

MERYL: Today, we're going to take a deep dive into authenticity. What does that mean? And I am really super excited about this conversation today. I have with me an amazing healer, Julietta, who only needs one name to introduce herself. I mean, she's got a last name, but I love, I love our conversation about right.

I'm stepping into the authenticity of the one name, but Julietta is the founder of body and soul ministry. And she is with us today to talk about all, all things, authentic, authenticity. So Julietta, welcome. —

JULIETTA: Thank you so much for having me. It is such a pleasure to be here. And yeah, **authenticity is definitely something I am passionate about and so vital to everybody's well being and healing because if you're not, if you're not being your authentic self, you're not going to be balanced and well and healthy and happy.**

MERYL: 100%. And, you're preaching to the choir on that one. I talk about this a lot. And a lot of our conversations as of late have really been about really diving into the mind body connection, really understanding how our energy. — Creates our life, how our energy dictates what our health is right?

And the energy that we put out into the world affects our mental and emotional well-being or vice versa, right? It's all interinterconnected. Exactly. Intricately connected. So before we get into the topic, and I guess it's part and parcel of the topic, let's talk

about you. How you got to this work, you know what you're so passionate about in it and you know how we can help support the world — around us. ——

JULIETTA: Yeah. So, as I was telling you earlier, I. You know, started, my path in healing as a physical therapist. I graduated in 1991 as a physical therapist from the University of Wisconsin and really felt a struggle my entire career, 32 years, of having to fit in that box of, what it meant to be a physical therapist and as someone who is very spiritual and, it was just connected to energy and frequency and the chakras and the meridians and emotions, all of these things.

play vital components to our physical well-being, but our Western medical model almost all of the time ignores that and I found myself I was using energy with my clients before I even knew I was using energy and as a brand new therapist, I was trying to figure out like, why were people requesting me to be their therapist when my co-workers had five, 10, 15, 20 years experience.

Surely they should want to work with them instead of with me. And then when I would be when I finally figured out it was energy that I was working with and then trying to explain it to people, like, especially back 30 years ago when I was doing this people weren't really open to that.

And so we'd make up stories about what it was I was doing that felt that filled into that 3D view of things but I was just, I was being very inauthentic and it was very uncomfortable. And there were stages in my career where I kept like taking baby steps into my authenticity, just little by little.

And Finally, the beginning of this year, it had been brought to my attention that one way that **I could still work as a healer and help people both physically but and spiritually, mentally, emotionally, energetically would be to create a ministry.** And so I made the decision earlier this year that that's what I was going to do.

And — **I released myself of the title of physical therapist, I am no longer a PT, but I am still here to support and help people in their healing journeys.** And I say that because even though you know, the title I have is A healer, but that doesn't mean that I heal and the only person I can heal is myself, but I can support others in their healing journey as they heal themselves.

And I think that's also something to that our Western model takes away the power from people. to heal themselves. Like the doctors and everybody make it sound like they're the ones doing the healing, which it's not true. Like **you are the only one that can heal you. They may provide you some tools — to help you heal.**

But you are the only one that can heal you.

MERYL: I love that you said that. I think that is so important for people to hear because oftentimes, and so many people we have a lot of different listeners, a lot of different demographic groups, but I think that whether it's men, whether it's the women need to hear that they are the only ones that can hear them heal themselves that it is in their power.

And I always say is there, **where is the willingness to do the work and part of the, I think part of the. barrier and the obstacles for people is kind of what you said that the western model really discounts this energetic connection and this model of mind, body, soul, spirit, how it's really connected to our physical health.**

And I think one of the things that I've been trying to figure out how to transition to, even in my business and even in the conversations that I'm having with people. Is that information right? Because sometimes it sounds woo woo. And I've had many conversations with some other practitioners — since going to my sort of tipping point was going to the Joe Dispenza workshop.

Well, I've gone to two. Right? And so when you start to understand quantum biology, right, and when you start to see that at play, you sit with someone in front of you and you're like, I could just feel it so clearly they may present as very calm, you could feel that frenetic energy, right? And so for me, it's like, okay, how do we really Help people like you said, right?

