? Oh, wow. Right. What is that like self care? Right.

MELANIE:I never thought of that.

MERYL: So interesting. And so I look before I got sick, I never knew what self-care was. You know, we was, if you were going to take care of yourself, have you going to do this? You were selfish. What do you mean you're taking time for you? You're right. And, you know, these women who are coming in, in, in their four, and I think it really happens once you're done raising your children, right?

Because we're in that rat race of raising our kids. I mean, you're kind of in the throes of it, I think, but right, we've, we raised our kids and we're looking at it at ourselves. We're like, we're not where we want to be in life. We're not feeling the way we want to feel.

————— We're like, what happened? Right. And, and that is, you know, I want to say that's part of my favorite population to work with because they, this revelation comes in and they're like, wow, I deserve this.

And I, you know, that deserving and it's just beautiful and it's beautiful, you know, and I always say **I was 50. Until, you know, when I learned how to set a boundary for myself.**

MELANIE: Isn't that interesting? I mean, **these things were not modeled to us,** right? Totally. My mother did not, of course. And I mean, — yeah, she didn't take care of herself.

She took care of us. And like, there was very much, but it's interesting. I guess it all goes back to the same thing of like awareness and intention, right? Because it's like, I could look at someone else could look and say, you know, like I'm selfish because. **I make sure I get my workouts in and I, whatever, my kids are well taken care of, but I choose to do that because I want to model that for them.**

Right? Like this is important to me and how I live my life. And that, that is, you know, I think what I want to, how I want to show up for them. **And I know that I show up for them so much differently when I take care of myself.** I love that you said that. Oh my gosh.

MERYL: Right. You know, I, because. I think not enough women hear that.

MELANIE: And it's, I mean, it's so true. I know the difference. My kids know the difference. My husband sometimes will look at me and be like, go meditate. Like you're like, I love that.

MERYL: I — mean, but you know what, but how beautiful is that, that your husband supports that because again, **there's a lot of partners who, you know, we see, I see this and they're. You know, they sabotage their, their significant other because they don't want them to be successful.**

MELANIE: Yeah. I think actually it's so interesting. I think that my husband first started doing work, I think before I did, because we had infants when he started. Yeah. And so he went to do ayahuasca and I remember saying, yeah, I remember saying to him before he left, like, what if you come home and you don't want to be married anymore?

And he's like, wow. I don't know. And I was like, you still need to go. I'm going to cry now, but I was like, you still need to go because like, it's so important that we, you know, to come together as two whole human beings. Like I didn't want him to sacrifice that for me. Right. Like if that's what's meant to be your journey, but it takes a lot of courage to go there and to grow.

And like, I mean, it's come up multiple times. **There are growing, like you hope to grow together and we work hard to grow together. And there's a little bit, I think of fear in people that like, if you don't, you know, you could lose, you could lose something, but you're losing something.**

That's not real anyway. Right.

MERYL: Oh, absolutely. You know, it was interesting. We were talking yesterday. We had a team meeting. And, um, you know, — you start to see, you get to a certain point, I don't know that you're there necessarily yet, but you get to a certain point, your kids graduate from high school, they start to graduate from college, and your friends around you, you know, everybody's starting to get divorced, and, um You know, it's just like Right.

If you don't grow together and you don't take that journey together Yeah. Then you end up growing apart. Right. And you know, it's so interesting because Right, I got divorced, it's five years now and, and my ex and I, Dan have an amazing relationship. That's awesome. He was at Thanksgiving and you know, we went around the table and I'm like, what are you grateful for? And I was very grateful that he is in our lives, that he's in my kids' lives, and that we're better friends than we were ever partners. and Howie, you know, my boyfriend's sitting there, and we're all having this conversation. But, I think the beautiful thing is, the more work you do on yourself, for yourself, the more you, like you said, you can show up for someone else.

