

Dr. Irena: Hello everybody, this is Dr. Irena Kay again, your primary relationship mentor. And today I'm totally thrilled and excited and so happy to have with me the amazing famous Christy Whitman.

Christy Whitman: Thank you so much for having me.

Dr. Irena: You know, what our audience doesn't know, is that we actually did this interview previously and it didn't record. So I thank you so much for being so graceful and an amazing generous woman to do that redo for us.

Christy Whitman: Well, clearly we had to connect again and there's something that we didn't say that needs to be said, so it's good and it's all good. So thank you.

Dr. Irena: That's wonderful. So for people who don't know, actually Christy was my very first mentor in the relationship coaching space, or the coaching space altogether. When I retired from being a physician and then going through the martial arts training and then coming full circle with all of these philosophies, I was thinking: yes, I'd like to actually continue my healing work and everything. Coaching women, because so many people are having horrible relationships, on getting a turnaround in their relationships like I had for myself. I was looking for a great program and I found you, Christy. And I saw you had five intro videos or something explaining what coaching is all about and what you have to want or be passionate about to be a coach.

Dr. Irena: And I know that your energy and everything just spoke to me. It was so aligned with me. So I took that year long course and I'm so happy to introduce you to this audience because you are so accomplished. And actually, I have to read my notes for that.

Christy Whitman: Well I appreciate you being part of the Quantum Success Coaching Academy family.

Dr. Irena: Yes, it was an absolutely phenomenal course.

Christy Whitman: Thank you.

New Speaker: So as you just heard, Christy Whitman is a master certified Law of Attraction coach, transformational leader, celebrity coach, and the New York Times bestselling author of "The Art of Having it All". Her latest book is called "Quantum Success". She has appeared on the Today Show at the morning show and her work has been featured in People's Magazine, in 17, in Woman's Day, in Hollywood Life and Teen Vogue among others. Christy is the CEO and founder of the Quantum Success Coaching Academy, which is a 12 months Law of Attraction coaching certification program. And she also created the Quantum Success Learning Academy, which delivers personal development online training courses. As a life coach, Christy has helped thousands of people worldwide to achieve

their goals through her empowerment seminars, speeches, coaching sessions, and products.

Christy Whitman: (Laughs) I have been busy...

Dr. Irena: So we have this beautiful woman here to let the audience know what they can do if they want to improve a relationship; any kind of relationship.

Christy Whitman: Well, you know, first and foremost we have to understand that all relationships start inside of us. So what I mean by that is, you know, when we're thinking about money, or when we're thinking about our relationship with the person we want to attract in our lives that we don't yet have or the people that we do have in our lives, whether they'd be our partner or husband or wife, our friends, our parents, our kids, all relationships start inside of us. Meaning the thoughts that we think about them, the emotions that we hold, the perspectives that we hold, all will be projected out. So every relationship starts inside of us. If we feel clean and clear inside of our relationship within ourselves, that relationship will be reflected on the outside. So it's really important to pay attention to what are we thinking about. There're people that are in our lives or the people that we want to attract in our lives, right? Even if someone wants to attract clients, for example, and they're thinking, there are no clients out there. You know, it's like, what are we thinking about? What perspectives are we holding? What emotions, what beliefs do we have? And when we can feel really good about those conversations in our head, those relationships will reflect it.

Dr. Irena: So you are basically saying, this is all based on the Law of Attraction, which, by the way, I thought initially was an attraction between men and women. (laughs) And then you learn otherwise, like really what you're projecting out, you're getting back in. Um, I'm thinking, the Law of Attraction; can you tell people a little bit more about that?

Christy Whitman: Yeah, so I'm glad you're asking that because what happens is, you know, there are universal laws that exist. It's kind of like gravity; there is gravity and we don't have to sit here and think about gravity in order to not go off into outer space. I mean, we're sitting in our chair, gravity is working whether we're thinking about it or not, whether we're aware of it or not, whether we even know about it or not. And it makes sense to know about it. So we know how to navigate living in this world. And there are for me, seven essential laws that it's really imperative to learn about, because it's like knowing the rules of the game. And so one of the laws is we have to understand that everything is energy.

