



The Millennial Life

podcast

with Liz Higgins

Episode 30: Growth & Healing Beyond Relational Pain, A Conversation with Jean Atman

Liz Higgins (00:02):

Hey, y'all! Liz Higgins here, and welcome to the Millennial Life Podcast, where my main goal is to share conversations that will inspire you and drive you toward the life and relationship you desire. I'm here to share what I've learned as a licensed therapist and relationship coach specializing in millennial relationships and wellness, as well as transformative conversations with other professionals. Thanks for listening and enjoy today's episode!

Liz Higgins (00:34):

Hey, everybody! Thanks for tuning into today's episode. I'm bringing in another guest, which I'm very excited about. We've had a nice run of some interviews and conversations with other thought leaders, coaches, mentors, professionals, therapists, all the things! So today is another guest that I'm really excited to share a conversation with. I have Jean Atman here with me today, who is a self-mastery mentor, an energy medicine specialist, and a Reiki master. And some of you listening may not have ANY idea of what those things are, but I'm really excited to have Jean here. And it's been, it's been interesting because as a therapist, I have actually learned about Reiki, and that whole process, and some therapists that even integrate that work into their practices. So, it's been interesting to learn more about that. And Jean, I'm really excited to have you here today to talk about healing through painful relational experiences and how to grow forward and kind of tap back into your best, healthiest self. So, welcome!

Jean Atman (01:42):

Thank you! I appreciate you having me here today.

Liz Higgins (01:44):

Yes. This is so fun. And remind me, where are you again?

Jean Atman (01:52): Charleston, South Carolina. Charleston and Dallas are a little, a little ways apart, but very close to you right now in this online space.

Liz Higgins (02:00): That's right. So... for the listeners, share just a little bit about those things that you do and, you know, maybe guide us into this conversation today.

Jean Atman (02:08):

Yeah. Thank you. Um, it is an interesting perspective of trying to define my work for a long time throughout the years, because it continues to evolve. And by nature, I've always been a helper. Ever since I was little, I've always wanted to support people. Um, people tend to come to me with

their stuff. I got really good at reading... kind of reading the room, reading the energy, um, because I grew up in a really toxic environment with a lot of narcissistic and sociopathic personalities around me. So, when you're little and you're dealing with a lot of toxicity, you learn really quick what to do, what not to do, how to keep the peace in the room. And it really kind of helped me to develop my gift about reading energy (and reading emotional energy in particular). So throughout life, I found myself sort of drawing in a lot of those similar types of relationships, a lot of narcissists, a lot of toxicity.

Jean Atman (03:05):

And I didn't realize how limiting beliefs developed from when I was young, and how those were being carried forward, therefore drawing in those types of relationships personally. And so it was kind of a long journey in exploring that road. And I eventually got to a point where life got so rough and rocky with a particular relationship that I really had to start analyzing, 'what am I doing? This is, I'm at rock bottom.' I'd literally given everything to this one relationship. It left me completely depleted energetically, emotionally, financially. And I really was at that rock bottom place. And it made me start to wonder, 'why do we have to get in complete crisis mode and complete destruction of our lives before we decide to make change?' Right? But...

Liz Higgins (03:51):

Yeah, I was just thinking that as you were sharing, it's like, so that stuff was always there. It was always in your makeup because of the environment you experienced, but it often takes a crisis - like a real relational crisis - to wake up.

Jean Atman (04:06):

Right. And especially when you are used to living in trauma and that's sort of the norm, you don't realize that that's, there's something different out there until it gets so completely uncomfortable that you need to make change. And a lot of this, um, sort of pathway that I took was always me trying to help people. So people that really had excessive need, like a kind of a traditional narcissistic personality can have, you know, that was, that was a complete compliment to the type of energy that I put out there in wanting to help people. But what I learned along the journey is you really can't help people who don't want to help themselves. And that was one of the biggest lessons that I've learned in my life that really changed the trajectory of my work because I was spending so much time and effort and energy really working with people who just didn't want to shift.

Jean Atman (04:58):

And when I realized that you just can't help someone who won't help themselves, I really started focusing on those that I could help. And from that point forward, my work has just completely grown and exploded, because now I'm providing the energy of that service. If you want to make changes, if you're looking for transformation, I can help you achieve that. I can help you connect the dots. So what I do is I read emotional energy. Energy comes through as visuals for me. So I can see energetically where traumas are sitting in people's bodies and how to move it. So a lot of times people try to make change, but there's so much congestion in their field based on the traumas and everything that's compounded on top of the traumas, that they have a really hard time really moving the needle or changing, shifting the momentum in their process. So when you start to clear the energy and decongest the field, all of a sudden you're lighter and you can make free will and choice much easier, and you can find your direction a lot more easily as well. So it's kind of the basis of my work.