So like, Howie and I are doing work together, The communication, right? **I didn't grow up with communication in my family, everything. It was just nobody talked about anything. It was. And so I didn't learn how to be a really good communicator. And neither did he. And now we're learning how to do that together.**

And it's just fascinating, right? Because it's amazing. **Because that's what creates, Depth in a relationship..** So it goes back to, and so, you know, I, and, and so I've been to the two Joe

Dispensa retreats, and I keep saying to him, I wish you would go, I wish you'd go. He's not a science guy.

I think he would fall asleep while Joe was talking about all that . Um, you know, but he is coming to Abraham Hicks. But, but again, the willingness and the openness. Right. Because he even says like, I try to meditate. I can't, I'm not consistent in meditation. Yeah. I'm like, I've gotta feel it.

MELANIE: it's interesting because you want it for other people, and all you can really do though is live it and show up and, you know, and plant seeds. But everyone's on their own journey, right?

Absolutely. Like Chris and I, my husband and I have both done a lot of personal growth, but they've been different things because they resonate differently, right? Yes. And thankfully, I mean, I'm thankful that we've, our paths have grown the way they have, but It's like, I kind of want him to have a Joe Dispensa experience also because I love it so much, but I'm like, that would not be in his cards, and that's okay.

So it's interesting, you know, having that relationship,, but the depth, like you said, that you get in a relationship when you're working on yourselves and growing together is so beautiful. I mean, my husband and I had been through some tough times and like, I now know though, there's no more secrets.

There's no more like, we accept each other and choose each other. Completely as we are. Right. And it is such like a deeper level of love and trust than I think I even knew was possible in a marriage.

MERYL: Yeah. And that's amazing because I think that's what you have to have. Yeah. Right. Because every marriage, this is something else we were talking about, every marriage goes through tough times.

You are never going to have smooth sailing 100 percent of the time. and if you don't have that capacity to be able to support each other in that way and resonate and just do this Some kind of work. Right. Some kind of mindfulness, you know, depth work. Right. Correct. Not that that's a word. But, you know, I think that that's what creates, um, Lasting relationship, but I think even this work, even with my friendships, it's shifted.

I don't know if you've noticed it's kind of shifted some of the energy of like, who are the people I want to be around, you know, and so it was very interesting. I was watching on Instagram yesterday, Reese Witherspoon did something like Are you a radiator or are you a drain? Oh, right. Are you that person like that?

There's two people. Her mother used to say there's two people. There's radiators, there's drains, right? And like, do you radiate energy or do you drain energy?

But you know, it's so true, right? I think the more work I do, or the more of this work that I do, the more intuitive I become.

Or maybe I'm just paying attention to my intuition. That's actually interesting. Right? And so like, I can meet someone and I'm like, nope. 100%.

MELANIE: Right? Do you feel like that? Yeah, but I think I've always thought that, but the difference is that now I understand it. So, yes. Right? For years, I was like, maybe I'm just anti social.

I would much rather be by myself than be in a conversation when we're talking about nothing. I'm like, absolutely. Like, so I literally disappear sometimes. My husband's like, what's wrong with you? And then I was like, just recently I, that time I was like, oh my God. Like when I'm with people that are energetically fulfilling, like I could be with them all day.

MERYL: That is so funny. I understand. Because, because Howie can go into a room and he is like, he can talk to anybody. He can carry a conversation with anybody and I'm like. I just don't want to work that.

MELANIE: I don't either. I don't either. I'm like, if it's not interesting, like, you know, like I, you know, someone else I resonate with.

Exactly.

MERYL: I always call myself the extroverted introvert.. Because, you know, I, yeah, I want to have deep, meaningful conversation and I want it to not that every conversation has to be that way. Right. But I think it's like, are you talking to people who are draining your energy or, you know, I have no room in my life for gossip and bullshit kinds of stuff, you know, like, I don't either.

Yeah. Um, and again, I think that's. You know, where you and I connected, like when you're in Joe Dispenza, you're just like, you go, you know, I knew your life story in like two days, ——— right. And, uh, you know, and then Lisa, who's the other gal we met and hung out with, we were having like drinks one night. We didn't even have that many drinks.

