



## The Women Masters Interview with Victoria Moran

AMY: Welcome, welcome one and all to the Women Masters Fall teleseminar series expert call with Victoria Moran. Are you ready to get inspired? That's my question for all of you, and learn how to live a charmed life, which I just love. I hope that you are. My name is name is Amy Ahlers and I'm the creator of the Women Masters, the Wake-up Call Coach, and also the CEO of Wake-up Call Coaching. As you know my vision for this series is to allow people from all over the world access to our most respected and inspiring women experts of our time, and I want everybody on this call to have a breakthrough. I say that at the beginning of every call and I truly and deeply mean that. I just want everyone to take a moment. I could use a deep breath. It's been a little bit crazy over here in my office this morning, so I want everyone to take a deep breath with me, just breathing in and breathing out, and just getting into that place of being centered and allowing yourself to receive. Stop multitasking if you can, and I understand if you can't, but if you can please do, and just get ready to deeply receive the wisdom and insight from our master today, Victoria Moran.

Victoria is the author of ten books, including the classing bestseller Creating a Charmed Life and weight loss books such as Fit From Within and The Love-Powered Diet, and her latest bestseller is entitled Living A Charmed Life. She is an inspirational speaker, a certified life coach and a two time Oprah guest—woo hoo! So once on Oprah and now on the Women Master call with me—I love it. Please, everyone, welcome Victoria Moran—yay! Hello, Victoria.

VICTORIA: Hey, Amy. Thanks so much.

AMY: Oh my goodness. So, and just thank you so much for being here. We've hundreds of people on the line, ready to drink in this wisdom, so I just wanted to start by, you know, you use the term charmed life in both your first book and your latest book. What exactly do you mean by a charmed life?

VICTORIA: I mean a life that's accessorized. We think just getting by—how are you doing, oh, I'm okay—but every now and then you'll talk to somebody like when I talk to my friend Sherry and say how are you, and she'll say, blessed and highly favored. It used to be that I would think oh, that's over the top, fine would do, and yet when people live charmed lives they know it, and one thing that's so important is that this is not a free pass from disappointments, losses and even tragedies, because those are part of life. They're part of the texture of life, and nobody gets through this life without them, but what happens when you're living a charmed life, you know that there's an upward progression and even when you have to go through things that hurt, you know it's all part of this lovely train that's going up the hill.

AMY: Oh that's so great and I just love that you said that about no one gets the pass from experiencing grief or experiencing loss or experiencing challenges, but it sounds like it's about that come from, that you're coming from, even when you're looking at challenges.



VICTORIA: Well it's so true and I think that if we look at people who know how to live, I've wondered, as even a child, why it is that at funerals or after the funeral when people get together and eat pie, there's so much laughter. People are telling jokes, people are telling funny stories about the person who died, that even in a time of loss we can dig down \_\_\_\_\_ and some lightness, and when you're on the charmed life path you're always looking for the lightness, for the fun, for the serendipity, for the little bit of magic, and when you start to see that, then you see more of it, and maybe it just means that you're a better looker, and maybe it means that the universe likes being appreciated, and when you start to notice what it's presenting it wants to give you some extra.

AMY: Yes, yes, I totally get that. I know that in your book that you talk about one of the tragedies that you've faced, and I think one of the reasons I appreciated that so much in your book was exactly what you're talking about, that sometimes when I think of a person that lives a charmed life, it's like oh, everything is perfect and they don't ever have to go in the muck, and I really appreciated that in your book, about how you talk about the tragedy with your stepson, right?

VICTORIA: Yes, my fifteen year old stepson passed away two years ago from a freak illness. We didn't even know he was sick. He was home from school one day, his mom thought he had a little stomachache, and the next day he was gone, so it was a huge shock and loss, and that's one of those things that you just can't sugarcoat it, when somebody doesn't get a chance at a life and to grow up and do all the things that you would hope for your children. Obviously as the stepmom I was one step removed, but still it was just such an awful thing, and it happened just days after Harper Collins had given me the go ahead to write Living a Charmed Life, so I set the book project aside for a while but then ultimately I did have to pull out the computer and stare at that screen, and I really had one of those existential kind of times of okay, God, what am I supposed to do here? How can I write this and how can I be for real? What happened was I was given enough insight every day, so that I could write something every day, and the end result, which has been so interesting in the way that life worked, is that this book is about living a charmed life, but it's not lightweight. It's really about living a charmed life when things are not so great. Now it was interesting that when I was writing, which was the winter of 2008, winter, spring and some of summer, we hadn't had a mortgage crisis yet, that we knew of. We hadn't had a recession yet and yet now that the book is out, it's coming to people who are going through fear and loss, and wondering how do I even think about a charmed life, I'm just trying to have a decent life. But you know what, you may as well go for a charmed life, because if you're going to have anything but a rotten one, it may as well be the best you can get.