You have to heal your own self. And I think that's the other part of that. —

You know, I will go I'll talk about my journey in a second, but I do want to ask you how, because, right, I think we all tend to live in authentically until we finally get that bang on the head or knock in the headlight.

Oh, this is what it's about.

JULIETTA: yeah we get so programmed out there. You know, from the moment we are born, we are being programmed. You know, like we talk about television, they present programs, and it is **to program us to fit in and to be like everybody else. And — it's so sad because each of us are unique and when we bring our unique gifts to the table, this world is going to flourish and be such a much more beautiful place.**

And so I see In the realm of being in the healing field, like **when you're not being authentic, you're creating imbalance in your body that's going to show up in different ways, physically, mentally, emotionally, and the closer you get to your authentic self. —**
The more balance you create

MERYL: 100%. So what is something and I know so many people who are walking around in that in authenticity, right? And I don't think that it's not purposefully, but like you said, we've been programmed. I walked around like that for a really, really, really long time, right? And so, and there are still nuances of it because What I was going to ask you is how do you, what are some of the tools that if someone's listening, like, okay, well, they're saying like you, right, for a long time, they were doing a profession or they were in work or they were, who knows with a partner or whatever it is in a space that just didn't feel authentic.

Where, where do we start with this? Because **I'm sure there's, So many emotions that come up with a recognizing that, wow, this is not resonating and B how the heck do I get out of this?**

JULIETTA: And you don't have the simple thing is it's really just a choice — and it does take a little bit of bravery. Stepping through that fear. —

But the crazy thing is, is that **once you start doing it, A, you're going to see people accepting you that way. Loving you that way.** And, if they don't, they're not meant to be with you. So you're also going to weed out all those People, situations that aren't part of your authentic living. And, but I truly, like, I laugh all the time.

Like, people are in my room and they're, and we're having these conversations about things that people don't talk about out there in the real world. And they're like, Oh, I wish I could talk about this with my friends. **And I wish I could express this part of me with my friends. And I'm like, Every single person that comes in here says that, so all you all just need to do is just be yourself because everybody's dying to do it, literally dying to do it because it is killing you slowly when you're not living in that authentic space and once you take that step, take that brave little step through your fear and be your authentic self, — the people that love you are going to step up to that and that's going to give them you. the permission to do that as well.**

MERYL: 100%, you know, one of the things that I keep saying over and over is that when Joe Dispenza said you're going to leave this work and it's going to be life-changing for you, and you're going to realize things that nobody else is realizing at the moment he goes, but don't make it creepy.

Don't make it. So. So two, two things. Hey, **how do we do this in a way that doesn't make it creepy for other people that they can accept that maybe they're dipping their toe into**

this, they're realizing and they're like, wow, yeah, I would like to be more authentic, but how do I even, like you said, it does require a tremendous amount of courage, right?

How do we, **what are the first steps? Like what? — What do you how do you guide someone?**

JULIETTA: I'm like, ages take a baby step. Okay, so what is that baby step? What's a baby step? Like for me, one of it was, you can't, I don't know if you can see really well here, but it looks kind of blue on camera, but I dyed my hair purple.

I don't know if that's a baby step. Well, for me, for you, yeah. For me, yeah. Like, I'm out there, but it's, I first dyed my hair purple probably like seven years ago. Because I lived in this world. So, funny, true story, both my mom and my grandmother were hairdressers. And when I was little, I wanted to be a hairdresser because I wanted to be like them.

And then my mom forbade it. She's like, you're too smart. You can't be a hairdresser. So, okay, fine. I will, I'll heal people instead. Which is essentially what they did as hairdressers anyway. But. I spent so much of my, besides hiding like the authentic energetic healer that I was, I also like had to play the conservative, I'm a western medical practitioner, I must dress conservatively, I must wear my hair conservatively, even like, I had like five earrings, but at least I could like cover that, like no one could see that wild side because that was covered, and you know.