I can think of one drink and we were just pouring out our hearts. Right. Because it was a safe space. A hundred percent. You know, we felt comfortable and, and I think because we all, you know, resonate.

So I know you work with clients one on one on one. How do you, you know, what is, what do you use in terms of getting them to be, you know, or not getting them, but at, you know, **encouraging them to be mindful and doing this work.** —

I talk about this all the time. **I recommend the rewired workshop from on Gaia that Joe Dispenza has done.** People love it, you know, and, and I recommend the books and I, you know, try and get people to sort of segue into this stuff. Cause I know how powerful it's been for me when you start doing that work.

What about you? How do you,

MELANIE: I mean, I think for me, it's really more of asking the questions so that people can see what residency needs for them. Right.

MERYL: So that's that coaching hat. Yeah. Right.

MELANIE: Cause I think that's really what it is. And honestly, everyone has their own answers. Right. And so, um, **I can offer a variety of tools and sometimes people need that because they don't even know that there are tools available.**

Right. And you know, **It's finding what resonates like what actually like brings you back that you want to and that feeling that you're going to stick to** because I think, you know, it's such a problem with like New Year's resolutions. It's like, yeah, we make these resolutions and it's like, forget that.

let's actually sit with ourselves and ask, like, **what do I actually need? What do I want to change in my life? What do I Feel, you know, how do I feel about that? And what, and what capacity am I willing to change?** You know, cause I think that's something we talked about. I often get frustrated working with one on one because I think sometimes people kind of want to change and that's not going to get you there now.

It's like when you're ready for it, like the work is there and the work is powerful. And if you choose Joe Dispenza or if you choose breathwork or tapping or, I mean, there's so many things right that can get you there, but it's really like, what are you willing to do? And what resonates?

MERYL: You know, we say this all the time, um, you, you know, when you come here, **are you willing to put in the work?**

And I think people expect that. — And this is and **I blame diet culture and I blame our instant gratification sort of paradigm on well, I just want the magic pill.** I just want the magic whatever. I don't want to have to work that hard. To have muscles. I don't want to work that hard to have health, right? I would say it's not, you know, we go into this whole weight loss,, especially like you said, right?

We're going to come into the new year's and people are going to be like, Oh, right. Well, Like, let's dig a little deeper, you know, that whole weight thing is not really about weight at the end of the day. And when we have people sitting here and we're saying, what is your why? Or, you know, what's going on?

And they say, I want to lose weight. I'm like, no, really. What, what are you, what's going on? Right. And yes, **you might want to lose weight, but what else is under that, that is. Keeping you from losing weight,** right?

MELANIE: And you have to dig deeper because that goal is not sustainable, right?

MERYL: Right. And it's not, it's really not. Yes. It's not a, unsustainable. A hundred percent.

MELANIE: It's not deep enough to not correct. Whatever that is. When you're like, want to look good in your pair of jeans. Correct.

MERYL: Well, because the. Yeah. Well, and because at the end of the day, that's not what it is about, right? So, you know, it, but, but it does have to come with a paradigm shift.

Uh, you know, **people say to me all the time, well, what do you eat in a day? What do you do? I'm like, it's not what I eat in one day. It's about the consistency with which I do it.** So true. Right. And the fact that it's not about willpower or lack of willpower. Right. Right. I am disciplined enough to do it. And want to do the consistency and have the consistency because I know how I feel.

MELANIE: Exactly. — That's exactly. I mean, that's the way I live my life too. And I think also, I think there needs to be a perception shifts for people, right? It's like people don't want to work so hard, but it's like, okay, the work. It's the magic, right? Like **I would work out not because my arms will look like this.**

It's because like I am a better person after I exercise, right? Like, let's talk about that.

those are the feelings you can feel and get behind. So let's stop measuring, you know, the scale and like the genes and actually think like, how do I feel when I eat this? How do I feel when I sleep?