Christy Whitman: It's not just a woo-woo conversation. We know this by science. I mean to the very bottom of atoms and molecules between all of it, everything is energy. Um, we know this now from quantum physics; I mean the science and everything has caught up with this. And so everything is energy and all energy carries a vibration and that vibration goes out into the universe and it communicates with other energies and vibrations. And then those things are attracted to us.

So we're like energy towers sending out a signal all day, every day, by what we say, the words that we use, by what we think, the emotions that we hold, the feelings, the perspectives, the actions that we take.

So we are always generating an energy. And it could be something we're giving out by default, meaning we just have a natural reaction to something, you know, like we can't generate enough money to pay the bills so we feel bad. That energy goes out and people wonder why can't I change my mind, my money situation, my relationship with money? Or you know, we want a partner and we can't seem to attract the right guy or the right woman. And so we're always sending out the same frequencies.

By working with law of deliberate creation we get to choose what our thoughts are that we want to think, what we want to feel, what we don't want our experiences to be by feeling the vibration first. So the tower that sends out energy, we get to determine what's the energy that goes out. Is it positive, is it high, is it appreciation and gratitude and love and abundance? Or is it fear and worry and doubt? Whatever we're vibrating out is being matched by law of attraction. And we will then see those experience as evidence in our reality.

Dr. Irena: Yeah. I am also, being a retired physician, basically a scientist at heart, always thinking about how is this possible? Yes, I understand that in everything matter and energy are equivalent. I mean, Einstein's famous equation, right?  $E= mc^2$ . Everybody knows that one. Energy and matter and everything is energy. Everything. And every energy carries a vibration like a wave, which is also physics.

That was clear to me, but I'm saying, okay, so I'm sending this out, but why would that get back? Then I'm thinking, yeah, well you know what? This is like an amplifier, right? When two waves go together, they get amplified. If they go against each other, they get nullified, they're getting erased, canceled out. And I'm also thinking, is that possible?

And I would like to have your input on that as well, that if we are opening up to receiving, because all these entities are out there, all of these frequencies are out there. If you're open to receiving the ones that you really want and open that channel up to receive on, I don't know, say 17,000 gigahertz, that we then get it?

Christy Whitman: Well, yeah. So here's what happens with most people. If you have a very focused vibration, if you have very focused thoughts and beliefs and your energy is focused really on what you do want and how you want to feel. I always say, you know, ask yourself, what do I want? Why do I want it and how do I want to feel? Because that focuses you in the direction of where you want to go. But most people have split energy. So they're like, I want this but I can't have it. I really like to find a partner, but there are no good men out there. You know, I really want to make more money, but I don't know how and no one in my family's ever had money. So it's like we're not going in one straight area with a very clear signal.

Christy Whitman: Our signals, like you said, it's getting what we want to manifest getting nullified. It cancels itself out because it's like it's split. It doesn't have any power to attract

what we want and we continue to see the same results because nothing's actually changing. And that's why I know people get really frustrated and they go, 'Oh, Law of Attraction doesn't work'.

It's like what someone just posted on Facebook. Is Law of Attraction not working for you? I'm like: Law of Attraction's always working for every single person, whether we're aware of it or not, whether we like it or not, it's always working. You know, it doesn't matter if we're a man or a woman or if we're, you know, living in Canada or Mexico or the United States. It's always working. It's like you said, it's a part of our universe. It was here before the dawn of time.

Christy Whitman: It's not like Christy Whitman came up with this Law of Attraction thing or Abraham Hicks or you know, whoever coined it the first time. These are things that are threaded throughout our religions. You know, Jesus Christ talked about it. Buddha talked about it. I mean, most religions have it because it's a universal existence and presence, what you think about comes about.

Dr. Irena: That I think is the (number one) point, right? What you think about comes about because I mean, we know that when you smile at somebody, they're likely not being grumpy back, they smile back. But if you are sour puss, they kind of back off, which makes sense that in everything you think you get reciprocation, you get it back in some way or another.

Christy Whitman: It's cause and effect. Absolutely.

