



The 6 Steps to Manifesting Healing

**Tom McCarthy interviewing
Natalie Ledwell**



Tom McCarthy

My guest today is the legendary, Natalie Ledwell. And I say legendary, because back in 2008, I bought one of her products and I was incredibly impressed. The product that Natalie came out with in 2008 was called Mind Movies. And I'd always been a visualizer and vision boards and things like that. But Mind Movies made it so much more powerful to be able to visualize because you got to create these movies. And I was just telling Natalie, when we were talking before, I did it for my children, both of which went on to play at a very high level and college athletics. My daughter was a soccer player. We made a Mind Movie for her and she would watch it before big games. And it really allowed her to play at a very high level. And then my son was a basketball player that when he decided to play basketball, honestly, he wasn't that good. And my wife was thinking, "Oh my gosh, is this the sport he should even be in." But through tools like Mind Movies and visualization and hard work, he became one of the top recruited athletes and basketball back when he was playing. And so Natalie, thank you for helping my children.

Number one, I love what she's doing. I love what you do. And it's so cool too to see, just starting in 2008, which wasn't that long ago? 13 years ago. You've reached over 6 million people with this concept where it's kind of hard sometimes for people to visualize without seeing something on the outside, you've helped them become better visualizers. So you've helped so many people and so much success on this planet. You've helped bring to fruition with your work. And not only that, we were just talking also about this incredible work you're doing now in schools. You went into Liberia, I think a year or two ago, and started a program called Personal Growth Studies. And I want you to talk a little bit more about that too. And now you just completed the first year with a school in the US. So, you have such a great heart. You're somebody who really cares about human beings and it comes through in everything you do. And today we're gonna focus in a little bit about how it can be used in healing, healing the mind, healing the body. There's ability to attract by visualizing and



changing our energy. So I'm just thrilled. I can't wait to delve into your knowledge and learn even more from you. Welcome to the Global Energy Healing Summit.

Natalie Ledwell

Thank you Tom. It's great to see you again. And again, that's an absolute pleasure to be here. And as we were mentioning before, I I've been with Dr. Joe Dispenza for like nine years, he's been using Mind Movies, in his advanced workshops. And what the cool thing about that is, if for those of you who may not be familiar with Dr. Joe, he is kind of along the same line as you know, Greg Braden or Dr. Bruce Lipton, we're talking about epigenetics and how we can heal ourselves.

Tom McCarthy

Yes.

Natalie Ledwell

We can heal our bodies. We can build our immune systems. We can do that through the power of our mind. And as long as we know what it is that we're focusing on and what it is that we're looking to heal, then we have the ability, we have everything that we need inside of us to be able to do that. So that's been such a -

Tom McCarthy

Absolutely.

Natalie Ledwell

Yeah.

Tom McCarthy

Yeah. Well, and the thing I like about what Joe Dispenza talks about, and what you believe in is everything's malleable. We're not this fixed lump of cells that we think we are. We are energy. And we can shift energy. When you start seeing yourself as energy for healing, or just even seeing yourself as energy for anything, right? Attraction of wealth or prosperity, relationships. When we confine ourselves to what we can see in a mirror, we really limit



ourselves. And that's why I love what Mind Movies does, 'cause it allows us to see something beyond who we can touch and feel. And then it makes it real by shifting our energy and sending out different energies to attract in. So it's really, really powerful. I wanna go back, though, I wanna start by just asking you how the heck did you even come up with Mind Movies or get into this business, like what caused you to make that decision to bring this out to the world, and how did you even come up with it?

Natalie Ledwell

Yeah, so originally when we started the company was my now ex-husband and my now ex-business partner and myself. Luckily we're all still friends. And actually my ex-husband and I are still business partners. So that's all cool. But, yeah, back in 2006, I had this monumental moment of frustration, looking at my bills and looking at my bank account and going, I don't get it. At that time, Glen and I we were running four businesses at the same time and still struggling financially. And I started being introduced to postal development at the age of 21. Bryce and Brian Tracy was the first cassettes I had. I'd walk the hot coals with Tony Robbins. A couple of times in 20s. I knew how to make a plan. I knew how to take action. Action was obviously not the issue. But I'm missing something here. And a friend not long after that said, "Look you've got to buy this DVD online, "it's called 'The Secret'. "You got to watch these things."