Okay, I have tattoos now, but like even my first tattoo had to be in a place that was completely, that I could completely hide it from people because I had to fit in this

conservative space. — And finally, like seven years ago, I saw someone with purple hair and I was like, I want purple hair and I went to my hairdresser and I said, I want purple hair.

And so over these years, my hair has been every shade of purple all purple, purple highlights you name it. But the funny thing is like going out into the real world, — women constantly would come up to me and say. I wish I could dye my hair purple. I'm like, well, you can. Just grab a box of purple dye and dye it.

Or go to your hairdresser and tell them, dye my hair purple. Like, it's that simple. It's not that big of a deal. Oh no, I could never do that. People would say, my boss would fire me, my husband would divorce me, my friends wouldn't be my friends anymore. And I'm like, if that is true, they're not your tribe.

And do it and then go find the people that are your tribe. But I can tell you when I dyed my hair purple, nobody in my circle left me. They were all like, I love it. So we're like afraid of these things that we think are such a big deal. And they're not. They're not. It's just a story that we've made up.

MERYL: Well, and I think there you go, right? It's the story that, that either we've made up or we're told and somehow just are not almost paralyzed to step out of it. Become paralyzed to be able to do that. So I understand it's okay. Yeah. The just-do-it model, but you've got someone in your office who's terrified to, to really step into that.

Yes, I get the baby step is okay. One at a time, one at a time, but. I guess I'm still sitting a little bit of it is okay, it's dipping your toe into the fear and being okay with that,

JULIETTA: you know for example a lot of my world is the spiritual world and talking about things woo and people really want to dive into that.

And so a simple thing last night, I had a chakra balancing class. And a couple of the people there like have heard the word chakra. But they don't really know anything about it, but they're, they're curious. And so they're there. And then I have, I had other people there that were like yoga instructors and crystal shop owners.

So they know, I'm like, they possibly know more about chakras than I do, but it was a completely safe space for these newbies to come in and dip their toe in the water. and also start to connect with other people. Like you're interested in this thing and so are all these other people. So it's a safe space to start to dip your toes in and, and play with it.

MERYL: Yes, I and I love that idea of like you had said, so I do want to shift into some of that energetic stuff because all of this work is based on when you're deciding to be authentic, you've got to step into that energy in your body, right? Your body holds that. It holds the key.

It holds the response. It holds all of that. And so and one of the things it's one of the things that when we, when Joe dispenser talks about it, he calls it, he talks about energy centers. We can talk about it. Chakras, however, right. **But we do know there are these**

meridians in the body that align with, — The nervous system align with our brain the brain capacity.

I mean, how would you describe — when, when you say, okay, well, I'm going to align the chakras. What does that mean for people who don't know what that is? Right. And why is it so important that we start thinking about that in a meditative space or in a space when we're, we're contemplating stepping into our authenticity.

JULIETTA: Well, and I think the, like, **the Western medical term that people use would be homeostasis, which is balance, and for us to be our best selves in whatever that is, we need to be in balance, and we also have to understand that Nobody is ever in 100 percent balanced state.** Like that just doesn't exist in the real world.

But we have different imbalances here and there and everywhere. And. We work on whichever ones we can access, and the more balance we bring in, the easier it is to move forward in life. And so the chakras are, like I laughed last night, so there's seven primary chakras that People are kind of aware of and so one of the newbies come and she goes, I know that there are seven chakras and I said, Well, really, there's hundreds of chakras.

But tonight we're going to talk about the primary seven, the first ones that you get to know about and dip your toes in there. And so starting to learn about them, and then because you can't, Fix what you don't know what you have no awareness of. So some of it is just creating the awareness around it.

And once you know something exists, then you can start working on it. And there's, there's plenty of ways to do it. Self-help yourself. I'm like, the University of YouTube is infinite . I actually just uploaded the meditation that I did last night. I recorded it and I just uploaded it onto YouTube last night.