Dr. Irena: Cause and effect and scientifically proven as well. So no, it is not woo-woo.

Christy Whitman: No, not at all.

Dr. Irena: And I think even though, I mean, I'm not sure whether Napoleon Hill already coined the phrase for the Law of Attraction. What he did was kind of a scientific study of who was successful and what these people did to become successful and always found it was mindset, mindset, mindset.

Christy Whitman: Yeah. And you know, I love that discussion, because now we understand that it's not just about mindset. You know, it's like there's been an evolution in personal development. You know, people thought it was like setting goals and mindset and everything, and it's really not just about that. It's really about your feeling state too. And your feelings are really important to pay attention to because everything is energy. And now when we start to understand that if there is stuck energy inside of us, um, because I like to call it a Bushwhack, you know, someone says something to us, something happens; it could be whatever that we close our hearts to.

Christy Whitman: When we have our heart open and we are in an expanded space, we are actually aligned and we feel good and we are then sending out waves of good thoughts and energy and good things will come back to us. But if we're moving along our day and feeling great and joyful and somebody says something or we

get bad news or we have something traumatic happen, most of us don't know to keep our hearts open and let our emotions flow through us. So we close down and in that closing down, close our heart, we kind of constrict and add self-protection. And in doing that we trap the energy and when we trap the energy, what happens?

It's kinda like you've got this joy energy, right? It gets blocked, the joy energy gets blocked by the Bushwhack, right? And now you've got two types of energy that are being blocked inside.

The psyche goes, the mindset goes, okay, well don't (do it), and this is all of course subconscious or unconscious, but you can't feel joy because the last time I felt joy, this bad thing happened or if I get too excited, last time I got too excited, this happened.

Christy Whitman:

So out of self-protection, we allow ourselves to feel something and then we close down and we have to understand that bushwhacking emotion. So it could be fear, anger, sadness, whatever is there, that if that is still active and it hasn't been processed, then what's going to happen is that is going to create a vortex of energy that's gonna set up thoughts that match it.

The thoughts then set up, you know, situations that get manifested and then it becomes a belief.

Cause it's like now we're seeing through the block and it's like, oh my God, see it's true. And then that's how people have these limitations, these calcifications of energy that happened inside of them.

Whereas if they understood where to release or how to release the energy of what no longer has an active emotional response. I've been working with people lately that it's like if they now think of something that happened in their past and they normally would get emotional about it, they can think about it and there's just no emotion there because the energy's gone.

Dr. Irena:

Right. I mean that is exactly what I was saying when I do... you know, we're going into neuroscience here. We know that traumatic experiences are imprinted in the brain and these neurons just fire as soon as something just triggers these kind of, even if it's just on the tangent, it will trigger that and then you'll have this self-fulfilling prophecy.

Like I told myself, 'don't do this, I told you so'.

Because we also have a negative bias and that is from way, way before when it was our brain's job, even now, it's just to have us survive in the best way possible. So it takes all the experiences that it has during your lifetime. And some of them, maybe we don't even remember them, were not that great.

Dr. Irena:

But it will always go to that negative bias first. They say, "Oh, what if this happens again? What do I do now? What on Earth do I do now?" And what could they do?

I remember when, that was maybe 10 years ago, when people were saying, "Oh, you know, happiness comes from within" and I went like, "yeah, okay, but what do you do when your life sucks"? Right? At this point I felt my life sucked and sure enough, it kept sucking! It wasn't getting any better until I allowed myself to actually open up to the possibility it could get better.

And I got a nudge. That was very funny cause I was, you know, in a Reiki Circle, I'm a Reiki master, and there was a reading and one of these psychics told me that, "oh, you will have love coming to your life." I'm like, "yeah, right. Like, I need another one." (laughs)

And she said to me, "Don't fight it. It'll happen." And I know that at that point, that was the point where I opened myself up and opened myself up to receiving, and I believe this is one of your seven laws, right?

Christy Whitman: Absolutely. The law of allowing. Yeah. It's the law of allowing that applies to all aspects of our life; about how we feel about ourselves when we're criticizing ourselves, when we're complaining about ourselves, when we're judgmental, you know, all the lovely things that we do. Um, you know, when we're comparing ourselves to other people, all of those things, we're not in a space of allowing.