How do I feel when I drink five glasses? I can't even drink five.. It's like really like that. And that's what I try to teach my kids too. It's like, you really need to pay attention to how you feel because otherwise things feel like, I mean, you know, you go through what you do in a day and it might sound exhausting to someone, but I'm like, I'm like on fire.

Right. Those things light me up. That's totally.

MERYL: Right. I know. I said, was doing a video the other day and I said, — **I wake up and I scan my body and my expectation is. I want to feel like amazing every day I get out of bed and if I don't feel amazing, why am I not feeling amazing?** Yeah, that's amazing.

And where people come in and they're like, I'm just fatigued all day and, and you know, I don't know. Is that okay? It's not okay for me. Not okay for me. You know, and I want to be able to bounce off the walls so I can't bounce off the walls at the end of the day. I mean, my bouncing is a little later.

Yeah. I mean early. Right. Like I'll be eating dinner and I'm like, okay, it's eight o'clock and I put my pajamas on. But look, I'm a morning person. I'm up. I love watching the sunrise. these are the things that bring me joy and that fill up my bucket so that I can have the energy and that feeling all day of like, I can conquer the world a hundred percent.

And I think when you feel like that, you want other people, right? I'm like, this is what, you know, people say, well, you sound angry when you're doing your videos. And I'm like, no, I'm not angry. I'm so passionate. And so, um, yeah, so, you know, but I think it does go like when I start my day with my meditations,

MELANIE: it's totally game changing.

And when you don't do it, and so it seems so daunting to someone to have to meditate every day, but I'm like, I get to meditate. Like, yeah, **I get to start my day off that way. Yeah. It absolutely carries, you know, a different frequency throughout the day.** Right. So I think that, you know, it's a big shift of like, **I get to eat well.**

I get to take care of myself. I get to go in the sauna. I get to work out. you don't have to, no one's forcing you to do this. Like, you know, you do it because you feel really good.

And that's, I think the only way that people really are going to make lasting changes is that they feel that.

MERYL: They have to feel it. And, and that is so true because, I think so many people. You know, come in and **it is a daunting task to start shifting your life**, right? And, I had a woman in here the other day, you know, she's whatever, 56. She's like, I just don't exercise regularly. And I'm like, well, what's the barriers?

I don't know. I just, maybe I need to be accountable. I'm like, you need to think on that. Right. Like, what is that? I said, have you exercised before? She says, yes. And I said, how'd you feel? She says, pretty good. And I said, why are you not doing it? She's like, I don't know, Meryl, you know, whatever, this looks better.

So it's, it really is, how do we help support people? And in this work that we do right here in the coaching work, how do we really support you? And I think this is also the big takeaway is that, — especially as women, **we have this — false mindset of we're supposed to do it alone.** Yes. Totally. I need to figure this out by myself.

I got this. I don't need anybody's help. Right, right. **And if you look historically and sociologically, you know, women thrive in tribes.** Totally. Right? You, you look at the Native American culture. And women were celebrated on occasions, you know, young girls would, would start their menstrual cycle and they would have a, a feast and they would have celebration.

Right. You know, women would have babies and the whole, you know, community shared. Yes. Right. And now it's just such an isolated. We're so isolated. And I think that's part of why, you know, you walked into our space. You're like the energy feels. — Right. We. Fill it with that community energy that, you know, really powerful.

You have a tribe here. We have a tribe. You have a tribe. Yes. You are now part of the tribe. I appreciate it. Um, and so I, I think that — that is part of the work that I also try and, you know, impart to, to the people that work with us is that. There's a reason you want to do this work individually for yourself.

Right. Because you're going to need some support. You're going to need some accountability. Right.

MELANIE: And you know, **that's not weakness. Yes. You know, and neither is showing emotion or like, you know, breaking down or being like, it's hard.** Like it's hard. It's hard to be a mom and run a business and be a wife and have friends and take care of yourself.

