



The Women Masters Interview with Cynthia James

AMY: I know a lot of people are jumping on the line right now. I'm just going to ask everyone to take a deep breath with me, breathing in and breathing out, and just allowing yourself to get into the space of receiving. I know many people on the call today are women and many of you are also beautiful, handsome, loving, wonderful men, and I welcome all of you to the call today and ask you to just stop multi-tasking if you can, and I understand if you can't, by the way, but if you can. Maybe move away from your computer and just close your eyes for a moment, and just get into that space of gratitude. Welcome all of you to the Women Masters Fall Teleseminar expert call with Cynthia James. Are you ready to get inspired? I really hope so; I know I am. My name is Amy Ahlers and I'm the creator of the Women Masters, and the CEO of Wake-up Call Coaching, and my vision for this series is to allow people from all over the world access to the most respected and inspiring women experts of our time, so they can drink in not only inspiration but in particular feminine inspiration, because I think the world is really hungry right now to have that energy of the feminine and the goddess come into our lives, so that we can be inspired and be motivated. I want all of you on today's call to have this call be a wake-up call to whatever it is that you're supposed to wake up to today, and to step even further and even more deeply into your power and genius.

To that end I am absolutely delighted to welcome Cynthia James as our expert. Cynthia is a lecturer, a teacher and an internationally renowned performing artist. She also co-hosted a talk show in Los Angeles and has counseled thousands of people in corporate environments as one-on-one clients, couples and even has created youth programs. She's facilitated hundreds of workshops and seminars, and has been a featured speaker in business and spiritual forums. She has two master's degrees, one in spiritual psychology and one in consciousness studies. She serves as an associate minister at the Mile Hi Church, one of the largest new thought spiritual centers in the world, with a congregation of over 10,000 members, and she lives and thrives in the beautiful hills of—beautiful mountains, I should say—of Colorado, with her husband Carl. I am just absolutely delighted for her call today about *What Will Set You Free; Moving From Pain to Passion*. I love that title. With that, welcome, welcome, welcome succulent, fabulous, fantastic Cynthia; welcome!

CYNTHIA: Thank you, Amy. I love that. I'm so happy to be here. Thanks a lot.

AMY: My pleasure. I was telling Cynthia before we un-muted the lines that I feel really grateful to have her on the call today, and I feel like this call is going to be really important today, just on that deep spiritual level, not only for all of you listening, but also for Cynthia and I, because I know that as teachers and leaders, that whatever we are teaching and leading is the information that we also need to be hearing ourselves, so I am just absolutely thrilled to have you here, Cynthia.

CYNTHIA: I'm honored to be here and as I told you on our talk before, I love what you're doing, and I love your intention to create community and support women in standing in their power and making a difference on the planet. I think it's wonderful.



- AMY: Thank you. I wanted to start by just having you give a little bit of context about where you've come from, and I know that you've gone through your own personal transformation. Will you tell us a little bit about that?
- CYNTHIA: I'd be happy to. I was born in Minnesota and I came into a family that struggle was the norm, and I didn't know what that meant until much later, but I knew that it was a challenge and there was violence and there was all kinds of domestic stuff that was going on, and generations of women who had had failed relationships. I came on the planet with all this energy and all this passion. I came here and I love to sing and dance and I'm very expressive, and I came into a family that had been beat down over time and not only were the choices that they were making not supportive, but the belief systems weren't supportive, so not a surprise that my mother would marry a second husband, my stepfather, who was violent—brutal, actually—and sexually molested me; I was five years old. Finally when she got the courage to get out there had been a lot of damage that had been done, so what I realized later, as I moved onto a spiritual path, that a lot of the beliefs that I had were conditioned from those first few years on the planet, so I started making choices that weren't supportive of me because that's what I knew. My whole life was really about standing in a place of being a victim, and walking through life from that place, and then drawing it to me.
- AMY: I just have goose bumps over here and as a mother of a two-year-old little girl, I just . . . wow. It's unimaginable to me and I know that there's probably people on this call right now who can really relate, and who have had their own experienced in their childhoods that led them to stand in that place of victim, and I really get what you're talking about, that when we have the story of victim going on in our lives, we will prove that story and collect evidence for it, and just keep attracting, time and time again, places where we can be right in knowing that we're a victim.
- CYNTHIA: Not only that, it comes . . . genealogy. I went through a spiritual psychology program and we had to do a geneagram. Five generations of women have been abused and violated, so it was like encoded in the DNA, almost.
- AMY: Wow. So how did you break that cycle? What led to you being able to have an awakening, to say no more?
- CYNTHIA: It was in stages. The first thing I did, which a lot of people do, I went to therapy. I was like, okay, I'm making the same decisions and the common thread here is me, so clearly I'm the one who's got to do the work. I started doing therapy but what I started noticing was even though I was making progress, it was little, tiny steps, and I said, you know, there's more here, and I started doing spiritual work. What I came to discover is that healing takes place at a spiritual level. It really takes place in shifting beliefs and moving into a place of understanding your oneness with the universe, your oneness with the spirit god, whatever you choose to call that. I started doing that work to find out why was I here. I wasn't here to be violated and abused, so why was I here? What I discovered was that it was really about igniting my passion within myself and bringing that to the world, and part of that was



to take all the stuff that had happened to me and transform it into a place where I could support others in understanding that they were here to be free.