Liz Higgins (06:01):

Yes. Well, and it makes me want to kind of pull back to what you're saying about people that are not in that space or readiness to change, or to allow that new direction to happen. And I think about people that are maybe in unhealthy relationships... What do you see are kind of different differentiators between people that are in that space and know like, 'I need to get out of this. I need to move forward' versus people that are truly stuck and don't see that there is a way out.

Jean Atman (06:37):

Yeah, there's a lot about craving change and you can sort of feel the readiness when you feel completely exhausted in that place where you've been, that's the readiness for change. And when you get to that point and you start to it to say to yourself, I really want change. What's happening is you're asking, you're asking for assistance, you're asking for a way out. And then you'll start to find pathways to do that. What I see a lot of times is people are very addicted to the places where they've been - it's familiar. And even though it's uncomfortable, they don't know what else is beyond that. So sometimes it's hard to see what else life could be like. So they find themselves, you know, dating the same types of people continue to draw in toxicity, staying in a place that's really uncomfortable. And they, a lot of times, if I find that the ones that really just want to complain about things and continue to vent, they're more in the problem aspect of things than the solution. It's almost like energetically, I see a resistance to change. And because it's familiar, it's just scary to do something different that you don't know how to do. So a lot of times people end up staying in their trauma far too long because they just don't know how to access another, another road or another pathway. Does that make sense?

Liz Higgins (08:00):

Yes, absolutely. Absolutely. And I, I imagine (and just reflecting on my own, some of my own personal experiences) that it's like doing something different, being somewhere different, not being in the familiar - even if it's unhealthy, even if it's not great for you - being somewhere different is probably really scary or, you know, just anxiety-inducing. Because you've not known that, you've not felt that. Right.

Jean Atman (08:28):

And I see this, um, and I, I did research on this where, um, complaining - if you find yourself complaining a lot, it actually changes the chemistry in your brain to leave you less able to problem-solve.

Jean Atman (08:46):

If you're, if you're finding yourself complaining a lot, you know, I would say take things as information. There's no judgment about how you feel, how you think, you speak... well, you know, anything you're doing, there's no judgment. Just take it as information, have a curiosity about, 'huh... I wonder why I complain all the time. I wonder what I'm getting from that. I wonder whether it's providing for me. I wonder if I can choose not to do that.' And instead think how could I focus more on a solution rather than continuing to solidify on the problem? You know, so it really is just a couple of thought, shifts can make a huge difference in change the entire trajectory of where you are and the ability to remember that we have so much more power than what we think we do. We're not victims of circumstance. We don't need to be that way. And when we can take our power back and say, we don't like this, we don't want to be here anymore. And we're going to make change. That's the first step to really helping to exit the old ways of suffering and step into something completely different.

Liz Higgins (09:47):

Yes. And that's where I think this whole thing of really listening to the wisdom of your body and what you feel internally is just so huge because it means something. And I know we live in the world of modern medicine, and that stuff is a gift in so many ways too, but we're also... I think really quick to say, like, slap on this pill or do this or that to rid yourself of those feelings. But maybe it's, like, first leaning into what is happening. Because there's inherent wisdom going on there. And I just think about like, you know, again, this dynamic of unhealthy relationship or a big buzzword in our world today is like "toxic relationship". What do you see that look like for people you work with? Like, can you describe like how, how does somebody know they are in an unhealthy relationship system?

Jean Atman (10:44):

It kind of shows up in a lot of ways, but I would say that the main component of that is the, the ability to, or the, I guess, ignoring your own needs, your sense of self. A lot of people are trained to meet other people's expectations. And what I find is so interesting about that is we never really know what the other person wants, but yet we're trying to act in ways that meet expectations of what we think they want. So it muddies the entire dynamic of relationships, right? And some of us are good at that resist, you know, others who are, you know what I mean? Like we can develop those skills, but it is tricky to be in that place where you're not really sure. But I find that toxic relationships kind of stem from people that are sort of ignoring their own feelings and trying to meet other people's needs or get their needs met through the old ways of being, you know, there's sometimes we can use the manipulation of guilt because we're afraid to just ask for what we need.

Jean Atman (11:49):

We can, you know, kind of skirt around the issues of what we need and not just speak them. So, you know, to really move out of anything that feels toxic is getting in touch with your own needs and seeing, does this relationship feel good? Does it feel honoring of me? Do I feel heard? Do I feel respected? Those are the very basic needs and should always be in a relationship. And if you're not being heard, not being respected, not being honored, you know, I would really question what, what changes could be made to either help enhance that relationship or possibly even if there's no room for shifting or growing, if that needs to just kind of be ended.

Liz Higgins (12:32):

Yes. And I'm just thinking about listeners who like, it's so helpful to hear you kind of use those descriptive words of like feeling validated in a relationship feeling that your needs, their space for your needs, that those needs are being met. That you're kind of aware of what you want and feel, and yourself is invited into the dynamic, you know, and for people that either grew up not experiencing that and had more of a, maybe traumatic relational environment going on where it was like fight or flight, you know, you're kind of just figuring out how to survive through that. And then, you know, continue on to have more of that L unhealthy dynamic in your partnerships or adult relationships, any relationships like it's really helpful to hear you kind of describe what different maybe should feel like, because it could be so foreign for people that have not experienced it yet.