And we bought it, we watched it and it changed everything for us. Like Glen and I, we got it straight away. We got it hard. And so on running out affirmations of one of the businesses we had was like a network marketing business, I'm like, right, this business is gonna, what's gonna get us to the life that we want. And I'm writing out all these affirmations and visualizing. So Ryan, our friend, who we'd met through the network marketing business, came to us with this idea of creating these little movies that were like slideshows, like affirmations and photos and music. And so look, "I'd really like to go into business "with you guys and let's set up a website." Now, Glen could hardly turn on a computer and I hadn't even heard of YouTube. And this is 2007. And I'm like, I don't know if we've got anything to offer. He goes, "It's all right, I'll teach you." I'm like, okay. So, within a few months after putting one little video on YouTube, we had so many emails from people saying, "This is changing my life."

Tom McCarthy

Yeah.



Natalie Ledwell

But I'm like, boys, we need to pay attention here. This big act is internet thing. So yeah, that's kind of how we got started. Just a great idea. The secret had just been on Oprah say, everyone was talking about, shifting energies and more of attraction and visualizing. And the cool thing about Mind Movie is that it helps you to put you in a future that you haven't experienced yet. Which it can be very difficult to do. I know working with people when you're in pain, when you're in discomfort, if you're not feeling well. It's very difficult to get out mentally outside of that situation, because that's all you feel and so that's all you manifest, and that's all more that you create because that is the energy in which you're in.

Tom McCarthy

Absolutely.

Natalie Ledwell

So if you can create a little Mind Movie using the right words, like, rather than saying I'm pain-free and like I know I'm in optimal health, I'm strong, I'm fit, I'm vital, I've got energy. When you're talking about these things, and then you watch this little dynamic movie that you put together for yourself, it makes it easier for you to see yourself there. So it's like you're having this little mental vacations.

Tom McCarthy

Yeah, and it creates a state change. It creates an energetic change. And that is a huge challenge for pretty much anybody. Watching this right now, I guarantee you, because even as enlightened as you are, and as I've been doing this work for a long, long time, we bump into ourselves. We bump into that past version of ourselves pretty much every day. I tell people you're under no obligation to be the exact same person you were five minutes ago. And yet most people that's what they don't think they are, but that's exactly what they are. They are who they were just a minute ago. Your work helps get people beyond that. And it is hard for people when they are in pain or they're struggling to see beyond they want to. And even might say the words, but they don't have the energy and the belief behind those words, and watching it from the outside where you can see it and feel it. And I know your Mind Movies have music, right? It creates such a state change. It allows people to enter into that much easier. So, that's incredibly powerful what you're talking About.



Natalie Ledwell

Well, the music is the secret sauce. Because the music can put you into the emotional match.

Tom McCarthy

Right.

Natalie Ledwell

And here's what we do know, that our emotions are the frequency that we send out into the universe.

Tom McCarthy

Yes.

Natalie Ledwell

Okay? So when we're visualizing, what's more important than what you see, it's what you feel.

Tom McCarthy

Yes.

Natalie Ledwell

They need to feel like you're already there. Like, you need to feel like this is already happening. And so when I'm teaching people and encouraging them to make a Mind Movie, there's like five different types of affirmations. I recommend that they include. First of all, you wanna write down what it is that you want, as if you've got it now.

Tom McCarthy

Right.



Natalie Ledwell

You wanna describe what life looks like. So how is life gonna be different once you have this money or this health or the love or whatever it is that you're looking for. You gotta remind yourself why you're doing this. You got to put in some little actions, whatever daily practices you need to change or whatever that is. But the last one is really important. The last type of affirmation is what I call your thought affirmations. Because if thoughts got us to where we are now, that's fine. But if we're not happy with where we are now, and one of the things we need to do is change our thoughts, right?

Tom McCarthy

Yes.

Natalie Ledwell

So like for example, last year 2020, crazy year, and first half of the year, I definitely caught the COVID 15, which is the 15 pounds you put on during COVID. So, as you do. And so I've created a Mind Movie. Like I create Mind Movies all the time. So I've created a Mind Movie about the health that I wanted, I'm using an upbeat song so that, in the beginning, I would have to play the Mind Movie before I even got out of the bed. So I can be motivated to exercise, but also to make good health choices and food choices and so forth. But what it also got me to do, is to think like that I am already this person. I'm already this person that does enough to, that's eating healthy, that's always making healthy choices. That's always exercising every day. So when you can make that mind shift, and the more often you can see yourself and think like that, then you're creating new neural pathways in your brain. And that have all these thoughts that are in alignment with that. Now those thoughts will automatically influence your actions. So, getting up and exercising in the morning, won't be such a drag.