And then how we translate this into our relationships. If we're, you know, shitting on our partners, if we're comparing our partners with somebody else, if we're, you know, complaining about what they don't do and how they don't show up and what they don't make and all the places where they're not enough, um, you know, all those things that we do will project onto our partners, because it starts here first. (Points to her head) And if it starts here, it has to then go out to our partners, our kids, everybody around us.

Christy Whitman: We can't exude out anything that we don't have inside. That's why all relationships start inside of us. If we feel joy and happy, that's going to exude into the rest of our relationships. If we're angry and seething inside, it's going to manifest into all of our relationships. So, you know, when we are communicating and relating and reacting and responding with our partners, if we're in a space of allowing, allowing them to be who they are now, it doesn't mean allowing somebody to beat you or to hurt you in some way or to be abusive. That's not we're talking about here. There's boundaries and things like that, but allowing truly someone to be who they are. Um, and even allowing the timing of the universe to happen.

I mean, when we're feeling open and expanded, we're in a space of allowing, when we're constricting, we're in a space of disallowing and we're in resistance. And when we're in resistance, we don't feel good. We're not in alignment. And the key is really being in alignment.

Dr. Irena: Was that always like that for you? I mean, since you were a child or how did this happen for you?

Christy Whitman: No way, José! I had a lot to learn the hard way. I still have my (parents), I'm very fortunate. I have my mom and Dad, my dad's eighty-six, and um, my mom's 82 and they are very much in luck. I mean, they both have always had a really good life. Although their story is that they've always struggled. Um, even when they had money, they were struggling with it. They just look at everything and see the problem and the issue with it. I wrote about that in my first book called "Perfect Pictures"; it's you could have 10 things going on with something and if one thing's wrong, all the attention

went to that thing that was wrong and how we fixed that. And then all the focus went on that thing. And I learned how to do that.

Christy Whitman: So I grew up in my childhood and in my early twenties I was living in Chicago; I had a great paying job, I had a great fit body, friends around me. I was living with my best friend in Wrigleyville in a brownstone and just should be loving life, you know, and living in this amazing city. And my job was literally fun, I was a wine representative. And so I would take my girlfriend out to dinners to go meet food and beverage managers and managers of the best hotels and restaurants in the city of Chicago and eat for free. And so it was like I was having the time of my life, and yet I wasn't, because I was really unhappy because no matter what I created, it wasn't enough. No matter what I accomplished, it wasn't enough.

Christy Whitman: And I was projecting, as most people do, I was projecting that, well, if I make *this* amount of money, then I'll be happy. And I'd make that amount of money and go, Huh, well that didn't work. Maybe I need to make *this* amount of money. And then I'll be happy. And then I made that amount of money and I wasn't happy. And so it kept getting more and bigger and the more I projected outside of myself, I realized that I'm just not fulfilled. What is this all about? I'm doing everything that they told me would make me happy and I'm just not happy. I don't feel fulfilled. And so that's when I actually started seeking and I found meditation and that's when I found the universal laws because I had my meditation teacher; now this is 22 years ago. So it wasn't like people were online talking about this and you know that it was common or people were talking, we didn't have "the secret" back then.

Christy Whitman: Right. And so when she said to me, "your thoughts create your reality" I was like...or no, she even said that. She said, "*You* are creating your reality". And when she said that I went...something in me knew that to be true, but I didn't know how. And then she continued saying that you're either attracting things to you or repelling things from you based on how you think and feel. And so I started really thinking about that and I've started paying attention to what I was thinking. And that's when I really started downloading that when someone is in lack, and that's why I talk now about the law of sufficiency and abundance, when someone is in lack, and they're looking at what's not enough and they're coming from the limitations and what they don't have or what's not good enough or what's wrong in any way, they feel bad.