Jean Atman (13:28):

Yeah. It is a hard place to reach if you haven't experienced it. If you have no idea what it feels like, what that's like to be in a healthy relationship, it can feel really, really foreign and almost inaccessible to the PNL place. But what I encourage people to do is be an energy worker. I know how energy and vibration changes everything. When you change your energy, you change your life. So if you are operating in a lot of toxicity and trauma energy, and pain energy within your own

energetic field, you are emitting a signal that says trauma, pain, all of that. So we literally, you know, be taught. We hear about law of attraction, all that stuff. But literally when you are emitting that signal, you're drawing in a similar frequency. So you're automatically drawing in relationships that match your frequency. So when you start to clear your field and you start to become free of that stuff, all of a sudden you are at an elevated space energetically, and you automatically start to draw in different types of experiences.

Jean Atman (14:33):

So that's why I'm a huge advocate of getting in your own work, understanding yourself, understanding what's happening in there, because if you don't know yourself and how to heal those old wounds, you're kind of continuing to set yourself up for having similar experiences in your future, but it doesn't have to be that way. And you get to know yourself what you need. And if anything is wanting to be healed, you'll find yourself sort of an internal conflict and how that shows up in life is through suffering. So if you're suffering through abundance blocks, through loneliness, through rejection, through abandonment, all of those things have a much deeper meaning energetically. And when you start to heal that core of the true challenge within your system, you stop drawing in the experiences to validate those things, because we develop belief systems long before we know we subscribed to these things, right? So for instance, in my case, growing up to toxic relationships or a toxic household, you know, I developed beliefs like I'm an inconvenience to everybody around me, love equals pain, I'm a burden...

Liz Higgins (15:35):

I've heard that one, this one from a lot of people, right?

Jean Atman (15:40):

If you're seen, you're going to be hurt, you know, you have to be invisible or you're going to be a target. You know, all of these things develop. And if you don't challenge those things and heal them, you're just continuing to draw that stuff in. But when you go into that wound, as opposed to the details like he did this, she did that, this happened... All those details are just information to see what's going on at the core level. So if we can eliminate the details, eliminate the need to complain, eliminate the need to vent and just go into how you feel. And like you were saying earlier, when you get in touch with that intuition in the sense of feeling, you will always know exactly what's asking to be healed and exactly where to place your attention to make true and permanent change.

Liz Higgins (16:23):

Ooh, that's beauty. Beautiful. And it's so amazing to have this conversation. Cause, you know, we're kind of in different fields, different realms of the same kind of work, you know, like coming from different angles. But I hear you speaking and saying these things and I'm like, yes, that is like, so the deep work that I do with clients kind of from an attachment perspective or relational mindfulness perspective, and like just a moment ago, reflecting on that piece of again, growing up in a family dynamic that is maybe more unhealthy in nature and how that was for you. Like, I just think of, um, what I've learned about that lost child role and how, you know, being kind of a lost child, um, at a young age, feeling unseen, unheard, or that you needed to stay out of the limelight because somebody else had to have that focus that you learn to hide, you learn to pull away, you become very anxious relationally.

Liz Higgins (17:22):

And that, that manifests in partnerships, in adult relationships as like you are overworking a lot of times in those relationships and overextending and trying to control all the pieces to feel. Okay.

And, and so that's just so huge where you're saying like, get out of the content, get out of the complaint and the day-to-day detail of it, but get to the, to the soul piece really. And I'm, I'm curious, like, do you see that this work is often best done for people individually, like by themselves? Do, do you have them do any kind of work like this, um, in a couple dynamic or what does it look like? Usually?

Jean Atman (18:05):

Yeah. Um, all sorts of different ways! I have been doing, doing my private practice the longest. And so being able to see specifically what's happening within each person's field has been, it's kind of an accelerated healing when you get deep in your own personal stuff. I do work with couples. Um, I do conscious conception work for people who have trouble getting pregnant because there's typically energetic blocks and there's some sort of block that's preventing conception. So we energetically go in and clear what is potentially standing in the way of conception. And so far, we've got five little brand new babies, the couples that I've worked with, but I work with them separately. Um, occasionally I'll work with them together, but usually it's really, it's less about the dynamic together and more about how each person is showing up individually. So when you can really take ownership of your own stealth, it really enhances the level of intimacy between the couple just emotionally, because they understand themselves at a deeper level than they can therefore understand the other one at a deeper level. And also within couples. I mean, you know, in partnership, we have this additional bonus and gift of triggering each other, right? Yeah.