AMY: Wow. What then inspired you to write your book, which, the title, just so everyone knows—highly recommend the book, check it out—What Will Set You Free: Moving from Pain to Passion. What inspired you to write your book?

CYNTHIA: I'd love to say that I just had this thing, I woke up one day and sat down and said okay, now time to write a book, but it really wasn't like that. I was doing workshops, What Will Set You Free workshops, and then people would say, okay, well this is great, now we've done this fabulous weekend, but now we're going to go home and what do we do with this? They'd say, can you write something? I wrote a little pamphlet and then people would take that, and they were like, okay, this is great, but there's more; we need more exercises. It started evolving, because I never considered myself to be a writer, and I want to say to anybody who's listening, a call isn't always some big thing that jumps into the room and says okay, here I am, this is what you're supposed to do. Sometimes it just evolves, and so that's what happened with the book, is people were requesting support and I had information, and I thought, okay, so I don't have to be the greatest writer that's ever lived on the planet. I can just give the information in a way that will support people, and so that became my intention, to support people in their freedom.

AMY: Then the book naturally evolved from that, of saying okay, people are hungry for this, I'm going to answer that calling.

CYNTHIA: Absolutely, and I think that's how passion evolves. Once you find out . . . because I've always been excited and inspired to support people in being in empowered positions. It's always been wonderful for me, whether it was through singing or acting or whatever else I was doing at that time. For me this is just an out picturing of that passion within me that wants to make a difference in the world by helping people stand in their greatness.

AMY: If there is a caller on the line right now that feels that sense of knowing that they're in some sort of cycle, whether it's victim or attracting the wrong mates or whatever it is. They know, and I know that so many people on this call are really conscious, beautiful human beings that are very aware, they're empowered enough to get on a call like this. But we still all have habits that aren't working for us, right? Non-supportive behaviors, you call it. What is the first step for them to break away from that cycle?

CYNTHIA: I think you've got to take an honest look at yourself. You have to really go okay . . . a lot of times we don't want to look at ourselves in those places because we've judged them in other people—look at how they're acting—but the truth is there's something going on within us. I think to stop and to say okay, what is this? One of the first things for me was relationships. I kept choosing the same man in a different body over and over again, and then it kept escalating. I was like, okay, if I'm the one whose there, what is it here, and what I got to within myself was that I thought that eventually I would find a man that would make me feel safe, that would make me feel secure. But of course you don't find that outside of yourself. Then I kept bringing in the same thing I was used to because there is a



Law of Attraction that happens, and you attract what you believe, so I kept bringing in that I wasn't safe, and that people that loved me weren't trustworthy. All those things were vibrating but the thing is that I had to go, okay, if I think for one moment that there's anybody outside of me that's going to make me happy, going to make me secure, going to take care of me, going to make it all better, going to make me happy, any of that stuff, then I'm off, and what I'm really telling the universe is that I don't have it and that's what I attract.

AMY: Yes, right, because I think so often people feel like they're focusing on what they want but in reality they're focusing on what they don't want.

CYNTHIA: Exactly.

AMY: But it's confusing for people because they think oh, if I want a mate and I'm focusing on that I don't have a mate, I'm focusing on the topic called Relationships, but what they're really focusing on is what they don't have, and then therefore they keep attracting what they don't have.

CYNTHIA: Exactly and it's kind of like that image of having your hand in a fist. You're clutching onto something, therefore you can't receive something else. If there's some part of you . . . I hear women in conversations and seemingly kind of joking, talking about the challenge with men, which I find so interesting because it is a statement to the universe that you believe that there's something wrong with me.

AMY: Right.

CYNTHIA: So how could you then attract the mate that you are wanting if you are consistently verbalizing to the universe what's wrong and kind of condemning it or judging it?

AMY: Right, so you can't attract a wonderful, amazing man when you're talking about how horrible men are. It's just the exact opposite.

CYNTHIA: Right, and you know what? Really if you go one step beneath that, what you are really saying is that I'm not worthy and that there's something within me that's the same thing I'm judging out there. What I found for myself is that I didn't believe that there was a man on the planet that I could trust, and then when I did deeper work I found out I didn't think I could trust me. I didn't think I could trust my decisions. I didn't think that I could trust my discernment ability. I didn't think I could trust me, so if I can't trust me, how could I possibly attract someone that I could trust?

AMY: Right, yes, so I really see where all of this knowledge comes into play, of your own personal journey and then these degrees in psychology consciousness, all of these things that you've been practicing and learning and teaching, how they all just intertwined beautifully to create a healing tapestry for you.