Christy Whitman: There's no way to feel good when you're focused on lack and limitation. There's just no way. Exactly. But when someone is focused on positive aspects of being satisfied, being content, you're moving into that doorway of abundance, you're moving into that doorway of being aligned. On the other side of the spectrum from lack is abundance and where things feel good and you flow and you have life experiences, joy, and it's fun and it's adventurous and you know that you're really appreciative for the things that you do attract into your life. And when you're in that vibration you attract more

to be appreciative of.

Because most people are, like I was, from an outside in. If I get this then I'll feel, and we never do. So it's like this rat race. I remember doing this with the kids too.

Christy Whitman: "I just want a baby. I just want, oh I want a baby. I want a baby..." Then had a baby, and huh? I remember never feeling so depressed in my life!  
I'm like, I've got my baby, I've got my husband. Oh my God, why can't I find my happiness? How would it be, I have to have another one. Yeah, that'll do it. You know, it's like another one, another more and more and more, more.  
And that's what this society is like. Well, maybe it's not enough. We need more and more and more. But when you're reaching for that, you're coming from lack and because of law of attraction, when you're in lack, you cannot attract abundance from that place.  
So it's not an outside-in approach to getting what you want. It's an inside-out approach, meaning that if you want to feel fulfilled, feel fulfilled, and then you'll have things in your life that fulfill you and add to that sense of fulfillment.

Christy Whitman: If you want to feel content, feel content, and then the rest of it will help you magnify and amplify that contentment. If you want to feel joy, love, or whatever it is you want to feel, feel it first. Conjure up that feeling.  
We have that capability as humans to do that, which is so fantastic, you know, get out of the lower energies of resentment and anger and frustration and sadness and grief and all that other stuff. Process that in energy, release all of it. Bring in what you do want and you see your outer reality will reflect it. It has to. That's universal law.

Dr. Irena: Right! So still people might say, okay, let's play devil's advocate. I am in a really bad situation. How can I even make myself feel better about it? Or how, what do I focus on? What is the best tip you could give somebody to do? Where should they start so they can get out of their funk?

Christy Whitman: Well, the first thing I always say to people is; you want to watch your words, you know? So for example, the words that you're saying about any given situation, right? I've been doing this for over 20 years, right? I've been helping other people do this for over 15 years. I'm very mindful and I try to be when I'm off, and, you know, working the processes within myself.  
It was about a month ago, I got so frustrated and I'm with my kids and my husband and I'm trying to get into a shopping center and this guy literally blocked the way into the shopping center. And I was like, oh my God, people are idiots. I said that out loud, right? And my son Alex...my kids are very wise...

Christy Whitman: Alex goes, "mommy, that doesn't feel good because I'm a people. And basically you're saying I'm an idiot." And I was like, "oh my gosh, you're right. I'm so sorry!"  
I even teach that, you know, it's like I don't know where that came from. The very next day I was talking to my mother and she goes, well, you know people are just idiots. And I was like, that thought came from somewhere.



That is so amazing. It was like that quick; the manifestation of that and the awareness of it. And I was like, wow.

So we say things that sometimes we're not even aware that we've said because what if my son wouldn't have even said anything? I probably wouldn't even have recognized that I said it. It was just something I was saying out of frustration, right?

So we have to watch the things that we say. When someone says, I can't afford it. My life sucks. My life is horrible. I'm never going to get out of this situation. We have to watch what we say because the universe has big ears; because you're vibrating at a very low frequency.

And we can't attract the things that we do want if we're focused on what we don't want.

Dr. Irena:

That's why, I forgot who it was, always said: "Cancel, cancel. No, no, that's not what I mean!"

But like you said, what we say is what we think. So it really has to be up there (in the head) and we have to, yeah, I guess discipline ourselves or get into a routine of appreciation of gratitude and everything gets so much easier.

I know how it is now. I couldn't have a better relationship. We are happy every single day. Every. Single. Day.

And that doesn't mean that we never ever, ever fight. We don't really *fight* anymore. It's just like an argument. Maybe something still triggers me that's coming from the past and I know why. And I'm saying to him, "You know, that really didn't feel good. And do you know why it doesn't feel good?" He says, "I'm sorry, I didn't mean it that way". And I say, I know, and then it's fine.

