

Episode Transcript

TAOLC EP: 023 -

Nicole Brennan: Turning Pain into Power and Finding Joy in Life's Journey

Please note that this transcript is AI generated and may contain minor errors.

Dannie Reeve (Host): (00:00)

Welcome to The Art of Living Consciously Podcast, a show designed for out-of-the-box thinkers and mindset shifters who are looking for new ways to evolve. This is an intimate container designed to uplift, inspire, and motivate you on your own growth journey.

I'm your host, Dannie Reeve. As a certified BNE or Bioneuroemotion practitioner, I empower men and women to turn their conflicts into stepping stones for growth because when you question your own beliefs and perceptions and take responsibility for your life, everything else follows. If you ask me, earth is a place where souls are sent to evolve, and in this podcast we will discuss the best tools for our evolution.

Dannie Reeve : (00:31)

You guys, I am so excited for you to listen to this interview. It's one of a kind. I had the absolute pleasure and honour to interview Nicole Brennan. Nicole is an incredible coach and sound healer, and she's really, really good at teaching people how to believe in themselves, how to trust themselves, and how to step into the unknown. And let me tell you, your girl, she walks her talk, and that's what I love about her. So I can't wait for you to benefit from her incredibly genuine, enthusiastic, and authentic wisdom. Before we jump in, though, I would like to give you the heads up and apologise for the audio quality, which in part is not as good as it could be. However, as you know, perfect is the enemy of good. I believe you will still benefit immensely from this perfectly imperfect conversation. So without further ado, let's delve in.

Dannie Reeve : (01:57)

Hi, Nicole.

Nicole Brennan (Guest speaker): (01:59)

Hi, Dannie.

Dannie Reeve: (02:01)

I'm so excited to have you on the show today. Really am. It's such an honour and a pleasure to have you here. I want to thank you for your time, first of all, and I know we info treat with you, so thank you.

Nicole Brennan: (02:15)

Yeah, thank you for having me. It's really exciting to get to speak with you and just talk about things that really matter in the world. So we're just, this one conversation is changing the world energetically, and also with the people who it impacts, and then they go out and trickle down, and it's just such a, it's a huge thing when you really think about how much these conversations truly matter. So thank you for having me.

Dannie Reeve: (02:42)

I agree. And actually, the way that I got to connect with you was because you showed up on Instagram, thank you algorithms, and I was like, oh my God, who is this girl? I was just taken away by your authenticity, by just how you were standing and being yourself. And I was like, I want a piece of that, you know? Mm. I just thought you were so coherent, and I ended up scrolling on your Instagram, and your message just spoke to me. And then I took your program, the Liberation Code, which was life changing for me. We'll talk about it a little bit more at the end, but that's basically how I connected with you, because you showed up in the world. Mm-Hmm. Right. And you ended up changing my life. Mm-Hmm. So, when I did TLC, I was incredibly impressed by the depth of your teaching, and also by the depth of the space you are able to hold for each and one of the people in the container you created. And I know, and I believe, and most people know that it's impossible to hold that space in such depth without having done that work yourself. Right? And actually, on your website, you say, it took many years of surrendering to fear until I finally chose to surrender to faith.

Dannie Reeve: (04:05)

So, to set the tone for our listeners, can you tell us a little bit more about your own journey? What did your familiar world look like? And what did you have to learn and maybe unlearn to surrender to faith and step into a more empowered, authentic version of yourself?

Nicole Brennan: (04:21)

I love this question! I love it because it's really about my main message, my main teaching is this, this transformation from fear into faith, from fear, into trust. And, you know, I was recently, I'll, I'll talk about myself and my story in just a second, but I feel called to share first. I recently shared online this quote that I read, which is both fear and faith ask you to trust in something that you cannot

see. So no matter what, you're trusting something, right? It's you're trusting either fear, you're choosing fear, or you're choosing faith. So that is definitely what my message is all about. I love that you started there, and I would love to share with you my journey and how I have personally and intimately and now professionally also related with this all. So, um, Nicole Brennan, I am, I call myself a freedom and empowerment coach, so I do coaching with both men and women.

Nicole Brennan (05:22)

Dannie, the group that you had joined was, uh, for women in particular, it's called the Liberation Code. It's a 13 week program designed for women who are ready to, to feel confident and to feel faith, right? Like unshakeable in your bones, in your cells, self-trust, uh, as opposed to fear, doubt, and smallness. And then I also, um, I host retreats. I also lead these sound meditations that there's six hour sound journeys where you put an eye mask on as a meditator. And then I and my husband, who also does this with me, he, we both, together, we play instruments, overtone, emitting instruments, and which help facilitate your exploration of your own consciousness and psyche. And so, all my work, really all of this is an effort to create a world where more people are surrendering to faith rather than to fear. So thank you for that question.

Nicole Brennan: (06:23)

And yeah, you know, when it comes to my story, I always start my story at the same spot, uh, with my father's death. When I was seven years old, my dad died. And looking back now, right? Hindsight's always 20/20. But looking back now, I, I, I'm so grateful, and I, I love that my father died, and it took a long time and many years to be able to say that. But I really do love it because it was the precipice, it was the catalyst for everything that I went through that enabled me to become this empowered and fulfilled leader who is making an impact right in your life. And then you're gonna go out and make an impact on all, all your podcast listeners' lives. And it just continues to trickle. So yeah, when my dad died, I was seven years old at the time.

Nicole Brennan : (07:12)

I had a, you know, I think like two, two week old sister or so, my mother, always really struggled with her mental health. She was flip-flopping in between bedridden depression and manic anxiety. So I didn't really feel like I, you know, she loved me, and she always did the best she could. And, and I adore her. I really, really do adore her. And as a 7-year-old into teenage years, I really didn't feel supported. I felt alone. I felt trapped. My household was also quite poor growing up. And that was, a big trauma that I remember, you know, just feeling for most of my young adult and young childhood years is just feeling that the world of scarcity and lack was so, so, so dominant. So yeah, my father died, and as I shared in TLC, I'll share a little phenomenon that happens psychologically as

we're children, where when we're kids, we're in something that's called the egocentric state up until about seven years old.