AMY: I love it, yes, so I just want to invite all of you, all the hundreds and hundreds of you that are on the line right now, to just take a look at this, and those listening to the recording as well, later on, take a look at those instances, maybe, where you felt charmed and it felt really easy, and then times when you chose to live a charmed life, those moments when there was a challenge and you made the decision to go ahead and step into the perspective called life is charmed even when there's challenges, and I think that that's where the work lies right now for a lot of people. I know that, you know, I've surveyed a lot of people that are on the call, Victoria, just so you know, and there's about 12% of the people that attend these calls are



unemployed right now, have lost their job and are looking for work. So what would you say to them? What are some of the tips and advice that you can give those people that are not sure how they're going to pay their bills this month?

VICTORIA: Oh, sure. Well that's obviously a very difficult place to be in, if it helps at all that you're not alone. Obviously you're not, but it's still scary, so some of the ideas that I have around that for this moment. Number one is to live in the day and I understand that the mortgage is due on the 30<sup>th</sup> or whatever it is, but you can't reach out and deal with the future right now. What can you do today to make this the best possible day and to do something in this day that is going to put you in a better position for tomorrow and the next day, and the day that the bill is due, so there's something very powerful about living in what Dr. Maxwell Maltz, who wrote way back in the sixties a wonderful book called Psycho-Cybernetics. He called it day tight compartments, that we think about airtight containers, but this is a day tight compartment. You're not going to let the regrets of the past or the fear of the future into your day tight compartment. That's a really helpful one.

Then you want to keep your attitude up, and I know that that sounds so cliché, like oh, just put on a happy face, and yet if you don't, see what happens when you go out, for example to apply for a job. If you have the exact equal credential level of the next person, you're equally glib and articulate and attractive in all the things that you think you're supposed to be, but you—or the other person—happens to have that aura. You know how you're around some people and they make you feel better and some people just bring you down? You're sensing something about the person that goes beyond what they're telling you and if you have that wonderful attitude that makes the person behind the desk feel better about himself or herself, you're getting the job. It's this little magical extra and we so often think about other people's advantages. In my blog right now I'm doing 30 Days to a Charmed Life, which is just . . . you can come to my blog, it's a Charmed Life Blog on BeliefNet.com and just join at any time. It started, I think, five days ago, and we're just going with a suggestion every day for making a more charmed life. One of the early ones was make a list of your advantages, because we tend to think of everybody else's advantages—oh gosh, she's so smart and he's so handsome, and his father owns the company. Well good, those are their advantages, now what are yours, because your higher power didn't leave you here with no advantages, so if you can focus on that kind of stuff and then just do the next indicated thing. There is something in front of your face right now, well, right now it's being on this call, but when this call is over there'll be something, and maybe it's pick up your kids from school and maybe it's clean the litter box and maybe it's make those three calls. Whatever it is, it's what's looking you in the face and it tends . . . we don't like what's right there for us to do. We'd rather do something else, that seems easier or more glamorous or something, to do what's not right in front of us, but what's right in front of you is going to carry you forward to the next thing, and into the place you want to be.

AMY: I love it and I love that day tight compartment; what a juicy little phrase that is; I love it. Yes, just one foot in front of the other, versus taking all of that on at once. I know in your book, and I love this, that you have the chapter on stay close to what makes us come alive.

VICTORIA: Yes.



AMY: Talk to us about that.

VICTORIA: You have to know what really lights you up and sometimes it's just a very small thing. Maybe it's that you always play the piano, and then you move into a smaller apartment and got rid of your piano. Something is missing. You need that music and maybe it means that you have to go down to the piano store twice a week and just ask if they'll let you play. Whatever it is, if it made you come alive and you don't have it now, you know that some little bit of yourself is just yearning, so you want to figure out what is it, what do I need. Maybe it's geographic. If you're an urban or a country person and you're living in the opposite environment, that's difficult. If you can't move right now, then what can you do to get a little urban in the country, or a little nature in the city? Whatever it is that gives you your own spark, and we tend to compromise and women, I think, we're very good at compromise and that's a positive thing, because you can't get through life without it, and yet when we compromise with partners and we compromise for children, and of course we'd rather do for our children than ourselves; it doesn't even feel like a compromise. We compromise for the job, we compromise for somebody else, and then we don't even know where we are because we've done so much moving over for somebody else's preference that we lost our preferences along the way. So what does make you come alive, and you know what it is. You can ask yourself right now, one, two, three, four, five, oh this really makes me come alive. For me I would tell you it's New York City. It's eating natural foods. It's going to the theater, especially musical theater, and having my aura get all puffed up with those wonderful words and wonderful lyrics. It's being around animals. I think if I didn't have a cat or a dog or more than one in my life, I would just feel so puny. So those are the kinds of things and you have your own, so when you've got your little list, look at it and see how many of those things are in your life today. If there are more things on your list that are not in your life than are on it, then you need to do some work and probably it's not going to cost you any money. A few people have some things on their list, like I really, really need to go to a five star restaurant every now and then. Well, okay, if that's what you need, that's what you need. Most people don't have pricey things on their lists at all; it's real basic.

AMY: Yes and I find, also, if it's the five star restaurant, it's what about that experience, and maybe there's some way to recreate that on a budget. Is it the luxury? Is it the sensuality of the food? Is it the ambiance? What is it and how can you recreate that for a budget that works for you right now.