Um, previously, like I said, 10 years ago or something, that would've gone into a full blown war, and obviously the negative energy is then all around us, which goes into the children, and everybody else.

And this is why it's so important. I think what you said is stuff starts within and it's so important to really check in with yourself and you don't only do yourself a favor, do everybody else a favor too.

Christy Whitman:

Absolutely. Absolutely. That's why coaches like us are really important because most people don't know what they're doing and how they're saying things and what they're communicating and how to heal, how to release the energy.

And so that's why I'm grateful I get to do, I know you are too, that we get to do what we get to do, and help people release stuff from past so that, for example, if someone buys the wrong English muffin, there isn't an all-out war that's happening in the kitchen, because it's not about the English muffin.

It's about the underlying frustration and anger that this English muffin was just the thing that popped the lid kind of thing. You know, cause it's usually not about English muffins or small things like that. It's usually about the underlying issue and we can learn how to heal the underlying issue or communicate what our needs and wants are.

Christy Whitman: Um, you know, they're very different relationships. It's a very different way to live.

Dr. Irena: Right. And you're living that life now, don't you?

Christy Whitman: Yeah, I'm grateful. I'm very grateful. I'm, my life is completely, *completely* different than it was when I was in my twenties. I mean, whose isn't right? I'm in my late forties now, but um, I'm a very different person and I can see it when I speak with my family. I can see the patterns that I used to have run my life that now I can witness and go: Thank God I got over that one. Thank God I don't compare myself to her or thank God I don't, you know, think constantly about lack or what's wrong in the world that's wrong and bad. Thank God I can look and just be grateful and appreciative for what I *do* have.

Dr. Irena: You mentioned that your parents still live in that lack mindset of everybody in that generation; it was even harder with the Second World War and everything. And being from Europe I know that my parents, they have these sayings even, that are all about the lack; one of the worst ones was "don't praise the day before it's over". What??? That couldn't be more detrimental. Right?

Christy Whitman: Right. Absolutely. Yeah. You know, they came from their reality, being where there was lack and limitation. And when you think about it, you know, everything is energy like we said. And that's why it's so important to be able to heal and release energy from the past. Because, just even thinking about my mother, you know, her parents were in the great depression and so they understood about how there was a lot of poor; they personally didn't have to wait in bread lines and things like that, but they saw other people that had to and they almost lost their little store or their business.

Christy Whitman: And it was hard for everybody. So it was like you had to be really mindful of, you know, what you had and what you didn't have. And so that seeped into...and there was a lot of worry and a lot of fear. And that seeped into my mom's cells and she then carried it on herself and bet into that worry and fear and then gave it to me. And so it was important for me to kill that worry and fear. I don't want to walk around my life worried and fearful of everything and everyone, I just want to live my life and enjoy it.

Dr. Irena: That's what your children now get from you as well?

Christy Whitman: Well, I'm not perfect. So you know, there are times when, uh, when I don't get it right or I get impatient or I find myself going, "Oh, don't do that cause you'll get sick". And I'm like, oh, that's not what I want them to focus on. You know, "it's really good to wash your hands so that you stay well", would be better, so I have to catch myself.  
My husband and I tease each other that, you know, I got first year of therapy, you got a second year therapy (for the kids) and so there'll be things that they'll have to clean up from their childhood too, cause none of us leave unscathed.

Dr. Irena: No, that's true. Um, you mentioned something earlier when you said this meditation teacher kind of triggered the opening and the thinking about what can be different. And then you mentioned your book, the Perfect Pictures. Now I know that this has a really, really fascinating story behind it. Would you mind sharing that with the audience?

Christy Whitman: Sure. So, um, I now channel, and I've actually been channeling for a long time, but my first book channeled through me. I was going through really a lot of realization about what was lack and what was abundance. And you know, how I have these just perfect pictures, everything had to be perfect. And if it wasn't, I would focus on the things that weren't. And with law of attraction, obviously what you're focusing on you're going to get more of. So if you're focusing what's bad and wrong, then you're going to get more of what's bad and wrong. And so one night I was meditating as I do every night and I saw a picture of my book come (to me) and it said "Perfect Pictures by Christy Whitman". And I thought, well, I'd never written a book. So that was interesting. And the next morning at 1:05 in the morning, um, I had something, someone talking in my head, giving me the first, just giving me all this great information and I'm like, where's this coming from?