Nicole Brennan: (08:15)

So what this means is that our brains are still developing, right? We're really young. We're trying to figure out how to, to be human beings and to do this whole human thing. And so, as our brains are developing, as our egos are developing, we, we develop the ability to reason and the ability to understand that the world around us, the 3D material world and other people, and you know, this desk and those trees, they're, they're separate from us, and they don't always, you know, the actions of others don't always necessarily happen because of us. But before, around that age, seven years old, when we're in the egocentric stage, what we believe is that things that happen happen because of us, as we're still trying to figure out, you know, we're still developing reason, essentially. So, as a 7-year-old, when my father died, the way I internalised that was, it happened because of me.

Nicole Brennan : (09:06)

I must not have been good enough. I must be a failure. For me, that was the core wound. Everyone has a core wound or a couple. And for me, it was around failure. I must be a failure. And so then what happens when we have a wounding like that? Well, you've gotta compensate, right? You've gotta put on all these strategies to try to not be a failure. Or if your version of it is that you didn't feel good enough, you've gotta do all the things to try to be enough. So everybody's got different strategies. You know, some people become workaholics. Some people become people pleasers. Some people become obsessed with their appearance or with material things, money, trophies, cars, whatever it is. Luckily for me, I had all of the things . I, as a young adult, and, and especially in my teenage years, I really became obsessed with success, right?

Nicole Brennan: (09:59)

Because if, if I believe, if my core wound is I'm a failure, then the compensation for that is to do everything I could to be a success. So I really became obsessed with this concept of success, money, material, things, you know, getting their best grades, just being the best. And anything that was not the best was a failure, which that's a lot of pressure to live under, right? So you can imagine the stress and the chaos that my nervous system was in. So as a young adult, as a teenager, I was a people pleaser, total perfectionist. I, especially in college, struggled with an eating disorder. I struggled with, you know, completely giving my power away to other people, having no idea who I was, because all I wanted to do was just make people happy, in order to feel good about myself. This whole host of symptoms that on the surface level all really ultimately came back to this, this core wound around my father dying.

Nicole Brennan: (10:56)

And what ended up happening was that eventually I went to a beautiful place called Burning Man, , which is where I ended up meeting my husband. And it took a lot of trust, right? To, to say, yes, to do, to go to this experience, which is, if you've never heard of Burning Man, it's this, um, pop-up community that happens every year around the end of August in BlackRock City, Nevada. And 80,000 people come from all over the world to the middle of the desert. It's completely off grid. You can camp, you can bring an RV, you can join together and, and camp with other people, and create your own little mini community within the larger community. There's art, there's music, there's daytime experiences, there's nighttime experiences, there's pretty much anything that you could ask for in this metropolis that comes up in, in the desert and in BlackRock City, and it's called Burning Man.

Nicole Brennan : (11:59)

And so, I heard about this, and I was really, really, really unfulfilled at my life in the time I had just graduated college, because I didn't know who or who I was or what I wanted to do. I, uh, majored in economics and finance, which truthfully is not something I really even care that much about or ever did. Um, but again, I did so because I, you know, I was just following the beaten path. I was doing what people told me I should do. My self-perception was so identified with what conventional, you know, what was conventionally done, that I didn't think to myself that I could try different things. So I was also working in this role in corporate finance in New York, where I was really, really, really unfulfilled. It just, I felt my soul getting sucked out of me.

Nicole Brennan: (12:49)

And I found out about Burning Man, and I had all these fears come out. So here's a perfect example of one microscopic experience where I said yes to faith rather than fear. Right? I had all these reasons in my head why it didn't make sense, right? Logically, I didn't have the money. I didn't know people. I didn't really know what to do. It's a huge production. So it takes a lot of planning and, and managing and understanding and, and resources to do it all. And I really didn't have, you know, logically I didn't have many reasons to go, but in my heart, I had the one reason to go was that I just, I had this really strong intuition. I had to be there. So I made it happen. I did what I had to do to make it happen. I, I went, I ended up beating my husband, which thank God that I said yes, right?

Nicole Brennan : (13:35)

And then, that was really one of the bigger experiences that started a whole, you know, uh, cascade of similar experiences. I, shortly thereafter, went to a

yoga teacher training where I experienced an arm witnessing meditation. And essentially what happened in that meditation was that we had to lift our arms, keep them lifted for an entire hour. And so for half an hour, we would very slowly raise our arms all the way up until we had them clasped at the very top. And then for another half hour, we would bring them all the way back down. So it's, it might not seem that intense, but it really actually is physically intense to have your hands lifted.

Dannie Reeve:

It seems very intense.

Nicole Brennan

Yeah, no, I mean, for a whole hour. And everybody's like shaking and trembling and they're ta and they're, they're guiding us through this very emotional meditation.

Nicole Brennan: (14:29)

So what happens is, when we get to the very top and the woman guiding the meditation, she asks us to clasp our hands together and to think back to our happiest earliest childhood memory. And so I sat there and I'm just searching through my memory bank, and I'm searching, and then, you know, I'm like, wow, this has taken a while. Where, where are those pesky little , early, happy childhood memories? And I couldn't find any of 'em. And there was a lot of emotion there. But the two predominant emotions were one shock and two grief. Because I, in that moment, I experienced what I would call a spiritual awakening, a consciousness expansion. And what I realised was that I could not find any happy childhood memories. So, Danny, let me just, let's, let's just do an exercise here. You and me right now.

Nicole Brennan: (15:24)

Right? Close your eyes. Yeah. When you open your eyes, don't do it. Yeah. But when you open your eyes, I'm gonna ask you to look around at the room, and two, try to find everything that's orange. Okay. Ready? So, 3, 2, 1. And listeners, you can do this with us. Look around in your room, wherever you are, try to find everything orange, really pinpoint what's orange five. Really make sure that you keep that in your memory. Okay? You've got everything orange. Great. Great. Now close your eyes, and listeners, stay with me and do this as well. Now, with your eyes closed, you can kind of picture right, everything that was orange in the space around you. Yes.

Dannie Reeve: (16:02)

Okay.

Nicole Brennan: (16:03)

Now tell me what was blue?

Dannie Reeve: (16:07)

I don't know. ,

Nicole Brennan: (16:09)

Right? Because you weren't looking for blue, right? You were looking for orange.

Dannie Reeve: (16:13)

Yeah.

Nicole Brennan: (16:15)

So what's the point? The point is we see what we're looking for. So, in that moment, I realised that all I had been looking for my entire life were experiences that were sad or painful or challenging. And I couldn't remember the happy memories, not because I didn't have them, but because I wasn't looking for them.