VICTORIA: Yes that's a beautiful idea. One of the suggestions that I have, I do a talk called Victoria's Victorious Bailout Plan and one of the suggestions there is to live richly, and I learned to do that at a time when I was the farthest thing on earth from rich. I was a single mom living in a little cabin in the central Missouri Ozarks. We'd been living in Kansas City, Missouri, which was my hometown, but I didn't think after I was widowed that I could afford to live in this great urban center, so we moved to this little cabin and nobody that we knew down there had anything either, so we certainly didn't feel like we were in worse shape than anybody else. Yet my daughter has told me so many times later, oh mom, you should write a book about living rich when you're not, because when we were poor I didn't know it, and the reason she didn't know it was because we found all the great things to do. There was a beauty school in that town where you could get facials and manicures and all kinds of great stuff, and we got



them all the time. We belonged to a food co-op so that we could get natural, organic foods wholesale. There were just ways to make life great. The public library is such a gift and so many people aren't going to the library now because we have the big superstore bookstores and NetFlix, and you don't need to go to the library but oh my gosh, the world is at your fingertips at the library for free. One day my daughter came to me and said I think we have to move because I've read all the book in the library. Well it was kind of time \_\_\_\_\_ outgrown that particular phase, but just find these wonderful ways to live richly and nobody knows what your bank account is; they just know that you have a great life.

AMY: I love it, yes, so I want to invite all of you on the line right now to just take a look at just identify at least one thing, right now for yourself, that makes you come alive. Those moments, those physical things, the emotional things, the spiritual things that make you come alive, and just make sure to honor that at some point today, even if it's just in a small, symbolic way, I just want everybody to really tune into that. I love that and it was such a beautiful chapter. I have to tell everyone on the call that Living a Charmed Life, Victoria's latest book, is just a gem. I've been reading it and it's one of those books that I'll be reading for probably the next few months, because I like to just read one little bite size chapter each morning or each evening after meditation, and just to take that little bit in and get that inspiration, and then have my little action item on there that you give. It's just so beautifully and so witty, the way that you write, Victoria, so I just highly recommend the book for everybody, especially if you need a little inspiration. That could be, maybe, one of the things that makes you come alive, is to read a little inspiring tidbit before bed or right first thing in the morning, and it's just a beautiful book, so I love all the little tidbits that you have. I can't remember what you call them at the end—what do you call them?

VICTORIA: Lucky charms.

AMY: Lucky charms—that's it. I'm, like, oh it's so witty and great. Yes, your lucky charms are just beautiful in it, so check that out, everyone, Living a Charmed Life. I know that one of the other really unique ideas that you have in the book is that we're supposed to love the people, places, jobs and so forth that we don't much like, and really want to get away from, so what's that all about?

VICTORIA: It's the only way to leave anything and not have to come back to it again, and once you get this lesson, your life is so much easier. It really, really works so well. We think okay, when you love something that ties you to it, and of course it does. When you love your child, you love your mate, and that's wonderful. But love has another function as well, and it acts as a kind of cosmic Goo Gone. You know Goo Gone, that stuff that you can put on the place where they put the price tag on the front of the mirror, and you're always seeing the mark there? You put this stuff on and the mark goes away. But love it like that in a situation when you really out of something. Oh I hate this apartment, these neighbors are so noisy, they don't pick up the garbage, how did I ever get here, it's so awful. If you leave in the midst of this is awful and I despise it, you will at some point in the future have noisy neighbors and late garbage yet again because you didn't get the lesson, which is learn to love. You find what you can embrace about it. You fix it up. You keep it all neat and tidy and gorgeous and glorious. You do everything that you can to befriend the noisy neighbors. You make them



cookies. You do every loving act that you can do and then you move on, and when you move on, because you left it with love, you're never going to have that experience again. It's the same with a relationship. You break up with a boyfriend, oh, this guy was such a jerk, I'm so glad he's out of my life. If you can leave him instead with all good things to you, made your life unfold, I'm going to pray for you for 30 days that you have everything that I want, that's a very, very powerful prayer; it comes from the twelve step program. It's the idea that we can pray for people and we think it's what they want, but if you can pray for somebody for what you want, so if I were breaking up a relationship with somebody right now, I would pray that he got a book on the New York Times bestseller list, even if he's not a writer, because that's what I want, and if I can open my heart and soul enough so that I want for someone that I'm not crazy about all that I would want for myself, then I'm free.

AMY: Wow. That's powerful. So you're saying people's situations, jobs, living arrangements that we don't want, to actually, as we leave those things, I'm hearing you say that it's okay to go ahead and get them out of your life, but do it with love and actually place a prayer on that person, wish for them all the good things that you want for yourself, and find the authenticity in that, and it's like magic.