CYNTHIA: Absolutely and to really get honest with myself about who I want to be in the world, because every spiritual teacher that's out there today is saying that you must become what



you want to attract, so really the journey for me became what am I willing to become. How deep am I willing to go within myself to uncover what's wanting to be revealed? It takes courage to do it and it's not always fun. I can remember sitting in the therapist's office or being with friends, having meltdowns, going, is this all worth it; this is painful. But the other side of it is the light at the end of the tunnel. It's your freedom. It's your ability to express. Who am I today is completely different than who I was 20 years ago.

AMY: Yes. Repeat that question for me again, about who do you need to become. I just want you to put that question out there so that everybody on this call can really look deeply at that question.

CYNTHIA: I hope I can remember that way that I said it. I start talking and then it's going fast.

AMY: Yes.

CYNTHIA: It's really are you willing to go deep enough to become who you came here to be? Are you willing to take the leap? Are you willing to risk and step out into self-exploration, to find out who you really are? You're not just somebody's mother, friend, sister, wife. Who are you? Who have you come here to be, because you would not be on the planet if you weren't essential.

AMY: You wouldn't be on the planet if you weren't essential.

CYNTHIA: Absolutely.

AMY: That's just beautiful, Cynthia, by the way; that's beautiful. Tell us a little bit more. I know that in your book that you have a book and a CD together, and you really consider that a toolkit. What tools do you have in that toolkit? Tell us a little bit about that.

CYNTHIA: It's a seven week program but I encourage people to do it over whatever time they want. There's a couple of things to it. The CD that you mentioned is really meditations because when I read books, people having me read meditations has never worked for me, so every chapter has meditations in it. One of the tools is to get clear about the story that you're telling. What is this story that you're telling over and over again about who you are and what's happened to you, and why it's happened to you, and how your life is whatever it is, because whatever that story is, for most of us, it is infused with the victimology of life, all that stuff that continues to keep us drudging through the mire. What is that story that you're telling? Then to get to a point where you decide, you know, I don't want to tell this story one more time. I want to open to the new story of my life. I want to open to what's really calling me. So it's to get that story out for the last time and what the beliefs are with it. For me it was that because my stepfather did this and because my father abandoned my mother, then what's really happening is that I'm afraid and I can't trust. The thing is that you want to get that story out and be done with it, so that's the first thing. Then to start getting clear about okay, well if I don't want to live that story anymore, then what else is it that I want to do? What else do I want to do in life? Then you start opening to finding your voice, and I guess I just want to talk a little about that because many times people come to



me for counseling and they'll be sitting in the room with me, or they'll be on the call with me, and they'll be telling me something and I will say to them, is your throat hurting? They will say, how did you know that?

AMY: Yes.

CYNTHIA: And I will say, because what you're talking about is some place that you've been afraid to express. You haven't wanted to speak your truth, you haven't wanted to stir the pot, you haven't wanted to upset people, so part of the toolkit is how do you find your authentic voice. How do you move from that place of fear of retribution, of punishment, or whatever it is, where you're speaking your truth. That comes not only from people who've had trauma or abuse in their lives, but it also comes for women because we've been inculturated to be a good girl, don't upset people, don't speak out too much, and so we've lost the ability to bring . . . we are highly intuitive. That's what the diving feminism is about. We've lost the way of letting that energy and listening to that and trusting it and putting it into the world, a world that needs us, by the way.

AMY: Yes. I'm just shaking my head and smiling, going yes, yes, yes, because I think that . . . and when we say feminine it doesn't necessarily even mean just women. It's about men as well, and their feminine energy, right?

CYNTHIA: Each of us has masculine and feminine, so yes.

AMY: Of course; right. It's about getting that back into balance within ourselves, within the world, in all the out-picturing and internally, as well.

CYNTHIA: Absolutely and you know, here's the thing. One of the things that I think has been confusing for women is that when we've got this feminist thing coming in to play, we kind of moved away from the feminine energy, into being more masculine in the world, and that is not what we came here to be. There's power in the feminine energy within us, the authentic feminine within us, whether you're male or female, because it's nurturing and it's compassionate and it's loving and it's intuitive and it's kind and it's expressive.

AMY: Yes and I think so often it got programmed . . . for me and my generation I know that that was perceived as weakness, being kind and compassionate, and it got collapsed, that being in your feminine, being in a space of being compassionate and kind of nurturing meant weak, weak, weak, weak, and that is just . . . there's really nothing more powerful than that, is there, than being standing fully in your compassion and fully in your nurturing and fully in your kindness, and not just to others but to yourself.

CYNTHIA: That's like one of the most important things. One of the chapters in the book, I call it Radical Self Care, and another one's called Reclaiming Yourself, and it's really about have you learned how to take care of yourself first. Have you learned to love yourself, to listen to yourself, to honor yourself? So many of us have been inculturated and brainwashed into caretaking. You're supposed to take care of other people and what do they need, and so



we get so ensconced in that that we forget well if I don't take care of me, if I don't love me, then how good am I going to be at caring for others and loving others?