Like that's hard. Right. And we're all trying to do it. Like it's pretty. And it's like, you know, it's okay that it's, you know, it's okay. It's okay. Sometimes that it's hard and you need somebody to be there.

MERYL: Well, that's the humanness of it, right? Like I wish we would just be a little more human and a little less, yeah, whatever, you know, whatever it is.

MELANIE: Right. Right. The idea of perfect. Yeah, I know. I hear you. And I do try to live that way. And like half the time you see my roots. Right,

MERYL: And it becomes, yeah, listen, I. grew up, it was very much about, I always said, you know, **I wanted the outside. I worked really hard to change the outside and hope the inside felt good.**

And it really wasn't until I worked on the inside and making the inside healthy, that was reflected on the outside. And, you know, I was thinking about something, when I was, so I was up in Delray, whatever, Honolulu beach, whatever, on the weekend, and I did a yoga class on Sunday and — I went into the class and I noticed, you know, most of the women, and there was a couple of men in there, but we're just. Really thin.

And I feel like you and, and I don't look thin. I have muscle, right? And I look athletic and fit and whatever that is. And I used to want to be really thin.

And I, you know, when I was younger and. And I went through my whole, you know, **I gave myself an eating disorder because I would put pictures of women's legs, models legs, just from the waist down, like, like talk about compartmentalizing.**

Right. I would just, you know, and these models who are 5'7 5'8 5'9 I mean, me all of 5'4 like that was never going to be me yet. I was really trying. Yeah. And and consumed by wanting that because I felt that's what would make me pretty that's what would make me accepted. That's what whatever. Right. And until I started really doing the work on the inside, like, that's not what it's about.

But you know, it was funny. **I found myself in this room. And for a second, I felt I kind of reverted back to that little girl, like, whoa, right? Should I look like that? I did have a moment of that. And I said, you know what? I looked in the mirror and I'm like, damn, I look strong. And I love my muscles because you know what I'm 56 and I can. Kick most of the people's asses in there.**

And I didn't mean, and I don't mean it from a competitive kind of It just made me feel so throwing yourself up, I am strong and, and like — I just feel really good. Yeah. Like I, I had that moment of, I, I wasn't paying attention to anybody.

I feel really good for where I'm at.

MELANIE: It's so interesting. 'cause **I had a moment the other day too, and I was like, my hair was up and it felt like a mess. And I was in the elevator with this girl who looked so put together and I found myself judging myself.** Right. And I was like, this is, this is so interesting. —

And then I thought, anyway, I think it's so interesting that I think that for one, **I personally think we only judge ourselves out of our own personal lack. We're trying to measure up. And so it's like when we actually can really fill ourselves up and like find love for ourselves. So we don't have to be the skinniest, the prettiest or whatever.**

And anyway, you know, none of that even matters.

MERYL: Right, it doesn't, that's what I'm saying. Like, so that's, I think it hit me. Finally, like I looked in the mirror and I have to say, like, it was the one time I was like, Oh! Wow. Yeah. Like for me, that was mind blowing, right? Because I caught myself and I was like, wow. Yeah, you know, and so, um, I was really proud of myself.

MELANIE: you celebrate that, right? Celebrate it. And yeah, it's like the same thing, like **how we talk to ourselves all day long**, right? It's like, **can we be kind to ourselves and loving** and like, Yeah, it's, I mean, it's such a process and it's such a thing, but I think the more we can do that, the more we can lift other women up to, that there's not a lack of prettiness. It's not a lack of whatever, you know?

MERYL: And it doesn't matter in this scheme of things, right?

MELANIE: **It really is about your soul. And it's actually really about, like, your energetic imprint, like, what are you putting out there?** Right. You know, we're called to each other because the energy we're putting out there

MERYL: a hundred percent.

And that's what makes you beautiful, right? Your soul, your soul makes it because you can be a beautiful person and very ugly. Oh, we've met them all. So, you know, I mean that beautiful entitled.

MELANIE: that person's like, can we, can we come from a place of nonjudgment and say, that was your journey.