VICTORIA: It is like magic and a couple of things can happen. I see this particularly in jobs. People will start coaching with me and it's, like, yes, I don't like my job, my job blah, blah, blah, so we'll do this thing about okay, let's love the job, let's come to the point of loving the job with every intention that you're going to leave it, and I'd say 50% of the time that's exactly what happens. They come to find what's good about the job, they want to do a really great job, better than they've ever done, leave it for the next person in the very best possible shape, and they go on and that's it. But the other 50% of the time \_\_\_\_\_ start saying oh my gosh, I really do love it, this is why I took it, and then they start to really shine in that job, and the powers that be notice, and they get promotions and some of the things that they weren't liking get changed. It's really remarkable and we always say yes, the power of love, it's a great power, the mother who so loves her child can life the Volkswagen Beetle off the child trapped beneath. Well the power of love can also get you to fall in love with your crummy old job that you didn't think had anything lovable about it. It's really an astounding thing.

AMY: So love the unlovable. I love it; there you go. I really hear that and I know as a coach as well that gosh, it's amazing what perspective and come from and mindset can do. You know that expression, when you change the way you look at a thing, the thing you look at changes, and it's so true, and what a beautiful example. So all of you listening, where are you feeling that sense of unlovableness or hatred or I want to get away from this, and how can you shift on that love muscle, build up that love muscle for yourself, and really apply what Victoria's saying here so beautifully and eloquently—excellent, excellent.

Victoria I know that you also have this inner epicure—am I saying it right?—and the inner chaperone. What are those.

VICTORIA: These are two little helpers inside of you. Your inner epicure is there to help you enjoy all of the sensory delights of life, so she's the one that is really noticing when the first strawberries in the springtime show up at the farmer's market. She's the one who really loves the feel of



velvet and how it feels to walk along the beach and have the water tickle your toes. She is really there to help you have the most pleasure you can possibly get out of this life. They say in the ancient Vedas of India that even angels are envious of the human body because in it we can experience things that cannot be enjoyed in any other plane of existence, so we're really lucky. We're in this place where we've got watermelon in the summertime and hot cocoa in the winter, and where you can hold hands with somebody you absolutely adore. It's all very great. You want to let your inner epicure come out to play. There's an awful lot of Calvinism still left in our society, an awful lot of well that's not proper, well that's too much, well that's too good to be true. Heavens, there's nothing too good to be true. This is your inner epicure. She wants you to enjoy your life and her big sister is your inner chaperone and she is there to let you know just that place at which peak experience ends and downhill from here begins, so she's there to help you know when to stop. I think I say in the book that when you are shopping at the outlet mall, flirting with a fellow or salting the soup, stop just before you think you've gotten to the stopping point, and that way you'll never go over; a little lesson from your inner chaperone.

AMY: I just got goose bumps. It reminds me of the story my dear friend Maria, who's an actress, and she was on set this one day filming and she turned around and at the craft services, which is where they serve all the food when you're on a movie or television set, she turns around and they have her absolute favorite dessert, these ice cream balls covered with chocolate. She's like oh my gosh, talk about living a charmed life. She's there on the set and she's doing her thing, and so then she eats one and she's, like, dancing, going oh yeah, oh yeah. She eats the other, oh yeah, oh yeah, and then ten later she's like oh no. She goes from this joyous experience to tummy is hurting, and it was just such a beautiful illustration of this exact thing, that there's that moment when we can go over the top and it starts that major downhill spiral, and I love this metaphor. It's so brilliant and beautiful, and so I just want to remind everyone of those two parts of you, and to listen to that inner chaperone. I love that she's the chaperone because she's not the negative Nellie, she's not the party pooper. She's the one that you go so that you don't miss out on the real enjoyment.

VICTORIA: Yes. I think of her as the fairy godmother in Cinderella. She wanted Cindy to have the best time and she only told her to be home by midnight for her very own good, and that's what your inner chaperone is. We all have it and we like to push the envelope. We like to see how much we can get by with, but the truth is a real sign of maturity is when you know that you know, because we all know. We all know when to stop, we all know how many chocolate covered ice cream balls are appropriate for today, and it's only when we try to overstep reality—well, you know, the last time I had ten chocolate covered ice cream balls I got really sick, but today, today maybe I can handle ten—no, you're not different today that you were three weeks ago. Just know that your little fairy godmother is in there to help you out.

AMY: I love it. I know that everybody on this call is getting just a little taste here of what your book is like, because every single chapter has these beautiful, witty, extraordinary ways of expressing things that we know and bringing new little tidbits of wisdom, so I'm sure everyone can see why I'm so delighted with this book and why I read my chapter after my meditation. It's so fun.



I wanted you also, if you don't mind, Victoria, to tell everyone about the cosmic two step, as you call it.