We actually focused on grief 'cause there was a big loss in the Fort Lauderdale community about a week ago. And so that was kind of the focus last night. And, so if people are like, I don't have a budget, like, you can literally go on there and start learning about the chakras and, and doing these because you can, you can do them yourself, follow along the meditation and, you just, like, any skill.

You just have to practice and the more you practice and, and, and place your awareness there, the more you're going to learn and you're going to get it. But there are also opportunities to reach out to a professional like you or myself. And, like one of the tools, I taught people last night was **how to use a pendulum to assess your chakra and see if it's balanced or not.**

And Super simple little tool that you can see and go, Oh wow, this one's good, but this one's not. Okay, I know this one isn't good. And now, teach me the tools that I can tap into. You know, like **we worked with essential oils, and crystals, and affirmations and of course the meditation. So there's all kinds of tools out there, and you also get to choose the ones that resonate with you.**

Like, what I have to offer is different than what you offer people, but we can achieve the same outcome through different paths. Absolutely. There's not, I always tell people, if

anybody comes and tells you that there's only one way to do something, run. Run. Run. Yeah. You know, and I'll share with you my experiences and where I stand based on my experiences in life, what holds true for me.

But what's true for me might not be true for you. And so don't believe it just because I say it. Try it on. See if it fits. And if it fits, awesome, use it. And if you want more help, I'm happy to help you with you, help you with that. — But if it doesn't fit, look for something else. Because there's, there's infinite ways to work on achieving balance and achieving authenticity.

There's so many ways to do it, and you get to find the one that works for you. —

MERYL: 100%. And I appreciate that conversation around that because one of the things that I think is important and we talked, you mentioned it again and you mentioned it in the beginning is that in Western the Western model, whether it's the medical model or even just our cultural model is and especially right in the medical world where I sit is **people come in with these illnesses and their doctors act holier than now, like, listen to me, my way or the highway.**

So they completely disempower the person in front of them and they instill the fear of God, especially I've got a bunch of cancer patients and it's either do it my way or you're going to die — and it completely disempowers and deflates the individual, and yet when you look at where disease comes from, so you talk about homeostasis, we want to be in homeostasis.

Well, disease comes from dis ease, — lack of homeostasis. And so and part of. Of really healing is accepting that there is a — beyond physical, there is sort of this quantum and I'm going to call it quantum and you can call it energetic or whatever we want to call it. But there is a realm of energy beyond cancer is a physical tumor that manifests as physical matter, but it was interesting because when, when you, you look into sort of how people do this coherence healing, and these people become healed from just energy, it dissolves that, that matter.

It's fascinating. Right. So the,

JULIETTA: have you seen the, it was a Chinese study, but there's they're actually like taking an ultrasound of the tumor and these energy doctors are like working on this tumor. And you watch the tumor like shrink and disappear live. Like it's great. —

MERYL: I have not seen that, but that would be great.

You're going to have to give me that, that, that study and that link, because I want people to realize that. You know, one of the things that we talk about so, so pervasively in the conversations that we have. I had a client in yesterday, a gentleman who has some issues going on. And I always say the issues are in the tissues, right?

Like your body has memory. If you have stress, if you have any kind of trauma, if you've had real, real, angst in your life — and, and you haven't dealt with it. You're just that person who just, I'm just gonna plow through and I'm gonna forge through this because I can persevere and I'm strong.

And not accept any help and not understand that it's part of your energy that lives in your body. That's making you sick you. That's frustrating for me. It's so because I'm sitting there thinking to myself and saying to them, like, you got to get through this. You got to work through some of this.

And they kind of have that glassed over face like, what are you talking about and I'm sure you've seen that, but it still goes back to like they have to be accepting and curious and interested in knowing that what, **if what I'm doing now is not working, maybe I could be open to this and see where it takes me.**

And like you said how do we, the baby steps of doing that

So I have people who are in here who say, right, I'm ill, I have this physical illness. — And when I'm with them, I'm thinking to myself, and I even say to them, Okay, but it starts in the mind. It starts with your energy. And you know, they look at me and there's that resistance. **How do we help people get beyond — that resistance?**

JULIETTA: Well, one thing, a word that you said before that I love is curious. Like, we all get to stay in a curious space. And then we're, then we're open when we're in the space of, I know, — that's like a closed space. And so even if we think we know things, if we can just be more childlike and I said, life is a game that we're playing it's a game, like, don't take it so seriously.