AMY: Yes. I think that we're really starting to hear that so much more. I know that that's been a huge theme on the Women Masters calls. I'll never forget when I had Lisa Nichols, one of the things that she said is you cannot give from a full cup. You need to be giving from your saucer. You need to have your cup so full that it's flowing over and your saucer is what you're giving from, not even your cup, and I just love that image of, like, oh my gosh, and really recognizing when we're depleting, that actually we have to be in that space of overflowing in order to give.

CYNTHIA: Absolutely.

AMY: How do we refuel, Cynthia? What do you know about that to be true for yourself and that you can share with us on this call today?

CYNTHIA: I guess one of the things I want to say is that to remember that your mind and body connect, that you're not going to refuel just by activating your intellect or having some kind of understanding about how things work.

AMY: Yes.

CYNTHIA: Your body has to be engaged and that's really interesting. I know for myself, I come from a family of women who at a certain age all became overweight, all stopped working out, all ate their emotions, and then getting into their seventies, eighties and some of them nineties, could not figure out why their bodies were breaking down, why disease was coming in. It's like, well, one of the things is are you willing to care for your body? It is the temple of your energy and your essence, so what are you putting into it? What are you eating? I've had so many people who are in the medical field that I've been working with, that tell me that sugar not only have affects on the body but it affects the memory. It affects your ability to think and when they have people that they're dealing with, with cancer, they tell them get off of sugar, get that out of your system, and caffeine, and start putting into your body live food, things that will nourish you, and start taking care of working out. If you do not have time to support your body by doing physical exercise, then you need to get rid of something else, because your body needs to be cared for.

AMY: Yes. I really challenge everybody that's listening right now, and you know who you are—you, yes you, you know that we're talking to you, the person that's going yeah, that sounds like a neat idea, I should probably do a little bit of exercise and maybe cut down on the sugar and caffeine, and eat a little bit more fresh fruits and vegetables—you that's been thinking about it and has been sitting on the fence. What's it going to take for you to make a commitment? Why not make it right here and now on this call? You've heard it time and time again, everywhere in the world. It's your wake-up call right now. Why not? Let it be your wake-up call right now. Try it for 30 days and see what happens. Just see what happens. See how you feel.



CYNTHIA: Exactly.

AMY: You know, in your work, Cynthia, I'm just curious, when you see, because so much of this information isn't new information. It's information that we're hearing all the time. I know that my company Wake-up Call Coaching, I called it Wake-up Call because I think right now is a wake-up call. What's going on in the planet and the economy, all this stuff is a wake-up call for me, for you, for everybody. What do you think gets in the way, as you've done these one-on-one sessions, therapeutic sessions, healing sessions with people, what is it that gets in the way of us just stepping up and taking care of ourselves, and integrating this information?

CYNTHIA: Wow, great question. I'm going to call it fear but I think it's more than that. When we don't know where we're going, sometimes it is easier to stay uncomfortable in the place where we are than to step into that unknown, where you don't know what it's going to be, what it's going to look like, who's going to be there, how you're going to make a living, so I'd rather be in this place and be uncomfortable and complain about it than to take the risk and to step out. But here's the thing—that place of discomfort that you're settling for is really a portal for disease in your life, mentally, physically, spiritually, emotionally. It's a portal, You are inviting in more of that energy, so that discomfort will amplify the longer you stay there, and you know what it is, so why not step out? If it gets too _____ you can always go back, which I don't think most people will want to do.

AMY: Right, yes.

CYNTHIA: Why not step out? Why not say yes to your life so that you can do what you came here to do, whatever that is? That little mind chatter that talks you out of it, I mean, I hear people say, I can't meditate, I can't sit still. You know, there's different forms of meditation. There's walking meditations, there's nature meditations, there's music, there's all kinds of things; whatever it takes for you to start to become still so that you can be receptive to the information that's there for you. Wake-up Call wasn't a reality fifteen years ago, but something in Amy got still enough to hear, let's create this and empower people.

AMY: Yes. I know for me, myself, Cynthia, I'll just tell on myself for a moment that I have been dancing around meditation for ten years. I've been kind of practicing it, kind of not, kind of doing meditations when I work out, because I do hike and run, and then literally, in the last 45 days, I really said enough is enough. Now is my time. I will wake up, set the alarm clock a half hour before my daughter gets up, because that was always my excuse—well, my daughter . . . I will set the alarm and wake up a half hour early and do it, and it is profound when you make the decision and the commitment, and I knew that day. I said, this is it, it's my time, I'm done; it's now in my life, it's a habit and it's never going away again. It's just like brushing my teeth. So I invite all of you on this call to make a decision. Maybe it's about meditation, maybe it's about exercise, maybe it's about taking a hot bath at night and having that be your meditation. Whatever it takes for you to know that you're worth it; it's worth it for you to take care of yourself, and whatever way you know the way it _____ show up right now, right?