Jean Atman (19:22):

It's so uncomfortable, but it's so clear what's going on. Right. So when we have these triggers surfacing, we, those really are presented in order to help each other grow and heal and they know exactly where to push those buttons. Right. Totally. So when we can look at that and say, okay, so it's not a, it's less about what you're doing. And it's more about how I'm feeling surrounding that, that behavior what's going on inside that is agitating something. So then, you know, I can teach them how to heal through those triggers together, but even still, I do work with them independently. And I also offer groups as well, um, through coursework that I do so people can join together and all kind of bounce off of each other and learn from each other. So that's a really productive way to do this as well.

Liz Higgins (20:09):

Oh yeah. I would imagine the, the group experience of that as a really empowering energy for sure. And I agree with you, you know, I tend to agree through though, like I am a couples therapist and so I'll work with people together. A lot of times, like I align with your belief that intimacy is really an inside job and we have to be able to go inside ourself to allow access to those deeper parts of ourselves. And it's really, it can only be our responsibility to get ourself into that healthiest place possible to connect from that, you know, and balanced state, I guess, versus that reactive triggered place. Right?

Jean Atman (20:54):

And I think the deeper that, you know, yourself, the deeper you can then see your partner. So if you know, people are unwilling to sort of go in and look at their stuff and some people are afraid of the shadow parts is how my terminology of those parts that people like to ignore suppress. Like for instance, if someone has a self-esteem challenge and they're feeling really insecure, a lot of times it's not comfortable to acknowledge it. It's a vulnerable place. It feels, you know, there's some sort of, there's something wrong with me kind of comes along with that many times as opposed to seeing it. Like there's a wound there, it's something that's just needing some attention asking for some healing and there's nothing scary in there. It's just a part of you that's been stuffed and

hidden for a while. So it feels, you know, just different. It doesn't feel authentically you because it's, it's an offset of an experience that you've had that now you claim as your identity, you know, but when we go into those places and you see their own vulnerability, then all of a sudden that that pathway opens up even more deeply between the couple, you know, because they're seeing themselves more deeply, they can then see the other partner more deeply and it just really can build so much intimacy between people.

Liz Higgins (22:05):

For sure. And I guess I'm finding myself wondering, like, do you... I think about clients I've worked with where (oftentimes, not all the time) um, it can feel like one person is trying to make things better than the other. One is not in a place of awareness that there are problems or that they even need to like... Do you see a dynamic there where sometimes this work is hard for people to step into because it just feels like one more thing I have to do, one more responsibility for me. You know, you know what I'm getting at?

Jean Atman (22:41):

Yeah. Yeah, I do. It's really interesting because the way that we typically think and process is if we are in partnership, I am responsible for how that person feels, what happens in that person's life... Everything that happens to me also happens to you. And there's so much entanglement and, um, kind of mixing of the energies that sometimes people forget that they're individuals. And so I, from an energetic perspective, always like to get people in their own field in their own energy. How do you feel independent from your partner, independent from your family, independent from your children? How do you feel? What do you want? Because again, going back to that discussion about expectations, we're acting for what we think someone else wants, which then skews everything. But when we "backwards way" of doing things (I use that term a lot), we reverse engineer things. Let's look within because what happens... Even let's take, let's take health and fitness.

Jean Atman (23:42):

For example, let's say you're trying to lose weight, right? And you, and you get a membership to the gym and you're like, I'm going to go every single day for the next, whatever four months or whatever. And within a couple of days, you start to sort of lose interest in it. You know, it's because you haven't made the internal changes of, I deserve a healthy body. I deserve a strong body. I know I have the power to change my reality. It's like, we're trying to change all these external moving parts, as opposed to going within and changing where we really can make change. So when people can get in their own energies and speak truth from that place, all of a sudden it translates much differently because the resonance of alignment is much greater. So if someone's trying to get their needs met and they're skirting around the issue, we're saying, I think that this other person might want this, but I'm not sure.

Jean Atman (24:30):

So let's just do that, you know? And the person's like, I don't even know what that means. I'm just going to dismiss it because I don't, I'm not feeling it. Right? But when you say I need this, because this is what feels best to me, it's like, oh, okay. I feel that, I see that truth in that. And they're much more able to receive that because it's not confused and conflicted with a lot of other things coming in. When you stand in your truth, it's very clear. And it cleans everything up between people because there's no, there's no discrepancies, there's no mess. There's no filters that they're trying to process things

Liz Higgins (25:06):

That is so huge. And you know, it's like, we're talking about these concepts and I just want listeners to hear like, this stuff is a process for sure. But even this notion you're describing of standing in your truth, being in your truth, undeniably, you know, and leaning into what that is for you is such a, such an empowering piece. Even whether you are doing the inner work alone or with a partner or not with your partner, like to be in that space, just at all of knowing for certainty, like where you are with things and what you think and feel that is so huge. And it can take time to, to get to that place. Right. For sure.