And get into that space of curiosity. Well, this isn't what I've been told before. But, oh, there's something, there's a new idea here. What if I just play with it? You know, just play with it. And the bottom line is, everything is energy. It's all energy. Everything!

you know, I think part of it is like, just my way of being. People can, I laugh. Like, people will come into my space and they'll say something like, Oh, the energy is really nice in here. And then they get this look on their face, like, wait, did I just say that? The energy is like, that's not like normally who I am, but being in the like I've created this energetic space that is.

Open and loving and compassionate and if you walk outside and the energy is a little bit different. So it's more difficult to be in that space. But those of us who know and understand, if we can create that safe space for people to drop their I knows, this is what, like, The thing that makes my skin cringe so much in, in the medical world is evidence-based medicine.

Like, the research had to prove it for it to be true. Well, if we only live in that space, we're never going to progress anywhere. Like, we have to try new things, you know? And so, **you're coming to me with this problem that you've addressed in the Western ways. And it's gotten you only to where you are here, but you want to go someplace.**

If you want to go someplace else, you have to try something different.. So just — let's play. Let's be curious and see what's possible.

MERYL: That's phenomenal. You know, one

of the things that I'm thinking about as you're saying this, so I have a lot of women. I'm sure there are men that do this, but women.

Who yeah, and especially certain socioeconomic groups, right? They need to fit in. And this desire for thinness and to be I got, I got very caught up in that when I was younger, can't say it doesn't ever creep in, especially in the line of work that I do.

But I really, really work hard and part of why I do my work is centering myself in the meditating and the, and the coming back to what authentically feels good, right? I spent years and years and years. I was struggling to try and be that stick skinny person who was on the cover of the magazines, right?

And I was so miserable and still could never be perfect enough. And of course then I ended up getting sick. And I'm sure the illness that had, there's, look, there's multitudes of reasons why we get sick. But for me, I definitely think it was energy-driven as well, — because I had a tumor right in, my chest, right near my heart chakra.

And so so after I had gotten sick and started to do this energetic work and continue to just do this I always say I have to work on the outside. **And now the outside reflects how I feel on the inside.** And I think there are so many women who struggle With making themselves okay in whatever way they look.

I know we're we are supposedly becoming more into this body conscious, right? — Whatever. You look good at any size kind of thing. **I still think there's this overriding,** —

idea of what women are supposed what women think where they're supposed to look like that thin be, be small, be little, and don't say anything and don't be heard.

And and I'm like, and I'm proud of my muscles and I'm proud that I walk into the gym and I'm strong and I'm confident. Right. But I, I just, part of me is like, wow, **how do we get around the social ideals and, and teach these women, like, again, stepping into your authentic self around that.**

And, and again, I might be rambling, but I think there's so many people who, who really feel that as women.

JULIETTA: Yeah. I, so as the woman who has. never been thin, was not born thin, and recently and — what's interesting is like people who are around me and who see like how I eat and what my activity levels are and stuff like my body size does not match like what you would see.

And so, and it is still a little bit of a mystery and something that I struggle with like, man, no matter what I do, I mean, **there were times where I ate perfect. I exercise perfect. I did everything I was supposed to do. And no matter what I did, I could not achieve that. Magazine cover body** for nothing and then after like it was like, and it was not happy because **I'm avoiding everything fun in this attempt to, to try and be what I'm supposed, what society says I'm supposed to be.**

And, one, spiritually, one of the messages that has come through for me is that **I'm here to show people that it's okay to take up space.** And I actually, like, had this conversation

with a friend of mine who takes up almost no space. And part of, like, when I said that, like, **she had this realization, like, Wow, I don't feel okay taking up space.**

Like, I'm not good enough to take up space. And not to say that we need to get you know, it's an issue when it's affecting your health, but it is possible to be larger and still be healthy. So like I laugh, my, my brother who is. He's a big boy and in their group of friends, one of the men had a heart attack recently.