Dannie Reeve: (16:40)

That is very powerful, to put it that way. And does it go back to that belief about yourself, that you said that you must be a failure?

Nicole Brennan: (16:49)

Yeah, totally. There's this quote I love, uh, by Marcel Proust, and he says, the real discovery, the real voyage happens not in discovering new landscapes, but in looking through new eyes. And so I think that's really what a lot of my work is about, because when I'm looking at the world through the eyes of I'm a failure, and I have to do everything that I can to try to not be a failure, which means I have to succeed, I have to have a certain number of dollars in my bank account. I have to look a certain way. The number on the scale has to be this number. I have to have these friends, or go out to these parties or have these designers in my closet. You get it right? Then all I'm looking for is ways to compensate for the feeling that I'm really trying to cover up.

Dannie Reeve: (17:41)

That makes a lot of sense. And what happened is that you saw that when you were embodied, right? You were doing an exercise where you were in your body.

There's a lot in your work about going down to your body in order to understand what's going on in your mind.

Nicole Brennan: (17:59)

yeah. Completely. And I love that you pointed that out because you're right, there's so much that I could say, and this is a huge pillar of my work, but really, like, let, let's actually define what embodiment is, right? For some of the listeners here, maybe they don't actually know what that is. What is embodiment, embodiment means to be? Well, I see it in two ways. Really. Step one is to actually be present in your body, which means to feel the sensations, the energies, the textures, the colours that come from being down in your body, rather than up in your head. Most people are in their heads and they don't even realise it. There's actually, you know, a lot of ancient philosophies. And, spiritualities consider thought as the sixth sense. And today, in modern society, we say we have five senses. What does that tell you? That tells us that we're so identified, so enmeshed with that sixth sense, which is thought that we don't even have the awareness. We're not even separate enough from it to see it as separate. It's become part of who we see ourselves as. Does that make sense?

Dannie Reeve: (19:10)

Yes. Totally. And so your work and your experience as well has been to go within, right? To go towards your intuition, towards your body in order to be able to make sense of what was happening in your world, and to change the lens as you were seeing your world with

Nicole Brennan: (19:28)

Completely. Yeah. Healing happens in the body before it happens in the mind, because the mind thinks what the body feels. And every single problem, I feel pretty confident about this. Every single problem, every single loop, every single frustrating cycle that any person in this world is in, is due to an unwillingness to feel a certain feeling. And most of the feelings that most human beings, because guess what? We're all very, very similar. We're more similar than we are different. Most of us are running from feelings like shame, fear, not enoughness, pain, grief, sadness, anger, rage. Right? These are all feelings that we would call shadowy feel. They fall into the shadow. The shadow is the repository of everything that we believe as human beings is not acceptable. It earned our rejection.

Dannie Reeve: (20:28)

So your little girl, basically, when she was compensating by being, by successful, by looking after other people, people pleasing, you were running away. The adult in you was running away from the little girl's feelings.

Nicole Brennan: (20:41)

Yeah, totally. That I would definitely say that. Yeah. I mean, that, that's how any protective strategy works, right? So people pleasing, like for me, I'll share that some of the bigger ones were obsession with success and work and productivity. Another big one was perfectionism, doing everything right. And then I'll say the third is probably people pleasing, putting all my, my focus and, and attention on making other people happy and pleasing them so that then I feel good about myself. So let's just work with those three examples, since those feel the most alive in my own personal experience and are the most embodied. Right? And oh, by the way, I didn't actually get to the second, uh, definition, but I wanna, I just wanna close that loop. So just to answer before embodiment, yes, is getting out of your head, out of the stories that are in your head and down into your body. And then also another way that we use this term embodiment, is walking the talk. You know, rather than just talking in the talk, walk in the walk, walk in the talk. Mm. So being the living, walking representation of what you preach. I heard the other day somebody saying, I loved it. Your words reflect who you want to be, but your actions reflect who you really are.

Nicole Brennan: (22:02)

So that's embodiment, and that's what most people are missing, right? Because we can all say that we wanna get up and meditate. We can all say that we go to the gym six times a week. We can all say that we're these enlightened spiritual people who are never gonna get triggered. And then when it really matters what actually happens when it comes time to meditate, or when it comes time and your partner triggers you, or the world triggers you, are you gonna spiral? Or are you gonna, are you gonna walk the walk? Right? So that's what I see as really missing in the world, is this gap between information and embodiment. 'cause we're in a world of global exponential information, right? Everybody has access to the internet, anybody can learn anything in their head, but there's a difference between learning something in your head and feeling it in your body. It's like this quote, it is one thing to study war, and then it is another thing to live the life of a warrior.

Dannie Reeve: (23:00)

Hmm. Yes. And I love that. And I think it's a great segway because actually I feel that's the biggest problem that we all encounter. We kind of say, oh, okay, we want to live the life of a warrior, and we want to go and live these big dreams that we have. But then when it comes to taking action, something happens. And a lot of us self-sabotage, right?

Speaker 4: (23:26)

Mm-Hmm,

Dannie Reeve: (23:26)

So my question would be, what do you feel are the biggest obstacles to creating lasting change or to actually walking the walk and being that warrior? Does that make sense?

Nicole Brennan: (23:38)

Yeah, totally. I love that question. Okay. So you're asking what are the biggest obstacles to walking the walk and living the life of a warrior? Yeah. Okay, great. So I'm just gonna flow with it. I have a few things coming up. The first is fear. You know, coming back to the original question that you asked me, like, at the end of the day, it all comes back to fear. Because we all want everybody in the entire world. If I, you know, if I had a stage of the entire world in front of me, and I asked everyone to raise their hand if they wanted to make more money, if they wanted to have deeper love, if they wanted to have better community, if they wanted to feel more fulfilled in and in their career, how many people do you think would raise their hand?

Dannie Reeve: (24:25)

Everybody ,

Nicole Brennan (24:27)

Right? So it's like, we all want the same things, and yet there are not that many people who are able to really act on that. And yeah, it really comes back to fear I think it's fear of change, because human beings first, before we're intellectual beings. We are survivors. We have nervous systems that care first and foremost about keeping us alive. And so what does that mean? When, when we evolved as human beings, that means that the unknown is unsafe, it's unfamiliar, it's not predictable, and so therefore it's unsafe. So change is scary. No matter who you are, no matter how successful you are, no matter how rich or poor or fat or black or white you are, change is always scary because that's hardwired into our nervous systems and the most successful people I know, which by the way, my definition of success is not about money or material things.