VICTORIA: Ah, you're picking some of my favorite chapters. Well the cosmic two step is pretty cosmic. What it really is, is how to ask for what you want. If you are a person with a spiritual life you could perhaps say this is how to pray. If you're a very secular person it's simply how to get from where you are to where you want to be. The two parts are number one, ask, very clearly, for what you want, and number two, leave it alone, let it go, let the universe work with it. Now on part one, this asking for what you want, my role model for this is Scarlett O'Hara in *Gone With the Wind*, in that scene when she's out in the sweet potato field. Her whole way of life is gone, the people that she loved who aren't dead are starving, as she is herself. She gets down in that dirt and you see her look up at the heavens and she doesn't say some little wimpy thing like uh, it would be nice to have some food. No, she says as God is my witness, I'll never be hungry again. That's asking like you mean it. That's asking like you know that the answer is already there, and Scarlett O'Hara wasn't the first person to say that. Anybody who's friendly with Jesus Christ, he said that too, so you want to really ask. Then you don't want to mess with it. You don't want to go back on it, you don't want to second think it. You want to just leave it the way you would leave seeds that you'd planted in a pot. You wouldn't dig them up every few days to see how they're doing. What you do want to do is listen for divine inspiration and do what needs to be done. Of course, with those seeds you're going to put on some water and some fertilizer and the things you're supposed to do to grow that plant, but you're not going to mess with it. With this thing that you've asked for, follow up on what is your part of it. This is a cooperative venture. The universe, 90%; you, 10%. You do the footwork, the universe brings everything together to make it happen. In Scarlett's case her footwork was that she got the inspiration, why don't we take down those green velvet curtains, make me a dress and I'll go visit Rhett in prison. So that's what she did and that's what you can do. You get this bright idea, oh my gosh, that's what I asked about; I can do this, yes. Well do that but otherwise let it be and see what happens.

AMY: So I'm sure there's some people on the call that are going I've been asking for the perfect job or the soul mate or the million dollar check, or whatever, the book deal, and it's not here yet, and I can't seem to get my fingers out of the pot. I keep digging up the seeds and I know I'm doing it. What do you say to those people who feel like they've been asking and they're not receiving?

VICTORIA: Well sometimes we're asking for something that is simply not in the cards. We're asking for something that is not our karma and that brings us to another chapter, *KC Here I Come*, which is about karma and consciousness. I think in most of pop spirituality that's out there in the world right now, there's a whole lot about consciousness. There's a whole lot about the idea of if you want a million dollars and you just feel that you're supposed to have a million dollars, then you just ask for it and you have a good attitude, and then that million dollars is going to come to you, and if it doesn't it's all your fault, it means your attitude wasn't good, it means your consciousness was not up to snuff because look at me, I have a million dollars, will say some of the spiritual teachers, don't know why you don't. Well I know why some people do and some people don't, not to act like I know everything, because I know virtually nothing, but that I know, and that is that it's a two-part picture going on. We come here with



this invisible assignment. There's a wonderful book by a mentor of mine, Reverend Chris Michaels. It's called Your Soul's Assignment, and your assignment would be so easy if it was tattooed on your abdomen, but it's not, so we figure it out as we go along and part of it is what can you do. What can you, through your consciousness, your mind and your effort, achieve? How can you get yourself to a really blissful state, compared to where you started out, compared to where your parents were. What can you do with the gifts you've been given? But the other part of it is hmm, there were some things that you brought in, whether this is from past lives or whatever—we could get into those big discussions at some other day—but whatever it is there are some things that you're going to learn in this life, and you're going to learn them not the easiest way. Sometimes this thing that we think that we want so much isn't really for our highest good.

I'll tell you a little story about that in my life. After my first husband died and I got over just the shock and the sadness and that, I didn't spend enough time getting over the sadness because I wanted desperately to recreate this family unit. I so felt that I needed, I deserved, I was entitled to have a life partner to help me raise my daughter and share my life. It was like this has to happen, and I met this lovely man. Well he did, he's the one. I decided, this is it. Well he didn't quite decide that about me in the way that I decided about him, although we did date for I think two and a half years. Eventually he left and not only did he leave, he left me for somebody else and he said, it's just that she's lower maintenance. You know, it is hard to be left but when somebody leaves you and then treats you like a condominium, that is just really awful. So I was devastated and it was tragic and it was just a big deal to get over, and I did everything I could spiritually. I affirmed, I treasure mapped, I meditated, I went back to my childhood roots in the religion I no longer practice and I prayed in that way. I went to every kind of counselor and guide and psychic I could find while he was off with the other woman. So finally I heard what he's up to, I heard this just a couple of years ago. It seems that he found some land in northern Missouri and built himself a house out of old tires and soda bottles—very environmental, very cool. But I'm living in a high rise in Manhattan and I just love it, so all of this—oh, this is what I'm supposed to have, this is my right person, I have to make this happen—I was really being looked out for. We don't know all the answers. Life is an unfolding mystery and there are probably lots of reasons why this thing that you want so much hasn't happened yet.

One other reason and then I'll stop, because as you can tell, I can go on about some of these metaphysical things, but sometimes you just want it too much, and desperation pushes things away. If you're out in the dating world you know this is true. If you have any of that desperation, like you meet the guy on Match or whatever, and you're sitting across the table. If you're even thinking my biological clock only has seven years left, you don't even have to say it. Just that bit of desperation is going to push the guy away at a subtle level. So you can want it, I mean, I mentioned my New York Times bestseller list thing. I used to want that desperately, desperately, desperately, and I would take it off of every treasure map or vision board and all the other stuff would happen, and that thing wouldn't happen, and then I'd put it on the next version and then I'd put it on the next version, until that thing was looking really scrappy and the rest of the vision board was all pretty, you know, my old secure New York Times bestseller list thing. You know what it is now? That would just be so lovely and if it never happens I still have one of the 500 best lives in the world.