And so they all freaked out and they all went to their doctors and had everything checked out. And his doctor said to him, he's like, you're the healthiest fat boy I've ever seen. So you know, like. **We as a society need to, release some of that judgment that because that's what people hold on to, that if you're fat, you're unhealthy, you can be not skinny and still be healthy, and you can be skinny and be very unhealthy.**

Correct. And but I think one of the biggest gifts that we can, like, **we have this awareness, like we can stop judging our friends. We can tell them they look beautiful when they don't feel beautiful.** Graciela, who was supposed to be on the show with us and couldn't, she's a photographer and being on the other side of her camera.

And being able to see ourselves through her eyes, like, she sees the beauty in everyone. And if we can all stop judging beauty by what Hollywood and everyone else, the fashion industry tells us is beautiful. They don't get to make the rules. We get to make our rules. And so, like, women to women, like, let's start praising And!

Why is it the most important thing to be beautiful? Like, praise ourselves for, for me, **the greatest beauty that I see is people that are loving, and kind, and generous,** and you can be all kinds of physically ugly, but if you are loving, and kind, and compassionate, you have a beautiful energy about you.

And then I see people that look like what is supposedly beautiful, but they're nasty people, like, you lost all your beauty because your energy shines through, and so you may have what is termed physically beautiful, but The other stuff takes that away.

MERYL: Absolutely. Yeah. And, and that's the truth, right?

It is, it is energetically, if you have, and, and, and because I have had people walk in here who just radiate. Regardless of what physically, right, you start to kind of not even see that. It's just that their energy is contagious and that it's just, like you said, loving and compassionate.

You just want to be around them. You know, and I find that more and more, like you said, since I've done since I continue to do more of this work. So the more of this work that I do, the more it's drawn to me. And that's what I'm finding, right? Like when I went, like, I haven't been to one of the women's networking events in a really, really, really long time.

And then I chose to go to this one that you guys did. And it was just the energy in the room. And you're, you're both yours and Graciela's presentation. But it was the energy and I walked out of there and I was like, wow, that I'm so glad I went and I'm so glad I met so many like-minded people because those are the people I want to hang out with.

JULIETTA: And what I will say is **Almost everybody is like that. But when you're out there in a different space and nobody's giving you permission to be that way, you fall into the, this is how I'm supposed to be. And you know, that was really what we were creating there is giving everybody the permission to be authentic and speak from their heart and connect from their heart.**

And it's, Like I said, everybody that comes and lays on my table, they're like, Oh, I wish I could, like, have people, like, I'm like, **probably your friends are like this too, if you just opened up to them.** — And when you were talking about you doing your healing work, I always, everybody that comes in, everybody that came to my chakra class last night, I said, thank you.

Because every piece that you heal in you helps heal the divine collective out there. And so you healing you helps heal all of the people around you. And the more healing work you do. The more the world heals and, and **sometimes it is people just need someone to give them. The permission to be authentic.**

And but you don't really need permission, but I'm giving it to you. —

MERYL: Thank you. Thank you. Right. So one of the things that you just said that I'm going to segue the conversation, cause I think I could talk about that kind of stuff for hours, but — you know, the, the world needs healing, right? We're in a, in a pretty tough space right now.

And, there's, there's just the divisiveness and, the anger and the hate and all of that that goes on and I had someone say to me the other day. So I'm Jewish.

I'm proud of being Jewish. And I wear my Jewish star proudly and one of and someone commented on one of the posts that I had done I posted something on my page.

And he's like, I am so impressed that you proudly, or I'm not impressed, but you know, happy that you proudly display your Jewish star and that I lean into that and not cower to the fear of being targeted. And I think part of my healing work has been in the fact that we're all human.