Christy Whitman: But it ended up being...I got up, I couldn't go back to sleep. So I started writing out what I was hearing and it was like the first sentence or first paragraph, the first chapter, all of it was just coming through my arm and it was like my arm was not my own. It was just completely, it was really bizarre. And, uh, that happened seven nights in a row and that was actually my first book. And all of my books have come through me that way and even my latest book on quantum success. And, um, so yeah, that's just how they channel through me.

Dr. Irena: It's just absolutely fascinating to me because, you say they channeled through you, you are an open channel. Like the same thing with Reiki, that's what you want to do. You want to be an open channel for the universal energies. And these energy beings that we are also, but now we are in our physicality here. We're like condensed matter, while they're pure energy and so expansive. They channel through you... I think that is just an incredible gift. Would you, um, tell us a bit more about the Quantum Success? What is that all about?

Christy Whitman: So Quantum Success is a book that's really about taking the seven essential laws, learning about the seven essential laws, and how to apply them towards work and money. So, um, the biggest keys are that, you know, knowing how to have alignment, then creating momentum. I had massive success in my career by applying the universal laws. So whenever it was like I wanted to find a new job, making more money or getting a promotion, you know, I share those stories in there. Um, of just times when I really took huge leaps in the amount of income I was making by applying the laws. So that's what that book is.

Dr. Irena: Can other people who are not that gifted follow that as well?

Christy Whitman: Well, thank you. But yeah, they're universal. They work for every single person. So the thing is that when you apply the system, um, when you apply the information, it will work for every person. It has to. And if it doesn't, it's because there are energy blocks and that's where the energy work has to be done. But they're there to work for every single person.

Dr. Irena: Yeah. That's, that's phenomenal. That's amazing. It's like, yeah, you have the message from the universe itself via Christy Whitman. Now you got to do it! So go ahead and do it!  
But when there are energy blocks, what do you do? You are an energy healer, I know that. What do you do for clients?

Christy Whitman: For clients? Like I just was on a call about an hour ago and I allow the Council of Light to come in and they were doing energy healings, um, and having a conversation, giving some teaching points, you know, to the client and helping her remove a lot of the things that bushwhacked her in the past, whether it was, um, things that her mother said to her or things that her father did to her or even her ex-husband. Um, you know, just different things in life that along the way, um, has prevented her from being happy and, and succeeding in her life. And so it's great to be able to just show up and allow the council to come through and give the healings and the information and everything. So it's amazing.

Dr. Irena: Absolutely fascinating. Absolutely amazing. I can't even imagine how. Are you at this point... I'm just wondering how this works. So I guess you're saying apparently that was long distance, right? You said you were on a call so you don't even have to sit across from the person?

Christy Whitman: No, we were on zoom and she, um, I'm in California or I'm in, no, I'm not in California. I'm in Arizona. She, I believe, is in Michigan and so, you know, time and space don't really matter cause they (the Council) are guiding the client what to do and where to release because it's not really the energy healer that's necessarily doing it for them. It's each person becoming an energy master of their own body and being able to direct your body where to release the energy and kind of activating that release. So it's pretty amazing.

Dr. Irena: It sounds like incredible! Is that something...when you're saying the Council of Light comes through and then instructs the client to release blocks or whatever, are you kind of an observer to this or are you even completely out of the picture?

Christy Whitman: It's both actually, yeah, it's both. So sometimes I'm aware of what's happening. Other times I'm completely like, I'll forget, and I'm not aware at all and someone might say, oh my gosh, they had me do this or they said this, or um, you know, that sort of thing. And, I even had in one session that I did when the deceased

husband came through and spoke to the client and I was so out for that. And when I came back, the client was like, "I got to speak to my husband"! And I'm like, "I don't recall that part".