AMY: Yes, right, and then there you are on Oprah going gosh, if I could just be on the New York Times bestseller list, and every other author's like if I could just get on Oprah.

VICTORIA: Well, you know, this is a very interesting thing too, Amy. We sometimes think that one thing brings everything else with it and certainly before I was ever on Oprah, I just assumed you get on Oprah and then you get the New York Times bestseller list; that's how it works. Well very seldom is that how it works. It's still great, oh my gosh, there's nothing at all wrong with being on Oprah, and I certainly would love it for number three to happen, but we have this idea, and this was taught to me by a wonderful mentor and I'll share it with people on the call. He calls it the locomotive principle and that is we've got the locomotive and that's the engine, that's pulling all the train cars, and so we have the idea that if this thing can happen, all the rest is going to happen. For me I was talking to this man about my life as a writer and he said that one reason that I used to get writer's block was that I would have, coupled to that locomotive, this book, this project is going to make the money that I need to live on for a couple of years, this is going to help send my daughter to college, this is going to help thousands and thousands and thousands of people who don't know about me know about me, this is going to get me on big TV shows, this is going to get me that New York Times, this is going to get me enough money that I don't have to worry about my old age. He said when you look at that little locomotive of sitting down to write today and all those cars you expect it to pull, no wonder you can't write. He suggested that I go to the toy store and get a little toy train where the cars are attached by a magnet. He said every day I want you to just take the locomotive off all the cars, so that you know that your work for this day is not about everything that you want for the rest of your life. It's about doing the very best job you can today, and the rest of that stuff comes along in its time.

AMY: That's beautiful; that's beautiful. So all of you listening, and myself as well, just looking at what are you treating like that locomotive that is so overwhelmed that it can't get out of the station because you've attached so many things to it, and how can you set that locomotive free so that you can have it chug along and go to where you need it to go. I remember when I got . . . I really wanted a convertible. I was living in Los Angeles at the time and I really wanted a convertible, and I remember going, and I really wanted the Saab 93 convertible that had these amazing leather seats, that had the \_\_\_\_\_. I was, like, this car is cool, man, like this is really a cool car. I finally found a way to get it and I thought to myself, you know, I'm not going to have this illusion that this car is going to be the end all be all, that this is just going to be the end of any woes or any challenges in my life, because we've played that game before; we know. I thought maybe for about 30 days it's going to really be my ticket to happiness. The minute I released all that from it, I enjoyed that car for four years, right before I was, like, nine months pregnant, getting out of my convertible and my lease was up and it was over, and it was just perfect timing; it was the exact right thing leading up to have my now two year old. But boy, when I released that and just thought I am not going to fool myself and lie to myself into thinking that this is going to be . . . now my life is forever going to be the most joyful experience on the planet, and from releasing that was when I got the most joy I've ever gotten out of having a car.

VICTORIA: That makes so much sense because it's sort of like when you enjoy a person for who they really are, instead of trying to get them to fit into some mold. When you finally let go of the



expectations you can really find out what they are about. That's great. I love your convertible story.

AMY: Well and I think it's so true because I know . . . I have clients and I'm sure you do to, where they \_\_\_\_\_ if I could just find the right soul mate, my partner, then I'm going to be happy, you know, whatever it is, and I know for you, you are one of the few people on the planet that I think you lost 60 pounds, right, and have kept it off for 25 years?

VICTORIA: Yes.

AMY: I mean, how many people do I know that if I can just get into those size six pants, then I'm going to be happy, and it's like just take that out of the equation, the when-then thing. My goodness, it's just a waste of energy, isn't it?

VICTORIA: It is and one thing that we don't think about, and we're all like this, we all have the thing of oh gosh, when I get that, and it's all very sweet, it's kind of that childlike part of us, and yet everything that we get requires maintenance. Like okay, here's my list, my birthday's coming up, I want this and this and this and this. Well that's all great, but what has to be cleaned and what has to be put away and what has to be put up high when the cleaning lady comes, and what has to be insured, and everything takes maintenance; all these things that we want in life. So you want a soul mate, this is a very natural, normal desire. It's a human need. We all want someone to share our lives with, and yet when this person comes into your life, he or she is going to be a human being, and that means a fabulous creation with all sorts of flaws, so there will be more challenges. There will be different challenges, but it will bring its own challenges, and everything that happens comes with the whole package. It's like oh, you want the Saab convertible, well here it is but then here's the extra insurance that you have to pay because a lot of people like to steal Saab convertibles, et cetera, et cetera. It's just the way it is on earth. I think that we have this deep internal resentment that this is earth and not heaven, and we are human and not angels, but you know, it is what it is, so you accept that and you've really gone a long way toward making it all work.