And regardless of what is going on, **why are we not just looking at the humanness? Or the lack thereof, and how do we help each other rather than tearing each other down for what we believe, don't believe how do we step into loving each other and accepting it's okay to have differences and whatnot, but accept me for who I am.**

Let me be the authentic person that I choose to be. And let's lead with love,

love triumphs all and, and so how do you I'm sure you're seeing a lot of people that —are, are struggling with this too.

JULIETTA: So, and I love that we are all humans on this planet and it's easier to control everybody when they're divided.

So they give us whether it's religion, race, sexuality, gender. — **There's a million and one reasons to divide people. And we get to choose to not be divided anymore.** the other, like one of the most powerful healing and growth tools that came to my awareness was,

this was years ago, someone was calling me all kinds of nasty names, telling me I was a horrible person.

And that day on Facebook, this meme pops up. It's this nice little Buddha head that says, **I am not what you think I am. You are what you think I am.** And so I went, Ha! All that stuff she was calling me, that's her! And I like walked around like all like so happy with myself. It's not me, it's her! And then as I had a moment to sit, I went, Oh. —

I didn't say them out loud, but I had all kinds of names and shit that I was if she's not what she's calling me. — She's not what I'm calling her. I am that . — **So whenever I look out and I see something in someone that I don't like, that I'm judging as being bad. I know that there's a piece of that that exists somewhere in me that I haven't healed yet.**

And so where can I find that piece and heal that? Then also that can get you really down and bummed out because you're focusing on the negative. **But I also remind people, everything beautiful that you can see in someone else, also exists in you.**

And so when you're struggling to see beauty, see it in other people and know that you can only see it in them because it exists in you as well. —

MERYL: Oh, I got the chills. That was great.

JULIETTA: So like when you're feeling shitty, look around and see the good in other people and know that that's, you're seeing yourself when you want to do some work on

yourself and do some personal growth. Look at what you're judging out there and know where's that inside you to heal that.

But, if you can't love others, — it's because you can't love yourself yet. And the only way to get to fully loving yourself, is to being your true authentic self.

And that true authentic self doesn't have to be like anybody else. — It gets to be you, your, you and your unique expression in this world.

MERYL: That's perfect.

I almost feel like we should just drop the mic there because it comes full circle, right? That is what we started the conversation with and, and, and allowing people to step into that. So I think that's, that's great. Fabulous. And thank you for those words. Really. I mean I'm thinking I'm like, okay.

JULIETTA: And it's amazing. Like I, she's not dead yet, but I always say like, there's Judge Judy sits on my shoulder here. Like what am I judging? What am I judging? And when I look back at. — You know, me, years ago, oh my god, I judged everything, everything was wrong with everybody and the world and, and — it takes Like, to find something that's going to set me off and that's going to anger me and that's, it takes so much now because I've done all of that inner healing work and it's, it's freeing.

MERYL: It is. It's so freeing. It completely is. It's so liberating. And so. I guess one of the other things and then we can kind of end on this note is that **I also want people to know**

that this is a process you and I didn't get to where we are in a year or in two years,
right? I always say this every, every time I learn something, I take it, I implement it.

I that's one of the things about me. It's like, I'm always so curious. And it's always the why and I mean, like, and maybe that's why Joe Dispenza's work is so fascinating to me because there's, there's the science behind it and it's always like the why, but wait a minute, how does that work?

And I still can't wrap my head around the whole quantum thing because I think it's just unfathomable on some level to the human brain, at least mine. But I find it fascinating. And every time I do something, it's. Implement this. Try this. You know, when I went to his first workshop, it was in April, and I started meditating differently, and I started looking at things differently in April, and then I went to his second workshop in September, and then that upped the game a little bit, and now I'm going, I'm actually excited to be going to Abraham Hicks, Esther Hicks workshop in Miami tomorrow, and I'm sure I'll walk away with something else, you know.

And the idea is I just want to keep building and building on, on being authentic and doing this work in a way that helps to heal other people. So right. I mean, your process sounds like it took you a long time too. And it still is. Right.