Nicole Brennan: (25:32)

It's just about whether you're at internal peace, whether you, you love yourself basically, and you love being you, and you love your life. That's success to me. The most successful people I know, they just get better and better at feeling the fear of change, feeling the fear of discomfort, and taking action. Anyway, so

that's what I would say: the first answer as the biggest obstacle to walking the walk is just people, you know,, we're wired to feel safe in the comfort zone. That's, for me, I think the biggest one. And it's, I find it hilarious because most of us, you know, they, they call it the comfort zone, right? You've heard that term, right? But is it really that comfortable in the comfort zone?

Dannie Reeve: (26:15)

No, It's not . Yeah. It's familiar. Right?

Nicole Brennan: (26:23)

Exactly. You know, it's so, so funny. I have like, I think we should change the name of the comfort zone because it's not comfortable, it's safe, it's familiar, but it is not comfortable. So that's number one. Yeah.

Dannie Reeve: (26:36)

That could be a job that you don't like. That could be a place that you Yeah. A relationship that's unfulfilling, anything like that.

Nicole Brennan: (26:44)

Exactly. Yeah. So the biggest obstacle to walking the walk is fear of stepping out of the comfort zone. Which begs the question why, right? Why are we afraid of stepping outta the comfort zone? Well, I just shared one reason, which is that we're wired to fear the unknown, but also it takes risks. It takes sacrifice of what we already have. This is why a lot of people really have to be, like at Brock Bottom, they have to hit a low, they have to be in pain in order to make change. Because change requires that you sacrifice what you currently have in order to create something that you don't know exactly how it's gonna manifest yet, right? It's not totally seen, it's unseen. It's unknown. There's two things that can motivate action, pain, and desire. And that's pretty much it.

Nicole Brennan: (27:47)

Most people are motivated to take action because they have to get to a certain degree of pain where they're finally like, okay, you know, like, I, I surrender, I humbly fall down to the ground and I'm in such pain. The world around me is, you know, maybe I'm going to the bar and passing out at the bar every weekend, or, you know, addicted to something or just lost all my money, gambling, whatever it is, the situation around you has gone so bad that the sacrifice becomes easy, right? Because it's like, okay, I guess there's no other option. Life has cornered me into like, okay, it's time for change. There's, all the signs are here, it's time for change. But it's actually a lot harder to change when life is comfortable when you're actually doing okay, because that means there's more risk.

Dannie Reeve: (28:38)

That's true.

Nicole Brennan: (28:39)

You have more to lose

Dannie Reeve: (28:40)

Or so you think so

Nicole Brennan: (28:41)

Or so it feels like. Exactly.

Dannie Reeve: (28:43)

Yeah. And, actually, you said something really good when you were talking about how people who just step in are people who allow themselves to feel the fear and take action anyway. But I feel your container has been so life changing for me because it's helped me to feel and hold the fear and the discomfort. And I think that's a prerequisite before you can actually take action. One of the pillars of your teachings is to learn to hold that discomfort. So actually the little girl and her fear is not driving the car. So how can people start to sit with that fear and feel it and hold it without going into fight, fight, freeze, and not taking any action?

Nicole Brennan: (29:40)

Yes. One of my main teachings is to help you, anyone who's ready to learn how to be with a feeling that they've been running from, which pretty much almost always boils down to some shape, some form of fear. You're right, that's a big thing that we cover. We spent like, you know, the first half of TLC of the liberation code, excuse me, talking about how to be in relationship with feelings, emotions, and sensations that we have spent years, if not decades running from. And that's where all the juice is. So I love your question, and what I hear you asking is, okay, let's give everyone a little taste of how, is that right?

Dannie Reeve: (30:37)

That's right.

Nicole Brennan: (30:38)

Perfect. Yeah. So I'm trying to think of an example that we can land everyone in so that it's a little bit more tangible. But let's say maybe Dannie, is there

something that you have experienced or you know, someone who's experienced, or if you wanna get real personal right now that you're currently experiencing, where you have a feeling that comes up, you wanna take action in some way, and maybe it's not happening and you feel a block or have felt a block.

Dannie Reeve: (31:08)

Yes. Actually, let's be real vulnerable, right? And talk about podcasting. So for me, it's very jarring for a part of me to actually speak and ask questions and be recorded. So before I do anything like this, in my body, I can feel very, like almost dread. Do you see what I mean?

Nicole Brennan: (31:39)

Mm mm-Hmm.

Dannie Reeve: (31:41)

Would that be an example we could work with?

Nicole Brennan: (31:44)

Yeah, 100%. And I love that you're being so vulnerable, and I really just wanna appreciate and celebrate you for doing that. And I think so many people, myself included, are gonna take a lot from this conversation. So thank you, thank you, thank you. So the desire I hear is that you want to, what is the desire? You wanna feel differently or you wanna tell me more about what's the desire?

Dannie Reeve: (32:05)

The desire is to be able to be fully present, express myself authentically, and listen as well, without having that sort of dread take over my whole body, which has happened in some interviews, for example.

Nicole Brennan: (32:23)

Okay. So you wanna be present, you wanna be connected, you wanna be really listening actively. And the block that seems to come up is the sensation of dread. So tell me a little bit more about this feeling of dread. And for the listeners out there who are listening, uh, just to explain to you a little bit of what I'm doing is right, we all have the desire, the walk that we wanna walk, and then there's always a block. And so for Danny, thank you, thank you so much, Danny. She's telling us here what the block is, and you're gonna have a very similar block. So you're gonna take so much away from this conversation if you listen closely and empathetically as well to working through the block. 'cause that's really where

the juice is, because Danny, just to, I'm gonna keep you on hanging on, hanging on there for a second.

Nicole Brennan: (33:10)

But just to explain a little bit. Like, everything that we want is ultimately about the feeling that we wanna feel, right? So if you want to make more money, it's not because you want dollars in your bank account, it's probably because you wanna feel safe, you wanna feel abundant, you wanna feel free. You know, if you said, I want a million dollars, and then I gave you a million dollars, but then I told you, okay, great, now you have to live in a basement for 10 years, for the rest of your life, you probably wouldn't want the million dollars anymore, right? So it's not about the million dollars, it's about the feeling that you think it's gonna give you. And so for Danny here, right, there's a feeling that you're looking for presence, connection, what else? Confidence, maybe?