So, you know, sometimes I'm present and I can hear and feel like this afternoon. I was getting goosebumps because I feel the client or they (the Council) feel the client. And, uh, the council was saying Christy's body has goosebumps. And she said, I know, so do I. So I could physically feel that in my body, but other times I'm completely out.

Christy Whitman: Wow. Is that like something similar that Esther Hicks does with Abraham; channeling Abraham, the collective Abraham?

New Speaker: Yeah, that's it. She's channeling, um, a collection of beings or you know, uh, a group of beings and she's just putting herself in the receiving mode and they come through her and speak through her. So, yeah. But what's different about the council?

Obviously there are different voices in different communication, um, both similar and talking about universal laws and things like that. But, um, the council also does healing work and will tell the client, this is where your block is and this is what you need to do and we'll help facilitate healings. Um, not just talking about, you know, the Law of Attraction.

Dr. Irena: That's absolutely fascinating to me. Absolutely incredible. Did you have this kind of an ability as a child already?

Christy Whitman: I don't recall. Um, no. I mean, I was intuitive and I was sensitive, but like I said, it was in my early twenties when I started meditating that they came through for their first time in my writing, um, through writing and then through healing and seeing things energetically and holographically. Um, but it's been since September that they've actually started channeling through me in that way.

Dr. Irena: Wow. Amazing. But you also started...everything is like, yes, I've been meditating, then this book came to me; or I've been meditating and this starting the channeling; it started for both books or I don't know, you have numerous books, so all of them...So would you say meditation is one of the very important practices a person should be considering? If they want to be more in tune with themselves and more aligned with their soul to be able to then get into a good relationship with themselves, with the next of kin, whether the spouse, the children, family and so on and so forth.

Christy Whitman: Meditation is probably one of the best tools that we human beings have to be able to connect with our divine self. And so there's tons of different ways of doing meditation. Um, you know, so many different ways. But yeah, I feel that it's the number one gift that we have, the number one tool that we have to be able to really slow down our crazy minds and to be receptive and get into the receiving mode of what the divine in us, what are our real co-creative partner is trying to communicate with us and direct us.

New Speaker: Who is the co-creative partner, just to make sure that I understand you correctly?

New Speaker: So each one of us has a co-creative partner, which is our inner being, our nonphysical, our divine self. I mean, the part that breathes us, each one of us has our heart beating right now or we wouldn't be here, right? The part of us that is our life, that's our Co-creator. Even the council says that our life partners are not our husbands or wives or you know, boyfriends. Our life partner is our life. And when we can connect with our life, our partners in life becomes someone where we get to enjoy the journey with and become a more elevated, aligned person with. But our true life partner is our life.

Dr. Irena: That's beautiful. So how can you...what is the tip that you could give to somebody who really wants to improve the relationship with their partner in their life, not their own life, but their partner?

Christy Whitman: Well, you know, again, the best way I always say is when you can be aligned. When I'm aligned with myself and my husband is aligned with himself, the energy exchange between us is so much more elevated. So I always say, the first thing you need to do is work on yourself first.

Dr. Irena: Okay! Christie, how can people benefit from your books or even, you know, book a session with you if they want to release blocks or whatever, how can they get into contact? How can they get the best of the universe through you?

Christy Whitman: (Laughs) Thank you for asking that. You can go to [Christywhitman.com](http://Christywhitman.com). I have many things that you can enjoy. I have a quantum success show that comes out every Monday. There are opportunities to get meditations, um, complimentary. Um, you can actually go to [quantumsuccessbook.com](http://quantumsuccessbook.com) and um, I'll give you a free copy of the book. It's a hard cover book. All you just have to do is take care of the shipping and we'll ship it out to you.

Dr. Irena: Yeah, very, very generous, like I said in the beginning, a most generous woman and so graceful. Thank you so, so much again for doing this over, and sharing with the audience and giving them these amazing tips, what they can do to improve their life, their relationship and the relationship with their own life, with their inner being. That's where it starts. So I thank you. Thank you so much for doing that for us and being with me here today.

Christy Whitman: Thank you so much, Dr. Irena.

Dr. Irena: I thank you, so good-bye then and have a wonderful life, a wonderful day...and I'm sure we will reconnect!