CYNTHIA: Exactly.

AMY: You know. Stop pretending you don't know.

CYNTHIA: Yes. I just took 60 people to France for a pilgrimage to Chartres, which has got this incredible cathedral with a labyrinth in it, so we spent, in the Chartres part of it, we spent a week in prayer and meditation and journaling and spiritual practice, and people who didn't even do this all the time came, and the breakthroughs were enormous because when you take the time get still, when you take the time to really move away from the bombardment of energy and information that's everywhere, you start to move into this place where inspiration really comes from, so energy and information came to people about visions that they had to be in the world that were extraordinary.

AMY: Yes and I think it's like opening up the phone line between you and God or the universe or spirit or divine or goddess, or whatever word works for you, but it's like all of the sudden you have the hotline. You have the number dialed in.

CYNTHIA: Exactly.

AMY: And it's been there all along. That's the thing, is that it's been there all along.

CYNTHIA: It's who you are. Julia Cameron wrote The Artist's Way and one of the things she has people get up and do those morning pages, which is writing, which is really tapping into a similar place. It doesn't matter how you start but that you do something that starts opening that portal for you.

AMY: Yes and science is really showing us now, too, if you're a person that loves having scientific proof, but this is about getting into the alpha brain wave state. This is about getting into beta and delta, and getting out of that beta brain wave state that our brains were not meant to be in 24 hours a day. They need to get into that other brain wave state and be in relaxation. That's where super learning happens. It's where all of those serotonins are released in your brain and it's shown, time and time again, that it's where true inspiration does come in, so I really want to encourage that practice for everyone, and to set an intention. Thirty days; 30 days to really lock in that habit.

CYNTHIA: You know, what you just said is really important to because your consciousness, where you are in consciousness and what you are speaking and reflecting to the world does release chemicals in your body, and those chemicals cycle, and they cycle back around. If you're having negative self-talk or gossiping or doing things like that in the world, and putting that out, it's releasing that chemical in your body that anchors that, and then it cycles back around to the brain and releases more, so that's how people can dive deeper into feeling depressed, as opposed to if you are doing what you're talking about and making decisions for your healthy and well-being, and placing that into the world, different chemicals get put into your body to give you energy and enthusiasm and let you feel excited about your life.



- AMY: Yes and we want the energy and the deep energy and enthusiasm that comes from that deep space, not that hyper, frenetic energy that can happen sometimes. Too much caffeine and a little bit too much sugar, right? You feel like, oh, is this what enthusiasm feels like? No, enthusiasm is grounded and connected and inspired and there, right?
- CYNTHIA: Exactly, and that other thing that you just talked about drops at some point and you crash—the caffeine and the sugar and all of that.
- AMY: Yes. I know that we're a little bit over half way and I really want to make sure that everyone visits your website because it's beautiful and you can find out more information about Cynthia's book. Cynthia's website is WhatWillSetYouFree.com. Her book, along with the CD, is there, and it's beautiful, and I know that everyone on this call will want to pick up a copy for themselves, one for a friend, and maybe surprise a stranger with one, so people can have this information. I know that at the end of this call you're going to be giving away a membership in the Cynthia James Support Network, a year long membership; is that right? A year long membership?
- CYNTHIA: A year long. I'm really excited about that.
- AMY: Yes, and it's valued at \$195, so please do stay on the line to the very end of our call and we'll be talking about how Cynthia's going to give that away and what's that about, but WhatWillSetYouFree.com is the website.
- Tell us a little bit about how your book and what you're teaching in the world differs from other self-help books.
- CYNTHIA: I think it differs because I think what it does is it says to people, you get to choose today to make a difference in this world, you get to choose, and you get to do it by taking responsibility for your life and committing to a period of time where you are unwavering in your self-care and your self-exploration. It happens mentally, emotionally, physically and spiritually—all four levels; you do all four levels. It's important and it works and I know it works because I've done it. It's not just something that's a theory. I've used every technique in this book to transform my own life.
- AMY: So they're practiced and tested and you've been there and you've done it.
- CYNTHIA: Absolutely, and hundreds of people have done it with me in workshops and coaching, but I like to say me because sometimes you look at people who are supposed to be experts and it's like, well they've got all this wonderful information, but have they gone through it? Have they done it? I have and that's how I know anybody can get through it, anybody can move to another state of awareness, anybody can choose. Your freedom is definitely a choice.
- AMY: Yes. I know that you've also been selected to appear in the movie Leap. Can you tell us a little bit about that particular film?