Dannie Reeve: (33:55)

Yes. Authenticity.

Nicole Brennan: (33:57)

Authenticity. Great. So presence, co connection, authenticity, all of these feelings are always available to us. Abundance, freedom, joy, safety, connection. They're all, they're all here, but there's a block. So the real question and the real approach in my work is like, okay, what is actually blocking you from being able to feel authentic, connected, present, confident. And then Dannie said, okay, there's dread. So Dannie, thank you for being patient there with me, but do you feel open to telling us a little bit more about this dread? How, how does it feel?

Dannie Reeve: (34:36)

In my body? It feels like my heart is really going fast, really, really, really fast. And then my mind seems to go blank. That's the dread I feel in my body.

Nicole Brennan: (34:50)

Mm-Hmm, . Okay. Do you feel it right now?

Dannie Reeve: (34:53)

Right now? No, because you are somebody who makes me feel comfortable. .

Nicole Brennan: (34:58)

That's perfect. Thank you for saying that. So, is there, is there a certain situation where it comes up kind like, for example, like you don't feel like you can flow with what is wanting to be said, and so it's not as easefull?

Dannie Reeve: (35:11)

Yes, it has come up in other interviews, for example, where the dread in my body is so intense that I forget what the other person is saying, and then I sort of block out and I'm like, oh, we need to start again. This is very vulnerable, guys. If you try to, to actually do a podcast, you'll know what's happening behind the scenes. laugh

Nicole Brennan: (35:37)

Okay. Beautiful. Thank you for sharing that. Again, really celebrating the vulnerability. And I really like, I just cannot emphasise enough for everyone listening how important it is to actually be honest with ourselves. And Dannie, thank you for being the pioneer of that and for being the trailblazer, because, because you've been honest in this moment, now we actually have an opportunity here to embody, right? Which is the theme of this conversation to embody what we've been talking about. And you're leading the way for that. So I really just, my heart is, uh, really full and inspired by you.

Dannie Reeve: (36:14)

Thank you.

Nicole Brennan: (36:15)

Yeah. So when you feel the dread come up in a conversation like that, where you, you or you just kind of freeze and you're not even listening, and you're like, oh, sh I get a sense of panic. Does it feel panicky?

Dannie Reeve: (36:27)

Yes. Totally panicked. Yeah.

Nicole Brennan: (36:28)

Okay. So if you just really take a moment and, and don't answer from your head, but just breathe and imagine and feel what that feels like When your heart is pounding, you're kind of frozen, you're not really listening, and you're just, it's almost like a deer in headlights. Is there a belief about yourself or about the world or about that person that is underpinning that feeling?

Dannie Reeve: (37:04)

Yes. What came first was, I'm afraid, and they're going to judge me.

Nicole Brennan: (37:12)

I'm a fraud. They're going to judge me. Okay? So what, what will happen if they judge you? Like there's like, kind of like an implication here. If they judge you something that's not, that's somehow bad or wrong, right?

Dannie Reeve: (37:25)

If they judge me, it's because I'm doing a, a bad job.

Nicole Brennan: (37:28)

Okay. I'm a fraud. They're gonna judge me, and if they judge me, I'm doing a bad job. Where do you feel that in your body? I'm doing a bad job

Dannie Reeve: (37:44)

In my throat.

Nicole Brennan: (37:48)

Hmm. So this is like a version, essentially of a belief that a lot of people share, which is I'm not doing it right. Right. I'm somehow doing it wrong. Does that resonate?

Dannie Reeve: (37:58)

Yes, it does.

Nicole Brennan: (37:59)

So then, just like I shared with you, and I, I really, we almost even have a similar thing here with me. For me, when I was a kid, I'm a failure. What's the, if, if human beings always by design, we compensate for the belief that is here. How do you have to compensate? If you, if there's a belief that your part of you is carrying around that I'm something is wrong or I'm gonna do it wrong, or I'm afraid of doing it wrong, what's the compensation?

Dannie Reeve: (38:30)

The compensation is trying to do everything perfectly and right. Yeah. Mm-Hmm, , it's trying to put on this mask of: I can do this perfectly. I don't need to... It's basically being inauthentic, isn't it? Right? Yeah. .

Nicole Brennan: (38:46)

Yeah. Like, that's the inauthenticity. Isn't that funny?

Dannie Reeve: (38:49)

Yeah. .

Nicole Brenna: (38:51)

Because if you, if you're afraid of doing something wrong, or if you're afraid of doing something bad, which newsflash every single human being is because we're all conditioned to be good boys or good girls, right? And to get good grades and to behave and perform well. So we all carry this, it's such a universal experience, but when you're trying to constantly do everything right, or perfect, or be the best, what's really underneath that is you're running from the feeling of, I might, I might do something bad. I am wrong, something is wrong with me. And what's that like? Dannie, you already shared a little bit, but just to recap, like what's it like to get on a podcast and feel like you have to get everything right and it has to be perfect, and you have to say the right thing or do the right thing so that you don't get judged.

Dannie Reeve: (39:45)

It's a nightmare. ,

Dannie Reeve: (39:49)

It just makes it very surface level. And then you are, you're, you're so much in your drama and your trauma or drama that you are not there for the other person as well, right?

Nicole Brennan: (40:02)

Yeah. That was one of the biggest lessons for me was that me trying to be perfect, get this, this is gonna blow your mind and blow a lot of people's minds. Perfectionism is actually one of the highest forms of inauthenticity, and it comes at the cost of true connection.

Dannie Reeve: (40:24)

Hmm. Totally.

Nicole Brennan: (40:27)

Because when you're in your head trying to get it right, trying to be perfect, trying to present what you, or I think other people are gonna, like, then I don't actually give people the chance to love me for who I am. Right. I'm trying to get them to like some polished, perfected version of me who isn't actually even me.

Dannie Reeve: (40:50)

It's a form of manipulation. It's a form of control.

Nicole Brennan: (40:54)

Yeah. 100%. And it makes so much sense, and we all do it, and we all, you know, I think both of us have so much compassion for not only ourselves, but just the human , the human experience, and everyone who carries this in some shape or form. And it's, so, you know, the word that comes up for me is it's so oppressive.