Jean Atman (25:48):

For sure. And it is, and I think out of this whole thing, there's this sense where we need to be perfect at things. And unless we know what we're doing, we don't do it. We don't want to dip our toes in that pool. Right. So I was encouraged people to remember this, this lifetime that we're doing, it's just practice, you know, let's try this, see how it works. If it works great. If it doesn't, we're like, we're not doing that again. You know, and just see what happens. The worst that could happen is, you know, you feel like that didn't end how I thought it would. Awesome. You learn something, you know, for me, there's no failure in this world. It's just practice and seeing what works, what doesn't and continue to move forward. And if we lose the fear of failure, we're not afraid to try. Right. Cause we're like, we just, we gained a lesson

Liz Higgins (26:33):

You're kind of releasing the expectations and detaching from the outcome. In some ways you're really describing a new way of being in relationship, which I feel like I'm trying to talk about constantly on this podcast. And other other places I show up is that like being relational is an active practice. Just like you would practice yoga, just like you would practice Reiki or practice, whatever. Like you don't just land in a relationship and you've made it like you have to work the process and live it out. I wanted to ask you, we were talking before this call a little bit about like the collective experience that our world is in, you know, humanity, we're going through so much right now. I'm wondering if you could speak on that a little bit. And, and I'm kind of wondering about that piece of when there is so much going on in life and you feel in that space of burnout, like how do you kind of addressing those two pieces? How do you work through

Jean Atman (27:44):

Yeah, it's, it's an intense time for sure. Um, from an energetic and cosmic perspective, which might be a little bit unfamiliar to people, basically at its core, the earth herself carries a vibration. And so a lot of times we call it 3d, right? The third density in this dimension, there is a lot of anger, jealousy, rage, a lot of lower density emotions in which we have been living in the earth is rising and her vibration, which is therefore drawing in higher level experiences. More love, more kindness, more compassion. You might notice more of a feminine energy coming in of more nurturing. All of this is what's happening in our planetary system. So as the earth lifts and her vibration, it also requires all of us living on earth to also lift in our vibrations. So we are offsetting the density of the jealousy, the rejection, the abandonment, the greed, the envy, all those lower vibrational aspects of self.

Jean Atman (28:50):

So in order to come into a higher vibrational state of being, we have to purge. So we're seeing people that are making huge movements right now in releasing stuff. And some people are taking the pathway of being mindful about it and working with that energy, learning how to process those things. Some people might be oblivious to it, but they're just feeling the intensity and they don't know really what it is or how to identify it. They just know like, things are weird right now. It feels

kind of messy right now. But another aspect of this is really releasing the old identity, the backstory, the pain, the trauma. And we're coming into a point where we need to focus less on cleaning that stuff up and more on where we're going. So in an ideal world, what is your day look like? And when I ask people that they come up with, I know what I don't want. And that's perfect. It's like, great. That's a perfect place to start because a lot of us don't even know what we want. I even thought about it.

Jean Atman (29:53):

New year is, and my birthday and other aspects throughout the year, I asked myself that just to keep myself a little bit in check, because it's easy to kind of lose sight of where we're going. And if we don't have a direction or a focus, we're not going to get there. You know? So it's a really important to, to focus on those places. And what I tell people is when you're on that pathway of ascending and evolving yourself, anything that is stagnating or in the way of you reaching that next place will show up. So we need to spend less time focusing on all the cleanup, more time focusing on where we're going. And if something comes up, we clean it up along the way. It's a lot more efficient. It's a lot more clear and it's more manageable than just being consumed and surrounded by all this stuff all the time.

Jean Atman (30:42):

So that's kind of a way to avoid burnout because we're avoiding some of the overwhelm and also releasing the identities of we are not our pain. We are not our trauma. We are not the experiences that we've had. Those were just that experiences. We ourselves are completely independent of that if we choose to be. So when we stop identifying with, we are, you know, we are an inconvenience, we are burdened, we are overwhelmed. We are overworked. We are underpaid, all those things that we are like, I am statements are so huge. And, you know, within your work with people, with people, thoughts, create emotions, which then create our vibration, right? So if we constantly are looping through those thoughts of, I am not good enough, I am burdensome. I am, you know, all these things you're literally emotions will surface based on the thoughts that we think, therefore, creating our vibration, stirring up all those old wounds within us and therefore emitting that signal outward. So even if you shift your thoughts to say, oh, I don't like thinking that way, I'm going to stop doing it instead. I'm going to focus on, I am worthy. I am awesome. I am abundant, whatever that is. And sometimes we don't like to say that if it doesn't feel true. So I love to use experience that,

Jean Atman (32:00):

Oh, I don't know. It's not really... it doesn't feel like it fits yet, you know, so I love to use, wouldn't it be nice. Wouldn't it be nice if I just felt really abundant? Wouldn't it be nice if I just felt really worthy? Wouldn't it be nice if I didn't feel like a burden? Wouldn't it be nice. It's kind of like inviting that energy in and you can start to identify with it, you know, as opposed to trying on a lie that doesn't quite feel like it fits yet. You know, we want to, we want to pull it into our energy bodies. I

Liz Higgins (32:30):

Love that because again, it really is back to this idea that you are practicing, and this is like the practice of receiving, letting receive something different. Even if it's like a different belief system about yourself, then you've been living according to. And, and it's just so critical to remember, like it's not as simple. A lot of times is just sitting there and saying, okay, well, I'm going to start believing this. Um, you really have to like invite that energy toward, and I, I'm just wondering, I don't know if this is the right kind of question to ask, but I'm genuinely curious, like when people are really intentional about trying to shift into this new space and a new way of being in themselves, like how long do you kind of see the transition take for them to really feel like they have manifested this new way?