AMY: Yes and I want to make sure that we get to \_\_\_\_\_ because I know that you've written a couple of books, Fit From Within and The Love-Powered Diet, and then there's some essays in this book, in Living A Charmed Life, that deal with physical well being. Talk to us a little bit about in your journey, which path and why you've found that to be such an integral part of your writing always.

VICTORIA: The most magical, miraculous thing that has ever happened to me in a life full of magical, miraculous occurrences, is the fact that after 32 years of just about eating myself to death, doing the binge diet thing. My dad was the diet doctor and my mother worked in what they used to call reducing salons, so that's a pretty difficult situation to come in when you're a little kid who thinks that food is the answer to everything, so it was a struggle, my childhood, my adolescence, my young adulthood was all about this weight of wanting to eat because that was my comfort, and wanting to be thin because that was my obsession. Finally I got so tired of it that I just said okay, God, maybe I'll never be thin; can you just make me free? What happened was I also got thin. You know, it's kind of like with the Saab convertible. What I'd



say if anybody is in that particular situation, where food or any other kind of addiction has really got you by the throat, before you do anything else and before you decorate your life with all these other lovely ideas, get over that thing, because you're not going to be able to make progress until you do. For food I highly recommend Overeaters Anonymous. You can find them online, [OvereatersAnonymous.org](http://OvereatersAnonymous.org). It doesn't cost anything to go there, they don't weigh you, you can be thin, you can be fat, it doesn't matter what your body looks like. This is about change from the inside out. Some people say I went there once and I didn't like it. Well yes, because it's imperfect like everything else on earth, but as far as I know, if you really eat for a fix, that's a place where they can help you. It's a day at a time until you have decades, and I know plenty of people that have decades. In fact, right now because The Love-Powered Diet is newly out in its third lifetime, we've been talking with Oprah about doing a show called The Secrets of the Long Time Losers, where I would come on with my 26 years of 65 pounds. A wonderful woman named Dr. Judy Hollis, who wrote Fat and Furious, she's 100 pounds, 30 years, and a gentleman named Norris Chumley, who has a book called The Joy of Weight Loss, and he lost 175 pounds seventeen years ago, so this can happen. It's just that it's not as sexy as somebody who lost the weight last year. Whatever it is that you're dealing with and you think oh my gosh, this is impossible, it's not, it's not, because there are people running around who have overcome whatever it is that you're dealing with. Just find them and let them inspire you.

Then in terms of the health part in general, I'm so enthusiastic about taking amazing care of the physical body for a couple of reasons. The main one being that we can't do one thing on this planet without the body's cooperation, and I think of the body as like a radio. If you can envision one of those old time radios, beautiful, wooden box radio with the knobs. You tune that and you get different kinds of music or talk or whatever it is you want to listen to. The body is like that, only those knobs, the way we tune it is what we feed ourselves, and this is mentally and spiritually as well. You want to get good information, positive feedback, great ideas, but you also want to feed yourself the very best food that you can get a hold of and afford, and this means scouting out the farmer's markets, just go where the good food is. Grow a garden if you can grow a garden, grow sprouts on your window or little tomato plants on the balcony, whatever you can do to get food that is as beautiful as you yourself want to be. If you get a diet that is very, very high in fresh raw, colorful fruits and vegetables, if you make fresh juices—and you can get a juicer for practically nothing on eBay or Craigslist, because people get tired of washing them—your whole life will change and the first thing you'll notice is your attitude is so different because you get so happy. It's like oh my goodness, I have a brain transplant. No, it's just somebody washed your brain real good and now it's all sparkly.

AMY: Yes. Oh, that's great. I love that radio metaphor and I love thinking of eating food that is as beautiful as you want to be. I love that and I know we've heard a lot about this. This is one of those themes out of going on almost 30 Women Masters calls now, almost every master talks about the importance of eating organic, eating local, eating seasonal, talking about fueling your body with things that are really going to help you feel alive and vibrant and healthy. I love that saying, people who have health have many, many wishes, but people who don't have health have only one wish, and that is just so true, isn't it. Anybody on this call, and I'm sure everybody on this call probably knows at least one person who's having



some sort of physical ailment, some issue that's happening with their health, and all that they want is just to feel good, so those of use that are feeling good in our bodies could feel even better by just making a switch to more beautiful, clean food. That is a luxury.

VICTORIA: It is indeed. I have a program that I do sometimes. It's my Mend program and this is how you can mend your ways and change all the things that you did before in your life that you wish you hadn't, and that is M for meditation, E for exercise, N for nourishment—this beautiful food that we're talking about—and D for detoxification, very simple processes that you can go through to help your body deal with the onslaught of everything that we've tended to eat and breathe and think about over the years, that maybe we wish we hadn't. Once you've got those in order, meditation, exercise, nourishment and detox, you're just sailing.

AMY: I love it, thank you. We're beginning our wrap down and I just want everyone to know that at the very end of the call we're going to be doing two giveaways. Victoria's giving two different things on this call today, so stay on the line here. One of the things that I like to ask every master, Victoria, is for two things. One is the one takeaway that you want to make sure everyone takes away from this call, and the second is an inspiring homework assignment, so now you're on the spot.