Dannie Reeve: (41:20)

It is, yes. And you said something that I really love when you said, we have compassion. Now, that's something that you taught me to have compassion for that side.

Nicole Brennan: (41:33)

Ooh, tell me more about what that means.

Dannie Reeve: (41:36)

Well, the way that you taught me is to not want to fix and berate that part that is like that, but to understand that it has a purpose and instead of trying to fix it, to lean towards it.

Nicole Brennan: (41:53)

Yeah, exactly. And so, you know, the question that before we kind of went into this example that you've shared with us, the question you had asked was how do we lean in to hold those uncomfortable feelings? And so, you know, Dannie, if you wanted to go deeper here, we can do it, but just as a, as a short example, and, and I'll let you take the steering wheel afterwards, but the short example of it is what we saw was that Dannie has this part of her who's afraid that they're gonna judge, right? And if, if she, if they're gonna judge her, then that activates the part of her, probably a young part of her who feels like she's doing something wrong, or maybe even worse, that she is wrong, right? That there's something wrong with her.

Nicole Brennan: (42:36)

And therefore, then come all the strategies I have to be perfect. I have to get it right. I have to do the right thing. I have to say the right thing. And then that's where the dread, that's where the oppression, that's where the stress and the panic comes from. Because when you live in a world where you have to do the right thing, where you have to be perfect all the time, and Dannie, I really

freaking feel you because ditto sister, then there's no, there's no freedom to just be you. You're not free. You're not free because you have to be something when we have to be something. Of course, our body lives in a state of stress. So where we could go from here on out is to ask you and to discover who is the part, right? Who's the part of Danny who learned that she has to do everything right or that something is wrong with her, and therefore that she has to do everything right? And then we just really, we are present with her because that part of you doesn't wanna be fixed. That part of you doesn't have, doesn't want to be told that she has to do anything at all. Right? She just wants to know that she's gonna be loved and accepted and cared for unconditionally, and that nothing is wrong with her, she's just human. And to be human is to be messy and imperfectly perfect and perfectly imperfect.

Dannie Reeve: (43:53)

Exactly. That is so beautifully said. By the way, you guys, Nicole has a masterclass that she did on self sabotage that I highly recommend you to go and check out. I'll put the links down in the show notes and, and I'll spell them out clearly at the end of the episode. But you said something really important in that masterclass where you were saying that if you had that little, that part of yourself, because in Nicole's work, you also go and look at the part of you that is doing what she's doing, which is what Nicole did through this exercise, right? You showcased that.

Nicole Brenna: (44:26)

Yeah. Dannie, can I interrupt you really

Dannie Reeve: (44:27)

Yes. Go on, yes.

Nicole Brennan: (44:29)

I'm so sorry to interrupt you, but I, I definitely wanna go where you're headed, but I actually just, if you feel open to sharing, just so we can correctly and accurately refer to this part of you with this example that you gave around, like getting it right and doing it perfectly. How old would you say that version, like when did Dannie first learn that she might have done something wrong and she had to get it right and be perfect so that people don't judge her?

Dannie Reeve: (44:56)

Hmm, that's a good question. My mind is going to an 11-year-old.

Nicole Brennan: (45:02)

Yeah. Just trust the first thing that comes up.

Dannie Reeve: (45:03)

Yeah. To my 11-year-old.

Nicole Brennan: (45:05)

Okay. So now keep going on what you were gonna say and cite the 11-year-old.

Dannie Reeve: (45:10)

Oh, okay. I see where you're going.

Nicole Brennan: (45:12)

Because I think that'll make a lot more sense. You know what I'm saying?

Dannie Reeve: (45:13)

Okay. I get it. Thank you, Nicole. Um, yeah, so that 11-year-old obviously is knocking on the door. That's what you were saying, right? And I'm sure you'll explain it a lot better, but it really stuck with me. The 11-year-old is knocking on the door when I'm about to do a podcast, and the worst thing I could do is turn around and tell her, oh, what are you doing here? And I think that's an element that you talk about in your masterclass, and I'd love you to, to expand on that for our listeners.

Nicole Brennan: (45:44)

Yeah, yeah. Great. I love that you brought that up. It's so powerful. And the masterclass, which is called Confidence Creation Masterclass, turning Doubt and Self-Sabotage into Action. You can find it on the website that Danny will share with you. I gave this example where, um, all of our problems are really little children wearing masks. So in the example that I gave in the masterclass for me, like I said in the beginning of this podcast, it, it's, I'm a failure. And then all the compensations, all the strategies to try to not be a failure come as a result of that, as a reaction of that. But every time I have a, you know, a problem that comes up, it's like this little 7-year-old, she's knocking on the door for Danny, it's an 11-year-old in this case, right? She's knocking on the door, she's knocking on the door, and she's, she's showing up as dread in my body before I have a podcast.

Nicole Brennan: (46:36)

She's showing up as a moment of freeze where I'm actually not fully listening or fully being present with the person who I'm speaking with. Because there's this, this child here who's afraid that she's gonna get it wrong and that therefore that she has to do it all perfectly and she's just knocking and knocking and knocking

in. And we, as adults, when we see these problems, right, we think they're problems, but actually they're children wearing masks. We open the door typically, you know, I don't know what the actual number is, but I would say that 90, at least 98% of humanity opens the door and they're like, Ugh, you again, I thought I was over this. I don't, I don't wanna deal with this anymore. This is just, it's so annoying. Get outta here. Right? Do you agree? Yeah. And even in that moment when the dread comes up and you have a podcast, what's your response?

Dannie Reeve: (47:26)

Uh, yeah, same. The first response is like, to freeze or to, to distract, or to all those coping mechanisms that we have.

Nicole Brennan: (47:33)

Right? And all of those mechanisms come up as a way to, for us to get away from what's really vulnerable, what's really tender, which is that there's an 11-year-old in there who she's really scared of getting it wrong or doing it wrong, right? And for me that there's a 7-year-old in there who's lost and confused, and she feels like a failure. So like you said, and you said the worst thing that you, we could do, and I, I'll say maybe that the least effective and the, the least loving thing that we can do in that moment when the 7-year-old or the 11-year-old is knocking on the door disguised as an issue, is to slam the door in their face, . So next time you feel that freeze in a podcast, I invite you, you know, I guess maybe I'll ask you, what's your opportunity to

Dannie Reeve: (48:23)

Check in and invite the 11-year-old in, so as to choose differently?