JULIETTA: And it's still like I always people are like, Oh, I wish I were, I was where you are in your journey.

And it's like. We're all in the same spots on our journey. It just, it looks different, but **it's not it's not a destination. — It's. — There is no final endpoint until you die, but until then, it weaves, it turns, it goes up, it goes down, it goes forward, it goes backwards.** It's not like this straight line to get where you're gonna go.

And it spins back on itself, and you think you got something, and then the universe goes, you thought you had that, well, bam, take a look at this, and it's like. Oh my, now I gotta go back and like, recircle and learn something new about this and yeah, it's, it's a journey for sure. And, I think the other thing though too is like, you gotta see it as fun.

Like I said, **life is a game that we're playing. It's play. It's meant to be fun. Yes. Are there going to be difficult times? Yes, there will be. But if you take it too seriously, you're not going to get very far.**

MERYL: Absolutely. Have fun. Yeah. I love that. Be curious. Yes. Curious and fun. Well, this was a great conversation. I really, really enjoyed this. It's fun. It's been fun. It's been fun to dive into all of this because I mean, I've, again, I've had conversations, but not quite as in depth of, of just, just how do you play with it? How do we get people like my goal of doing this with you is to get people out of their own way for a long enough time.

To start to think a little bit differently, a little bit, a little bit less quantitatively, right? It's like not one plus one equals two. It's every other equation in between. So thank you for this conversation.

JULIETTA: And it's been fun. Thank you for having me.

MERYL: Oh, of course. Any, I'm sorry that Graciela couldn't be with us, but maybe another time, another time.

Anything else that you want to add before we sign off? —

JULIETTA: Well, I just want to say too, like you never have to go this alone. Bye everyone. Bye. You know, if, **if this all sounds interesting and you don't know where to start, you're craving this and you don't know where to start, reach out to Meryl, reach out to me, or and if we're not your people to help you, there's other people out there to help you, too.**

I always say, like the plants if you ever watch, like, shows about the mushrooms or anything, and you see, like, On the outside, you just see this plant, but underneath, they're all communicating and working together, like, they understand the power of community, and humans, again, like, they keep trying to divide us, and **we think we have to do these things alone, no, it's so much powerful when we come together and do, do things in community**, so, you don't know where to start, you don't know how to go this alone, reach out, there's always somebody to take your hand and help show you the way.

MERYL: Ah, perfect. I'm so glad you say that because we do talk about community a lot in the work that we do because again, I think, and again, I think women, I mean, men, men are probably guilty of this too, but we think we have to do this alone. And, I'm going

to end with, I do want to just add one quick thing because it just popped in my head and I feel like I need to say it.

So I was watching a program last week, I watched the CBS Sunday morning program. And they had this whole thing on postpartum depression in women and how these women are struggling. And I'm watching, and they're talking about medications that have come out to help women. And I'm like, I literally had to turn it off.

I'm like, I cannot listen to this. How are you not having conversations about how women support women? How are we not having conversations that it's okay and why are we not creating support groups for these women and other women to counsel women can talk about these depressive, and it's **because women are isolated**.

They have a baby. You know, you look at traditional cultures. — And when women have babies, when women go through things, they do it together as women in a community. — And women today in our culture are, are so isolated. In so many ways. I'm not even just talking physically, right? And so when you talk about community, it is so important.

So important. So thank you for bringing that up. —

Reach out. —

Reach out. Go find it on Go find We're gonna We'll put the link up, Julietta, to your your YouTube. We'll do that. And as always, I know for anybody out there who wants to reach out to us and inquire and learn more about what we do. I always do a 15-minute

complimentary consultation, so take us up on that schedule that if you have any questions about the work that we do and reach out to Julietta.

I'm sure she will give you some time as well. Correct? Absolutely. To talk about the work that she does. So thank you so much. It's been — an honor to have you. —

JULIETTA: Same here. Thank you so much. And I want to wish everybody a magical day. Absolutely.

This is your Rebel Nutritionist signing off. Make it a great day, everybody.