And I wish that you will find yourself in something else.

MERYL: that's where the world of social media, right? We were both talking about how much it's that love, hate relationship, — um, that, you know, **what's out there is not reality**. Yeah. And I think that's part of where, you know, I, I try and figure out **why don't I love social media and. For me, it's because it's — inauthentic** and everything I'm trying to do is about authenticity. I mean, this is why we're having this conversation.

Then I want other women to hear like, yeah, I don't, you know, I put myself together in the morning and I look in the,, I look pretty good right now, you know, but, but how many times, and I want to say that every day, you look beautiful, you look beautiful and feel that I look beautiful.

—

And that's what women are working for, right? And without the judgment, without that. So I feel like that's where social media for me, it's just inauthentic.

MELANIE: You know, it's interesting **when I first decided to put myself on social media, that's what I made a deal with myself. Like I'm only doing this if I show up authentically me.**

And if I am not, I will pull myself off because I 100 percent agree with you. And I think that there's so much more power and people knowing people on a real level and all of our messiness. Because we're all messy, right? Like **life is messy, and it's complicated. — And that's like, that's great and beautiful.**

Like hiding behind that doesn't help anybody, including ourselves.

MERYL: No, and, and, right, again, I think that, you know, I've always said, I do this work with integrity. I do it with authenticity. And really, I do it because There's other people who need that right who need our support and need our help and I want to be able to help those people Yeah, and that's really why I do this work and I'm sure that's why you do this I check in with myself all the time.

MELANIE: Yeah, what am I doing here? And I and then I'll get it's interesting I feel like every time I ask that question the universe will deliver some message to somebody else like reach out and say Thank you so much like this helps me and I'm like, this is why I do it if it helps one person —

Then it is and there's so many people in my life That have planted seeds along my path that have been so helpful and inspirational to me and have really changed my life.

And so that's really, I think what it is, it's like we're planting seeds and whoever, you know, you're on your own journey, but whatever resonates with you and helps. And I just, you know, yeah, I pray that like it helps one person and it's worth it, you know?

MERYL: I feel like that, like even. You know, I went to the Joe Dispenza workshop.

I was supposed to go with my friend Suzette. She couldn't go at the last minute. And I went by myself and it was, you know, that was definitely out of my comfort zone going to this big event.

And I'm like by myself and I don't know anybody and how crazy that the universe put us together. Like there was 1800 people, 1800 people.

You and I sit next to each other. And then I'm like, wait, did you guys know each other forever? And it felt like we had known each other for like

MELANIE: By the time we left. It was, it was so familiar. Yeah. And so I think, you know, again, that that is where **energy Brings like-minded energy together.** It totally does.

MERYL: Yeah. Oh my God. We could go on and on know. This is awesome. This has been awesome. Any last thoughts for, for this segment that you wanna leave people with? —

MELANIE: Uh, any last thoughts? I mean, I think that really, um, — overarching is I would just encourage people to trust your own journey.

Be open minded, you know, there's no, you don't gain anything from making fun of the woo woo and right, you know, telling, you know, judging it and you really don't gain anything. Right. Right. So just take a step back. You don't have to believe in it. It doesn't have to resonate with you, but maybe just let it, you know, plant a seed and um, see where it takes you.

MERYL: I love that. I love that. Plant the seed, — plant the seed and uh, you know, and take a minute, **take a minute to take inventory of yourself.**

A hundred percent. _____

You know, and reach out if you have any questions — about this work. We'll post all your stuff in terms of, you know, where to find you and reach you. Um, but this has been an amazing conversation.

It certainly won't be our last on this subject. Yes. So, **we do 15 minute free consultations if anybody wants to reach out and wants to learn more about the Joe Dispenza stuff or the work that we do or even, you know, the work that Melanie does.** Please reach out to us and, and inquire.

This is your Rebel Nutritionist signing off. Thank you, Melanie.

Thank you so much. Make it a great day, everybody.