- CYNTHIA: The producers are two young men who wanted to really make a film about consciousness. They wanted to make a film about if you were willing to take a leap in your life and consciousness, could you affect the world, and was the world that you were living in real, or was it a reflection of your consciousness, so it was incredible. They had scientists and speakers and teachers and healers. It was an incredible movie, people really talking about what is consciousness and how does it affect your reality. One of the things that I know for myself is that your mind doesn't really know the difference between fantasy and reality. That's why you can make up stories about relationships and then find out that they weren't true. You can then become conscious about your life and your choices, and create a reality for your life that's powerful.
- AMY: So is that movie out now? How would people find out about that?
- CYNTHIA: They can go online to the Leap movie, and purchase it online. They can . . . there's a website that talks about the whole movie; it's really incredible.
- AMY: Awesome; great. Thank you; that sounds fascinating. When you look at the change that you've produced, the impact that you've had through your work, through your book, through being in a movie like Leap, what do you feel is the biggest impact, the biggest change people have had from experiencing you and your work?
- CYNTHIA: Understanding that everything's possible. Understanding that they live in a reality of infinite possibilities and that their unique expression is important and we need you—we need them.
- AMY: Beautiful.
- CYNTHIA: When you said earlier in the call, you know, we're living in this time, we are living in this extraordinary time. There's a lot going on on this planet and I believe that each and every one of us is here because we've agreed to be here and bring our light, bring our gifts, bring our talents, so that we can shift anything on this planet that is not healthy, and about a life-giving experience.
- AMY: Yes. Cynthia are you willing to take a few callers here, live, on the call?
- CYNTHIA: Yes, I'd be happy to do that.
- AMY: Okay, great. If you'd like to ask Cynthia a question about this work go ahead and press *6 on your phone, *6 on your phone and again the website for Cynthia is WhatWillSetYouFree.com. With that I'm going to go ahead and move over to our first caller here, and when you hear you life un-muted then you can go ahead and start speaking. Hi, welcome; tell us your name and your question.
- MARIA: Hi. This is Maria.
- AMY: Hi, Maria.



MARIA: Hi. Thank you so much for allowing me to listen and participate today. I have a question. You said that when I'm doing my prayers and my visualization I'm asking the universe to bring things to me. Now does that mean that I'm also telling the universe that I am lacking these things?

CYNTHIA: Yes, in a way. Let me just talk about that. I think for me . . . there's a lot of stuff out like The Secret and Law of Attraction stuff, there's all kinds of stuff out there, and I think that that's a place you can start. You can say to the universe, okay, I am open to this. But what if you, instead of saying I'd like to have this house or I'd like to have this car, or I'd like John to propose to me, what if you said I'm open to the highest calling for my life, and I'm so available for that, that beyond what I know—because we only can know what we know—that beyond that, I am so available to be the greatest I can be that I can be on this planet; I'm available.

MARIA: Do I also get specific and just say what I would be available for?

CYNTHIA: Well you can, but I don't think it's necessary because . . . okay, let me just say what I think for me. When I say specifically I'd like to be speaking in this place, I'd like to be invited to this venue, that's nice, but what if there's a grander vision? What if this thing that I'm asking for specifically isn't the best and highest for me—there's something grander. What if I just said, I'm available for the goodness and the powerful expression of my life to manifest, and I cannot wait to see what that is.

MARIA: Okay. I see. Okay, that makes a lot of sense. Thank you very much.

AMY: Yes and Maria, what I love about this, and I'll go ahead and mute you, but what I love about what you're saying, Cynthia, is that what we're getting here is that we end up limiting ourselves and our possibilities sometimes when we get attached to the specifics. What I hear you saying is that when you say I'm open to the highest calling for my life, I am ready, that what that evokes is just like the floodgates opening and the universe saying yes, you are ready, yes I see that, and then boom, things that you never even thought possible come into play. I never thought that the level of people and the caliber of speakers that I'm getting in this series was even possible until I said yes I will do this and yes I'm available and then boom, all of these amazing people started lining up. Sometimes we limit ourselves, don't we?

CYNTHIA: Yes because we can only ask for things from where we are in the moment.

AMY: Yes.

CYNTHIA: You wouldn't ask for the same things today that you would have asked for ten years ago, because now you've grown and you've expanded, so why limit yourself today? Why not open to an infinite possibility beyond what you could possibly imagine in this moment?

AMY: I love it. Maria thank you so much for that beautiful question. I love that. I'm going to go ahead and move to the next caller here. There we go.



MARGARET: Hi, this is Margaret.

AMY: Hi, Margaret.

MARGARET: My question to you would be . . . my pain, I guess, right now is that I've been laid off once again, and three times in the last I don't know how many years, and I'm feeling very discouraged that there is possibility for me to have a passion filled life, because I feel like I'm going from one job to the next and just trying to stay employed. Frankly I just don't seem to have any gumption at all right now, which I usually have. I feel very lethargic and started doing some meditation and buying books to see if that would help, but having a hard time believing right now.

CYNTHIA: First of all I want to acknowledge your courage for speaking this, because I'm sure you're speaking for some other people who might be on this call as well. I'd like to ask you a question, Margaret. In your family of origin, could you tell me who is it in your family that thinks you have to work hard and that struggle is the norm?

MARGARET: My father—and my mother, actually, but mostly my father.