Jean Atman (33:22):

You know? Yeah. That's a really good question. It really is dependent on sort of people's personal journey, how much work they've done before entering in, um, how committed they are to the work, all the deep stuff that they've got working through. It really depends. Um, but through my private work I have seen, this is why I, I construct programs that are about three months long, just because I find that it takes about that amount of time to really excavate all the old stuff, as well as help to direct people into learning new ways of being. So, again, coming back to that place of, I know I don't want this, but I don't know what, what I want and how to get there. So let's first take all this stuff that's not working and let's start to clear that stuff out. Let's identify it. Let's feel through it.

Jean Atman (34:10):

Let's let the emotions surface and clear. Let's start to feel a little bit lighter. So we're not so much identifying with the old, let's just start to become free of that. And within the process, also learning new ways of being, how to implement new ways of being and how to practice new ways of being. Because when you specifically can see the block, you start to clear that you automatically implement. These are how these are the steps to take, to move forward, opposing that old block, you know, exactly how to get there. So it's pretty accelerated within the private work field. So I find that right around the three month mark people are ready to build into the new. And sometimes people say, I don't even know what to do with myself. I have a, this time, there's no drama in my life anymore. I don't even really know what to do with myself. It's like, that's awesome. I know it's so weird to be there.

Liz Higgins (35:06):

Yeah. Right. Again, like so foreign for somebody that is used to the chaos used to the feeling of just discombobulation internally, like it is different. And I think that's what, why it's also important to normalize that it, it really can feel hard sometimes to be in a different space, to like invite that calm. It's like very uncharted territory, but when you have it in you're there, you really can be so authentic and in with yourself about what you want to intentionally create an invite to your life and go do next and work on being, you know, so, and I know for, for you, and I was just thinking about this, like you were, you were describing that you maybe do group sessions sometimes. And I'm like, oh my gosh, that sounds so incredible. But I'm realizing like people listening may be like, oh my gosh, why would you ever do that with the group? Why would you do this type of work with the group? Can you talk about like, what that is like and why maybe it is amazing. Yeah. Um,

Jean Atman (36:07):

It's so it's, so it's such an amazing experience because this is kind of an isolating journey for people sometimes just because a lot of people here in our country in particular, they're not really trained or taught to do soul work. It's like you learn math, English, spelling, reading, writing, all these things to get into your soul work. It's sort of like, what, what does that even mean? So people that are on that journey confined, I don't really have anybody to talk to you about this stuff because it's so deep. And so I created my most recent labor of love as my limitless course. And it manages teaching people about belief systems, self-sabotage triggers, inner critic, voice, all of these, these foundational pieces that people really are wanting to build a new foundation with these aspects. So I teach people how to kind of offset all the old and implement the new will because I love to be along with the journey for people.

Jean Atman (37:03):

I love to watch people thrive and to see them grow and to be supportive of them because it is a different way of thinking and being so I'm along with the journey. So those were the group. That's where the group practice comes in and we do live calls twice a month. And it gives people the opportunity to connect with other people who are also doing this work. And to be able to ask questions about I'm having this type of experience, and I'm not quite sure how to manage that. And so when you hear about other people's, um, experiences and how they work through it, you know, everybody loves to identify with other people it's such a personal part of the journey. So you just feel a deep sense of camaraderie with it that you're not alone. It's less scary. It's less intimidating because you've got other, you know, another group of people around you doing the same thing. And it's just such a supportive and beautiful aspect of evolving. So that's just been, um, really powerful. And the people in the group have really found such deep friendships with these other people all over the world, Portugal, Australia, or country, east coast, west coast, all over the place that they're connecting with now because of that group work. So it's just been really powerful.

Liz Higgins (38:11):

I think we're in such an interesting time too, because with COVID and how everything shifted to virtual and everything, like I, I even participated in a group, um, retreat process, like a relational retreat process virtually. And I was kind of, you know, I didn't know what to expect and I'm a therapist I'm open to it. I was like, let's see what happens. But it was, it was hugely impactful, still felt very connected to people, even though we're just behind our own screens doing this thing, but the energy piece was still there and we gained so much from each other. So that's amazing to hear that, you know, you can work with people all over the world and it sounds like they experience a strong sense of just hope. And like you said, comradery just through sharing their experiences with each other.