VICTORIA: Okay, well the first takeaway is remember your worth. If you don't believe today that you're as worthy as maybe you'd like to think you were, just pretend, just act as if. I tell a story in [Living a Charmed Life](#) about going to this lovely restaurant in northern California called Café Gratitude, where all the food is an affirmation. I hadn't paid attention to what I was ordering and when the server brought my dish she said you are worthy, and I was so taken aback because nobody had ever told me that before, and people tell me a lot of nice things. I felt like in that moment, at that time, nine self-help books, I had to really make peace with boy, you've got to get this worthy part or you're not going one step further. So just know your own magnificence. At times if you catch yourself saying something like oh my God, I'm so stupid, oops, cancel, clear; I'm so magnificent. Of course I have all kinds of things to work on because otherwise I wouldn't be here. So that's the first part, the worth.

The homework assignment, because I didn't know you were going to be asking this, so I'm just suggesting that you might want to go to my blog, which is [BeliefNet.com](#), click on blogs and click on Charmed Life, and just do these 30 Days to a Charmed Life process. Very simple, very easy, doesn't cost anything, and you might find some enlightenment and maybe even a miracle or two.

AMY: I love it, so [BeliefNet.com](#), click on blogs and then find the blog called Charmed Life.

VICTORIA: Yes.

AMY: Great and then how else can people reach you? Tell us your website address. I'm sorry, I don't have it in front of me, I just realized.

VICTORIA: Sure. It's just my name, [VictoriaMoran.com](#)



AMY: Right, okay, and that's also in the posting from our reminder e-mail today, if you click on more about Victoria, so VictoriaMoran.com. I know that you have this teleseminar class coming up in January, called Come Into Your Own in 2010. Is that something that they can go to VictoriaMoran.com and find out about it?

VICTORIA: Yes. It's not being advertised yet so the person who wins it today will be the very first to find out. We did it this year, we did Come Into Your Own in 2009. It is the most exciting class because it lasts all year, so we meet once a week in January to lay the foundation, and that's just myself as the instructor in the class. Then through the year we have guest experts every month to follow up, so that you really do come into your own. It's a wonderful process.

AMY: Oh that's awesome, and can you tell us the price point on that? I just want to round the price point because I know it's not up and running yet.

VICTORIA: You know, my assistant has been working on that. There's gradations depending on when you sign up. It's under \$400; it's something in the \$300s.

AMY: Oh my gosh, what a steal for your program; that's awesome. Like Victoria mentioned, she's going to give away two things. First is that exact program, Come Into Your Own in 2010 and so the other thing is, of course, a copy of her beautiful book, [Living a Charmed Life](#), so if you're interested in winning those two things I'm going to do this the way that I did the last one. Go ahead and press \*6 on your phone if you are interested in receiving either of those. Okay, great, and then the first two people, the first person is going to win the course, the Come Into Your Own in 2010, a year long program with Victoria, which is so awesome. So if you hear your line un-muted, then you are the winner of that. I'm going to un-mute that person now. Hi there.

TIA: Hi, Amy. It's Tia.

AMY: Awesome. Hi, Tia, so congratulations, you have won, my dear, so go ahead and e-mail me and I will hook you up with Victoria, so you can e-mail me at [Amy@WakeUpCallCoaching.com](mailto:Amy@WakeUpCallCoaching.com)

TIA: Fantastic, as I sip from my Celestial tea.

AMY: Oh, great, perfect, that's right, and Victoria has sayings on Celestial teas, so I love it; that's great.

TIA: I'll e-mail you; thank you.

AMY: Great, Tia, awesome. Then I'm going to go ahead and un-mute the second person, who's going to win a copy of the book.

ARIANA: Is it me?

AMY: It is you.



ARIANA: Yay!

AMY: What's your name?

ARIANA: Ariana; I'm from Oakland.

AMY: Ariana from Oakland, my hometown; here we are together in Oakland, that's awesome. So Ariana e-mail me at [Amy@WakeUpCallCoaching.com](mailto:Amy@WakeUpCallCoaching.com) and I will get your set up with that.

ARIANA: Nice; thank you.

AMY: Alright, Ariana. It's so exciting; that's so fun. I like doing it this way; thanks, Barbara, again, a participant that suggested I do it this way versus e-mail, because not everyone is in front of their computer.

With that, three things. If you loved today's call and are loving this series, please help this series grow. Tell at least three people and pay it forward to them, and pay it forward to the series. Please join us on our Facebook group and you can discuss anything and post about the call today. Then finally, our Friday group study calls have been so much fun, would absolutely love to have you join us. You can check that out at [ReadyToGetInspired.com](http://ReadyToGetInspired.com). There's three levels of membership for that program and it is rocking, so [ReadyToGetInspired.com](http://ReadyToGetInspired.com).

Until next week I'm going to say goodbye. I'm going to un-mute all of you, I'm going to turn this off, and when you hear the un-mute go ahead and say thank you.