CYNTHIA: Okay, so both of them have planted this seed. Even though we say I am not going to be like my mother and my father when I grow up, there's still that energy that's flowing in there, so here's the thing. I would say for you that the exploration is not about . . . the question isn't how am I going to have this job of passion or be passionate in the world. The question is, what is the belief that is running, that is telling me that I cannot be all that I came here to be?

MARGARET: Okay.

CYNTHIA: That thing about mother and father and that struggle thing is running some place, so what it's doing is it's attracting itself, and it's showing up in these environments, because if you look at the three jobs you were laid off from, are there common themes or common experiences?

MARGARET: Yes. I didn't really like any of them, but I needed a job and so I took it kind of a thing.

CYNTHIA: Right, so here's the thing. Some of us have to take jobs or we say yes to jobs because it's about taking care of ourselves in that moment, for the fundamental things. But beyond that it's while you're in those places. First of all are you showing up 100% in the best you can be, in the most excellent person you can be, and while you are doing that, are you opening to any beliefs that would not support your greatness, because when you disconnect those old buttons, those old triggers of things that are not supportive, then you create a void and the universe will fill it with something always, and so that's when you start calling in your passion, what ignites you—how have I come here to express; how can I be the best experience on this planet. Then one of two things will happen. The place where you are will transform and become your ideal scene of employment or you will be removed into a place where you can express all of those gifts. Does that make sense?



MARGARET: So just show up the best that you can be, the best person that you can be, but then after that you said to explore the beliefs or to chase the beliefs?

CYNTHIA: Yes. You start looking at how often are you thinking and speaking the beliefs that got planted from your mother and father, and your work then becomes to start to disconnect those places within you, so that those beliefs stop running and stop vibrating at a place that attracts itself.

MARGARET: Okay. Okay, that's good stuff; thank you.

CYNTHIA: You're welcome. I just want to ask you one last question. Oh, is she gone.

AMY: Oh, that's a great question. Thank you so much. Alright. Hi, there.

DIANA: Hey, it's Diana from Santa Monica, California. Thank you guys so much. This is a gorgeous conversation and I just want to say I'll share that I'm out taking care of myself, getting a new pair of pajamas, so I'm standing in Nordstrom, but I've been listening to the whole call and I'm totally into it. I was looking at what I was choosing off the rack and I was like oh heck no, Cynthia can see me from where she is and I'm going to choose something really fun. But my question is, Cynthia, I fall into this trap of . . . I am a _____, I take care of a lot of other people, I teach a lot of kids, so I'm constantly focused on the other, and when I have to focus on myself my accountability skills really need some help. I'm wondering, from a spiritual place, how do you keep accountable to what you know you need to be doing?

CYNTHIA: You know, I'm going to tell you where I started because I think that's going to maybe help you more. I calendared myself in. I put on my calendar from 6:00 to 7:00 I'm meditating, from 7:00 to 8:00 I'm working out, on Friday I'm going to the spa. I literally had to calendar myself in because if I didn't anybody that came in, anything that came in, I would make them the priority.

DIANA: Right.

CYNTHIA: So I would say to start there because . . . are you a people person? Do you love people?

DIANA: I do, I do, I do.

CYNTHIA: Yes, me too. So I would be like, oh, Mary needs to have a conversation, sure I'll have a cup of tea, and pretty soon the day is filled.

DIANA: Right, or the month.

CYNTHIA: Yes, exactly, and then you're depleted. Are you tired a lot?

DIANA: Yes, of course; exhausted.



- CYNTHIA: Yes. So here's the thing. I would calendar myself in and then here's a really important thing for you to know: no is a complete sentence.
- DIANA: I love it, I love it. Okay, I can say no to something today; I've got it in mind. Thank you.
- AMY: Thanks, Diana. Great question, great question. We have time for just one more, so here we go. You're the lucky one. Tell us your name and what's your question.
- MICHELE: Hi, this is Michelle from New Mexico.
- AMY: Hi Michelle from New Mexico.
- MICHELLE: Hi. I have a question. I have been through domestic violence so I completely understand with the victim mentality. I'm also a counselor and a writer, so I'm very aware of how the process works, and I could completely identify, Cynthia, with what you were saying in the beginning of your call. My question is I have let go of . . . not let go but I've actually put up a lot of boundaries since that time—it's been about seven years—and really made some huge strides. But let me ask you, what kind of tools would you recommend going from the abuse level to a successful business?
- CYNTHIA: It's really interesting when you said that because what word popped into my head was relationship, that successful business is about successful relationship. For me I'll just share from my point of view that what I feel is that when you've moved out of that place of victim, you've moved into a place of trust in yourself, in your intuition, in your ability to discern, and you've also learned that boundaries don't have to be walls, that you can have a clear boundary but it doesn't have to be this ten foot thing that no one can get over. It's really about saying I'm really clear about what I need for successful relationship, whether it be personal or professional, and these are the things that I need, and if I get those then I know that I can see that it's successful. If I don't get that, if it's not working, then I know that it's part of the old pattern that's not supportive, and I'm willing to be in a place of looking at is there any belief that's still running that's pulling this in. My business today with my book and my speaking, and all of that, I would have been too afraid to do this before because I would have been so afraid of failing, but now I'm like oh, well if I'm just about sharing and giving and loving, and I know that if something feels uncomfortable to me I can voice it or I can say no, there's a sense of freedom in that. Are you starting a business?
- MICHELLE: I have had a business and I had several successful businesses with my ex-husband, so I've been there, done that, and I just got accepted to a top media arts school to add to my portfolio, so that I can combine writing with graphic design, so I've been there, done it, but there's always that little step, that failure thing behind me, even though I had very successful businesses, to step, leap forward into my own business without a relationship.
- CYNTHIA: Let me tell you something, Michelle: you cannot fail. You might stumble, it might not work, but it will teach you. You cannot fail, so go for it. If it doesn't work take the learnings and move it to the next thing. There is nothing in you that can fail. You have come here to be successful.