Jean Atman (39:02):

It really a really beautiful piece of this is tuning into your deepest layers. And speaking into that and feeling heard and honored there and seen it's such good practice for people to really show up completely in a safe space where they can know I'm not going to be rejected because I feel this way. I'm not going to be judged because I'm having this experience. These people are here because they're, you know, genuinely supporting me in my path with zero judgment, zero expectations of the outcome, just really holding space as I move through this challenge that I've have been, you know, challenged with for decades. So it's just such a powerful piece of really feeling supported and moving through that stuff. So I love the group, the group work.

Liz Higgins (39:53):

Yeah. It sounds like it's quite an experience. And I feel like you've spoken to so many huge points, but I guess the biggest thing that is that I'm taking from this conversation is like, you, you see very clearly that for those who want it, there is a path to really change the way you are experiencing your life and your relationships. And I think we can oftentimes feel trapped or like a victim to our circumstances, or like, we don't have hope because this is, this is the environment we were dealt as a kid, and we're always going to be this way or whatever, but you are really inviting this narrative of you can go deep into yourself and really make transformational changes. So it's really, it's just been inspiring to kind of hear you talk about that.

Jean Atman (40:45):

Good. Thank you. Yeah. And I think it's, it's, you know, kind of the steps is recognizing that you're in suffering and the, you don't have to be, you know, and I think of suffering is regretting the past

worrying about the future, you know, and that's not something we need to do if we can come into the present and how we're feeling right now, identify with the feelings, you know, start to honor self and just do some inner reflection. To me, curiosity is your best friend. If you can be curious about what's going on in there and that's all you really need and, you know, ask for the information and you get it every single time, it might not be right away until you get those, those channels open, but you'll receive the information that, that you need. You just need to kind of tune in and just even setting the intention. I really want to get to know myself. I really want to get in touch with myself, my needs. I'm a huge advocate of journaling, you know, even asking questions even how am I feeling today? And can you even identify with that? And it's okay if you can't, you know, but then, you know, oh, maybe that needs a little bit more attention, more time spent there a little bit more effort.

Liz Higgins (41:50):

Yeah. You have like a tangible, like, you know, tip or tool or a way that somebody can invite like a new practice on that. Like even just on the emotional realm of getting in touch with what they feel about things, or, you know, I think we kind of move through life on the day-to-day and we're not really stopping and doing like a body scan and doing a check-in on, how do I feel after giving that presentation or after having that conversation or after that lunch date, like, how do I feel what's happening in my body? Like, what do you suggest for somebody that wants to start out on that process?

Jean Atman (42:26):

I think the first thing is awareness, you know, and just recognizing how you feel. And especially if something feels challenging, knowing that you have the power to change it. So I'll use this. It's kind of a simplified version, but I remember when my girls were little and, um, you know, running around like a crazy person, all these things to do in business and girls and husband and dogs and house and all these things, it's like, you feel like that's crazy. Like, oh my gosh, can I survive this day? And I stopped myself because I was thinking I'm so overwhelmed. I'm so anxious. I'm not in a good space mentally or emotionally just recognizing this doesn't feel good. And I started to think, why do I, why am I continuing to say, I never have enough time of my day. I don't have enough time. I just don't have that time.

Jean Atman (43:14):

I was like, why do I continue to reinstate that? So I dedicated to myself every time I start to feel overwhelmed, I'm just going to stop and say, I have plenty of time recognizing that was the challenge. And I literally was creating that because I continue to speak into that and create it. So whenever I felt overwhelmed, Nope, I'm not going to entertain that. I have plenty of time. And I did it. I don't know, probably a thousand times in one day. I don't know, because it does take some dedication to that process. Right. But literally within two days by dinnertime, that second day, everything was different. Everybody was fine. Dinner was made. House was clean. Toys are put away dogs. Like everything was done. I thought, holy cow, it's like six o'clock at night. And I have nothing to do because I was so dedicated to the process of, Nope, I'm not going to entertain that thought because we don't realize how powerful we are in our thoughts and how we really create our reality based on what we think.

Jean Atman (44:12):

So when you can start to recognize this isn't working, what would I prefer? And I'm going to dedicate for a couple of days, just to see what happens. You've got nothing to lose and everything to gain with just some dedication into self. So whatever's not working. What would I prefer that that's my focus and just see what happens. And then you start to learn how powerful you are at creating your world. And it's magical because then you're like, Ooh, what else can I change? What

else do I want? Different? And then you start playing with it. And then you just become a co-creator of your life and a conscious creator. And it's a very different experience.

Liz Higgins (44:46):

Yeah. That is probably the word that I was trying to think of. It didn't come to me until you said it was conscious, you know, you are, you're very consciously leaning into inviting that other healthier narrative. The one that brings you joy and the one that's a lot more fun to live out. For sure. That's cool. I'm actually going to probably go home and start that one today because you described my life to a T minus the dogs.