Nicole Brennan: (48:29)

Yeah, totally. And that's, and there you go. Listeners, we just answered your question around how to be with the fear, how to be with the uncomfortable feeling. One, you, you ask, which part of me is this? Which younger part of me is this? What are they really afraid of? And how can I be there for them as an adult, as a parent, as your wisest and most loving consciousness? Because otherwise you're showing up as the child. I always talk, Danielle, know, 'cause you've done my, you've been in my work for a little while, but I always talk about our consciousness is like a car, and we've got all these parts of self, all these energies that switch around driving the car. So when you say I, or when I say I, there's a multitude of possibilities for who's actually holding the microphone inside of us.

Nicole Brennan: (49:21)

When we use that word. "I" is not static. It's very fluid. And it depends on how emotionally stable we're feeling that day. How much food we ate, how hydrated we are, how much sleep we've got, and who we are around, whether we're at work, whether we're with our friends and our partners and our families, right? And so I, I can be my inner child, it can be my inner teenager, it can be the inner perfectionist, it can be the inner workaholic who I call Eleanor. For me, I have like, I love, you know, giving them all these different names. 'cause it's really, you know, it makes it fun and playful and it's more of like a playground for exploring the cast of characters that lives inside of me. Um, it could be the people pleaser, the fixer.

Nicole Brennan: (50:09)

It could be the lover, it could be the wise sage, right? We all carry all these energies inside of us and it's like, we're like, we're driving in a car, I guess like a van, right? A van with lots of people in it, . And then you get to ask who's driving the car. And the goal is for us as present, sovereign, conscious, wise, adults to take action and make choices and propel our life forward through those choices. Otherwise, the default is likely going to be that it is a wounded part of you or a part of you who's trying to protect you from pain that's driving the car because past pain informs future fear.

Dannie Reeve: (50:59)

Love that. Let it sink in past pain informs future fear. That was very profound. You, or so it felt to me.

Dannie Reeve: (51:07)

Yeah. And actually I love that we ended up impromptu doing a bit of a coaching session because I feel our listeners are going to really get a feel of what it is to work with you. And I love the whole system that you put in place. Your system is: hold the discomforts, heal the wounds, and decide who is driving the car. And in the example we've seen how important it is to sit and hold the discomfort and name it right? And then do all the work to heal it. And obviously in your container, you go much, much deeper into all of that. But I feel like it's such a great system that you put in place and, and I highly recommend it. So yes, I'm glad that everyone got to experience that with you.

Nicole Brennan: (51:56)

Yeah, thank you for saying that. And I have done this for a really long time. And this method, I'm really proud of this method and I think it's, you know, I talked about this in the masterclass, but I really, I have recently,, I'd say more so recently, and Denny, I know you've, you've been on your own journey of inner work for a really long time as well. So I'd love to hear your take on this. But I really, really want and feel so inspired to bring a new perspective to a lot of the,

uh, spiritual and coaching and healing world. Uh, because I, I think a lot of people, most of us, most of us come to the healing world and crisis, right? We come because we're in pain. Like I said, there's two motivators. Pain or desire. Pain is the strongest motivator.

Nicole Brennan: (52:50)

And most of us come trying to understand ourselves and, and understand our emotions and why we get triggered and why we react in certain ways or why we can't stop self-sabotaging. Because it really, it causes us so much frustration and internal conflict. And there's a way in which we can really get locked into this very unconscious story that we have to fix something, we have to fix something about ourselves. We have to fix ourselves, right? 'cause there's, something's not right. And even as you're healing and learning about yourself and understanding yourself more deeply, I've noticed a phenomenon, which again, I'm curious what you think where it is really easy to fall back into this default state where no matter how much I've grown, no matter how much work I've done, no matter how much I've healed, I'm never quite there. There's still more to do.

Nicole Brennan: (53:44)

There's still more to fix about myself. And I've developed this method because I'm really honestly sick of that. I'm tired of it. And yes, we are, we're all always growing for sure. We're gonna grow until the day we die. But we don't always have to be healing these things that are wrong with us. There's definitely healing that can happen in an exponential way, especially in the beginning of your journey. And then we all get to, you know, the more comfortable we are with our own shadow and the more we understand how these, these wounds get activated or triggered in our daily life, and the more we have tools to implement in those moments when inevitably we're human and we do get triggered in daily life, the more opportunity we have to just make new choices and be a new person rather than constantly being in this paradigm where we have to fix something about ourselves.

Dannie Reeve: (54:45)

I love that you say that. What do you Yeah, totally. I totally agree. And, and I feel it puts you in a situation where you can be a creator, right? Then you start creating what you want for yourself instead of just thinking that you need to fix yourself. It's about creating, creating a bigger life and evolving with life. Would that be something that you would agree with?

Nicole Brennan: (55:07)

Totally. Yeah. I think that that's, that's the game. Like you asked earlier, you know, holding was one of my main messages and one of my main teachings is teaching tools for everyone to understand how to hold moments of discomfort and how to turn toward triggers and how to turn toward the block so that we can dissolve the block, right? Because if we wanna have a breakthrough, we actually have to know what we're breaking through. Otherwise we'll stay in the same loop. That's step one, right? Like, we have to learn all of us. Well, you know, I, I don't like the language have to, 'cause it's a little bit intense, but we all have this incredible opportunity to learn how to hold discomfort and why? Because discomfort is how we know where we're not yet free. And so the discomfort is our sign from the universe like, hey, this is the thing.

Nicole Brennan: (55:58)

This is where you're blocked. This is where you're not free yet. This is where your work is to free yourself so that then you can be a match for all the things that you want. But right now you're not a match for the things that you say you want because you have this block. So let's work on the block and here are all these triggers to show you where your block is. So that's step one always. But where I'm going with this is that I really see it, it, you're right, it's all about becoming a creator. Most people are not creators. They're reactors.

Dannie Reeve: (56:29)

Yes. And that is really what your work is about. It's about empowering people to create a bigger life. And I could go on with you for hours and hours, but I'm really mindful of your time. So I think it's a really good way to end this segment saying to people how important it's to create. And I'm going to ask you one last question and thank you, Nicole, for, for your time. But before I do that, I am going to give you some links to connect with Nicole. I highly recommend her work. As you know, I've said it a thousand times in the podcast, if you dunno already, . So if you are ready to dive deep and you would like to join the liberation code, which I, correct me if I'm wrong at the moment, is only open to women, right?