MICHELLE: Thank you.

CYNTHIA: You're welcome.

AMY: Thank you so much, Michelle. What a beautiful question to end on; that brought tears to my eyes, to have you say that to her because I know everybody on this call probably needs to hear that, that we cannot fail; we came here to be successful.

We're starting to wrap up now, Cynthia, and I wanted to do three things. The first is I just want you to tell everybody if there's just one thing, one piece of information, one piece of learning that you want everybody on this call to take with them today, what's that one thing?

CYNTHIA: You are unique. You are powerful. You are dynamic and mighty. Claim it and everything will be added to you.

AMY: Thank you. And an inspiring homework assignment?

CYNTHIA: Write down your ideal life. Write it down and without limits. What would you be doing? What kind of people would be there? How would you be operating? How would your passion be flowing? Write it down and then create a little mini map with pictures and things that exemplify it, and put it some place where you can see it every day, and once you do, this is the statement: I am living my ideal life. Then watch the universe show up.

AMY: Great, so ideal life without limits and create a vision board, a visual representation, and every day: I am living my ideal life. Beautiful.

Cynthia has been so incredibly generous, not only with her spirit and energy and wisdom today, but also with this gorgeous gift that she's going to give one lucky person, of a membership in the Cynthia James Support Network for an entire year, valued at \$195. The way this will work is Cynthia, go ahead and choose a number between one and 30, and you can say that number out loud.

CYNTHIA: Sixteen.

AMY: Sixteen, okay, great. Lucky number sixteen, please email into Admin@WakeUpCallCoaching.com and lucky number sixteen will get a year in the Cynthia James Support Network. For those of you that are interested in that beautiful network, every week you receive a five minute video e-mail, a support newsletter, and a personal call from Cynthia to anchor you every week. Each month has a theme and you also do one-on-one mini coaching via a teleconference. Is that right, Cynthia?

CYNTHIA: Once a month; that mini conference is once a month, yes.

AMY: Yes. You can find out all that information on WhatWillSetYouFree.com. Make sure to visit Cynthia's website and you can view all the things that she's up to. Cynthia you are such an



inspiration and I just adore you and love you and thank you so much. I know that you'll also be doing What Will Set You Free weekend seminar at the Mile Hi Church in Denver.

CYNTHIA: Yes, the Mile Hi Church in Denver.

AMY: That's happening on October 23rd and October 24th in Denver, so you can check that out at MileHiChurch.org; check that out. Finally just some reminders. If you love this call please share this series. This is a grassroots effort to spread the love and the inspiration of the Women Masters, so share the series. Post it on Facebook, post it on your Twitter account. Put it in an e-mail to people. Pay it forward, please. If you also loved it please post on the Women Masters Facebook page. We do have a community going on there on Facebook. If you're on Facebook and you're not connected with me yet, you can connect with me, Amy Ahlers. Friend me, baby, and I'll friend you right back and you can then join that community, or you can just search for the Women Masters community.

Finally tomorrow we will be having our Women Masters coaching program call, and this call is all about implementing everything that we learned today, so I'll be checking in on that beautiful homework assignment that Cynthia gave us. All the information about that particular program is at ReadyToGetInspired.com. Really high value, low cost memberships available. And by the way, ladies and gentlemen, if you are having financial challenges right now and finances are what's stopping you from joining that community, that Friday study group, please e-mail me. We will work something out with you. I don't ever want money to be the reason you don't practice and integrate all of this learning, and get the support you need, so you can e-mail us anytime at Admin@WakeUpCallCoaching.com. We are right at the top of the hour. Anything you want to add, Cynthia, before I un-mute the lines for everyone to say goodbye and thank you to you?

CYNTHIA: I'm grateful to you, Amy. I'm grateful that you're doing this and I'm honored to walk with you.

AMY: Thank you so much. With that, once you hear the un-mute, please give a shout out of thanks and gratitude to beautiful, beautiful Cynthia James, and here we go.