Jean Atman (45:13):

I mean, even I tell people, it sounds funny, but put post-it notes around, you know, even just to remind yourself that, oh, that's right. I can do that. Because sometimes we don't think about things. It's not a habit, you know? So until it becomes a habit. But if you give yourself one thing, I always like to simplify things because we're humans, we don't want to do complicated things. We, we won't do them. So, you know, so give yourself one thing to focus on and just commit to that one thing. And then when you learn how effective it is, then you almost are more inspired to continue that because you see the Y you know, a lot of times people won't do things. If they don't understand the why, it's like, your life will change. That's why it's like, oh, well, I can do that because that payoff is huge. You know? So when you get in touch with that, why it's a lot easier to, to do it

Liz Higgins (46:01):

Well, and that's where I think that conversations like this, for me, they feel so exciting. Cause I just feel your energy of it. And it's like, yes, you know, yes, you can transform your life. You can transform how you feel on the inside. But at the end of the day, it's, it's the same. As when I think about clients that come in to meet with me once a week in the office, like if that's the one thing you rely on is that one hour in conversation with me, like not much is going to change. I think we can have transform transformational conversations and aha moments. But it is like, who are you when you go back home? Who, who are you becoming when you're back in your space, your environment, doing the thing every day, meeting your partner and interactions. Like what are you actually doing differently to kind of invite that change that you want to have? And that's why we call it the work quote unquote, cause it's, it's seriously a way of being, it's a way of life and it's not about getting it perfectly every minute, but it is being aware that you're never not in that work. If it's what, you know, the path you choose for yourself, I guess it is.

Jean Atman (47:14):

And I love, you know, again, the practice, it's not about perfection at all. It's just practice. And the responsibility that you take for your own stuff is so vital. And I love, you know, how you're saying this this time with me can really help reset, you know, to change the momentum, to change the trajectory. And then it's up to you to take the responsibility, to continue to move it until next time, you know, and there's so much that can happen within that time. Um, but when we get that, that opportunity, that beautiful opportunity, just to reset and say, what do we want? And spend some time and focus there. It's life changing, you know, because it pulls us out of the habitual shrouding of all this stuff, gives us a chance for clarity, gives us a chance to just be us authentically and get in touch with that part within ourselves. And then the focus becomes much easier.

Liz Higgins (48:09):

Yeah, I would imagine for you too. That's when the work is just so exciting with people, because you're just so on board with that, uh, that flow of their new direction and what they're trying to tap into, it's gotta be a lot of fun.

Jean Atman (48:24):

It is. I love it. And I love to see, you know... Especially what I've realized now is we've been on this path of awakening for a long time, but time is really speeding up a lot more. People are coming into their sense of awakening. And I love what I'm seeing because people are moving through massive things that used to take years or months before now. They're moving through them instantaneously. It's like people, I mean, anybody that's focused within, the work right now is much easier than it ever has been because there's so many more people that are, that are in that energy vibration. So the pathway is much broader. It's much more clear. So getting into the work now it's like, oh, I can work through that in a day and be over it. You know, you don't have to continue to stay in this state of suffering. You can go through the temporary, you know, healing of it, that state of kind of discomfort and then move on and be free of it. So I love how there's so much ease and there's so much coming in all at once right now, people moving through big deep systems simultaneously. I'm like, Whoo! Rockstars. You know, it's like, let's, let's do it. I love the big stuff because I'm like, yes, give me something to get into. Yeah.

Liz Higgins (49:36):

That's awesome. So there's a lot happening right now. You're saying it's a good place to be. And I think that, um, hopefully it feels encouraging for people listening that there's never, it's never too late to do it. It's never too late to step into this work. And I just, I thank you so much for what you've shared in this conversation. I think this is really great. And I want people listening to know, you know, how they can get in touch with you and where they can find you to learn more and maybe hear you talk on some of these topics more.

Jean Atman (50:08):

Yeah. Um, I do have a YouTube channel that I post on periodically. So you can find me on there with some ideas and conversations I've had with other people and things like that. Um, also my website, jeanatman.com, and you can find more about my work there. And they also offer a free training called How to Stop Limiting Beliefs From Sabotaging Your Future. So I've created a bit of a video to help people kind of work through the steps... How to identify those things so they can really get clear about how to make those changes in their lives. And within that webinar towards the end, I also introduced my Limitless Course with a bit of a discount for anybody that would like to kind of dive deeper into the work. So they have an access point to that. Um, as well as you could find out about my private work on my website as well.

Liz Higgins (50:54):

Very cool. And that free training that can introduce the other stuff you do is also on your website?

Jean Atman (51:00):

Yes. Yeah. You can find it under the Free Training tab. So it should be pretty easy to find that, but yeah, people can go in there and just get some more information about how to move through this stuff so they don't have to sit here in a state of suffering anymore, but can really just make the changes that they want.

Liz Higgins (51:13):

Yes. Thank you so much for sharing today. This has been really good. Awesome.

Jean Atman (51:18):

Thank you so much for having me. I really enjoy the, um, the depth that we can get into together as is, um, you know, really trying to help people just move the needle and thrive in their lives. I appreciate the opportunity to share.

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