Nicole Brennan: (57:25)

Correct. Yes.

Dannie Reeve: (57:26)

Yeah. So for the moment for women, you can go to the liberation code.com and you'll find all the information. Now I know that Nicole, you said for men, you also work with men and your partner does as well. So you can go to her website, which I will give you just right now and check out her work as well. As we

mentioned, there are free resources there. So there's the, uh, masterclass that was really good, totally recommended. And there's a free inner child meditation, so you can go to itsnicolebrennan.com So that's I-T-S-N-I-C-O-L-E-B-R-E-N-N-A-N com. And then you can check her Instagram out, which is great as well: @itsnicolebrennan that's her handle. Right, I've said all the things. I am reluctant to close this conversation, but I am going to close it. It's been a joy to have you . And I just have one last question for you, Nicole. Imagine you are about to leave this earth, and as your soul leaves your body, you meet a being whose purpose is to guide new souls as they depart for their own hero's journey here on this earth. What three helpful truths would you share with that being so they can whisper to the new souls as they take the plunge into the journey we call life?

Nicole Brenna: (58:53)

That's a really beautiful question, and to me, it's not hypothetical to me that really happens. So thank you for bringing life to what is unseen. What are three truths that I would share with the next line of empowered souls? Liberating souls? I think, oh my gosh, now the pressure's on me. Danny . Yeah. So I guess number one, number one is that the trigger is the teacher. And I just shared what I really mean when I say that. But the trigger isn't the problem in your life. The moments when you get really emotional, really reactive, that is not actually the problem. It is the opportunity for you to see where you are not yet free and for you to liberate yourself where you are not yet free. Like there, you know, you've probably heard the only way out is through, and that's what you're going through.

Nicole Brennan: (01:00:00)

You're going through what appears to be the obstacle. And I think that that's what, that's what most of my work is about. And that's what really most healing work is about in this entire industry, in this entire space is, let's dissolve the blocks. So that's number one. The trigger is the teacher. Number two, I would say stop protecting yourself from life and start dancing with life. I say this because when you protect yourself, you're in the energy of fear, right? Protection, necessitates fear. If I'm closing in response to life, if I'm clenching, if I am numbing, escaping, distracting, defending against life, it's because, uh, something inside of me is in a state of fear. There's something that I feel like I have to protect myself from, right? And that to me is the disempowered life. And it's the life that we all are conditioned into.

Nicole Brennan: (01:01:08)

So if you're listening and you're like, oh my God, that's me. And you notice shame or blame come up. I really, really just want you to know that you're not alone. And every single human is conditioned into, programmed into this state of, of protection against life. And, and I, I feel so grateful to be able to say this now because I wasn't always able to. But I see life as this incredible playground where everything is available to us. Everything. Fear, joy, love, pain, grief,

heartbreak, ecstasy, love, freedom, fulfillment, greed, lust, power, all. It's all available. And when we protect ourselves from life and we're in the energy of fear, we just attract more fear. I don't know about you guys, but for me, when I lived in a state of fear, life was not fun to live. I really did not. I didn't like being me.

Nicole Brennan: (01:02:07)

And as I learned the tools, which these are what I now teach, as I learned the tools to lean into trust and faith, and to see life as something that I'm in collaboration with and co-creator ship with, rather than this thing that's scary that I have to protect myself from, oh my gosh. It's like, it's like the whole world opens up. It's like going to a restaurant and before there were three items on the menu and they were fear, doubt and lack . And then you go, and the menu's like infinite. It's boundless. You can order whatever the hell you want 'cause you're looking through new lenses. So I know that that's a really long truth that I just shared.

Dannie Reeve: (01:02:54)

It's great. I love it. and the enthusiasm. You walk your talk, Nicole. There's no doubt about it.

Nicole Brennan: (01:03:03)

Aw, thank you. I'll share one last before we finish. 'cause I only got two in. I wanna answer your question fully. Um, yeah. The last truth is that you are so much more powerful than your human, your tiny little human mind could ever comprehend. Like really, really, I love you enough to not let you play small. I love you enough to not, you know, coddle you or baby you. I love you enough to just give you a little, sorry, excuse my French , give you a little slap in the face and just remind you that you are so powerful. You are so, so, so powerful. And that whatever may feel like a struggle in your life right now is not only where all the lessons are, but it's also, it doesn't have to be because you are so powerful that you can overcome, break through, heal through, and transcend anything. Humans have been doing it since the beginning of time. We are so, so powerful. And yes, it's a little tough sometimes to be a human and things come up and it's normal to feel, you know, the emotions that we don't like to feel. And I really, really, really just wanna remind you from the bottom of my heart and from every single cell in my being, that it's all happening for you to become even more powerful than you already are.

Dannie Reeve: (01:04:38)

Thank you. This is received by everybody here. Thank you so much, Nicole. Those were so, so empowering and I am so happy that you graced us with your wisdom today.

Nicole Brennan: (01:04:56)

Hmm. Thank you, thank you, thank you. It's been really fun to connect with you. I definitely miss having your face in the liberation code, but we're always connected. You are my family. I really have so much love for you. I'm so inspired by what you're doing with this podcast and with just who you are because you are, you also are the walking message of what this world, I really believe I, I think we both believe needs more of. And I really wanna see you for that. And I really wanna just remind you that no matter what you do or say, it's not about that. It's just about who you are. And you're doing it like you are being it.

Speaker 2: (01:05:39)

Thank you so much.

Nicole Brennan: (01:05:42)

And yes to all the listeners, thank you so much for being here. Thank you for your time, your energy, your attention. Those are your most precious resources. So I don't take that lightly. And yeah, go out there and freaking be the biggest, shiniest, brightest you and inspire other people to do the same. Thank you. Love you all.

Dannie Reeve: (01:06:03)

And there you have it for today's episode. I hope that you're feeling as empowered and energised as I was at the end of this conversation. And if you love this episode, please go ahead and share it with somebody that you love. It's those little gestures that can make somebody's day better and it also helps us to spread the message. Nicole, once again, thank you so much for coming on the show. You guys, thank you for listening in. I appreciate you so much and I wish you a flawsome day that is flawed and awesome, just the way we like it.