Tom McCarthy

Right.

Natalie Ledwell

Choosing of the right food choice is not gonna be that hard. You're actually gonna want to do that. 'Cause now we've got these new thoughts coming from the subconscious of the



conscious mind going, "No, this is who you are right now. "This is how you show up." Which makes it so much easier when you're on your health path, right? So when your emotions, actions, and thoughts are all in alignment, then you're just a big magnet for everything that you need to make that a reality for yourself.

Tom McCarthy

I know I agree 100% with everything you're saying. And the biggest challenge people have, let's say with healing, is they are seeing themselves as this sick or unhealthy person who's working hard to try to heal. That doesn't work. It's like you're pulling yourself back as you're trying to launch forward. You've got to see yourself as healthy. Back when I was working with Tony Robbins, one of the things we discovered was that at the core of whether someone's going to even make a change lasting or not is their identity. So someone would stop smoking. But if they saw themselves as a smoker, who's trying to not smoke anymore, they would always revert back. So for healing, the same thing. And that's the power of your work though it's hard for people to feel it.

Now, listen, I work lots on meditation, I think you do too visualization, so we've gotten better and better at it, but someone who's just starting to delve into this, they do glue themselves a little bit to who they think they are right now in the present moment. And that is a huge break on the progress of where they can go to. And this is why I'm such a fan of what you do. It is a really cool tool that anybody can create, and it will inspire you or motivate, you will change. We're talking about global energy healing. It will change your energy. What are some of the keys, you've mentioned a few of them, but what are some of the keys when someone is struggling and maybe they've got an illness or they don't feel healthy, how can that person have that positive mindset where they can really flip the switch and see themselves being healthy when maybe for years they've had this mindset of, "Oh, I'm sickly, "my energy is not good." How can they flip the switch? Give them a couple of keys.

Natalie Ledwell

Yeah, there's a couple of things that are super effective. The first one is gratitude. Now I know that we all talk about gratitude. Anyone that teaches any kind of personal development will say, "You got to have a gratitude practice." But you can't underestimate how important gratitude is, because it is the gateway to everything. When I'm talking about manifesting or whatever it is that you want, the first step to that is what I call getting your happy place. We need to be in these higher frequency emotions. Now I'm not talking about ecstatic, joy, and



happiness and so forth, but we can start with courage. We can start with accomplishment or pride or gratitude, like a week and work our way up to that. Absolutely we can. Could because the more the way marinating in these higher frequency emotions, the more in flow we are, and the easier everything becomes. And so, yes, if you have a gratitude practice, running five things in a gratitude journal every day, five new things every day, that's just the basics. Like every morning when I take my dog out for a walk, that's when I drop into my gratefuls. So I encourage people to choose an activity that they do every day. It could be even cleaning your teeth. And then that's your moment where you kind of have this moment of really appreciating everything that you have. And even though we may be feeling unwell and we may have a certain condition, there's still little things that happen throughout a day that we can still be grateful for.

And the thing is what we're doing there is we're training our brain to look for the good. Looking at your gratitude, and even sending yourself a little alarm during the day, so you can stop, drop and be grateful for something in that moment. Is a really great idea. So gratitude is a big thing. And of course, we're talking about the power of visualization. And sometimes if you haven't experienced that or your current reality is that of unwellness and of pain, then you want to try. Even if you're watching a Mind Movie trying to visualize yourself in that future can be a challenge. So with Dr. Joe Dispenza, one of the techniques that he teaches, which I think is just incredible, is to dimensionize a future moment as if it's happening now. And when you visualize, you're not seeing yourself as a character in a movie. And you're closing your mind and seeing the things happening in front of you, you're actually in the movie. So you are-

Tom McCarthy

Squeeze and feeling it

Natalie Ledwell

Absolutely, every sense. What are you tasting? What are you touching? What are you hearing? What are you smelling? All of those kinds of things. Because what happens, the more that you can do that, and in the beginning you might be, like takes it a little while to get used to doing that. But you creating this moment is one saying this one thing that you will be doing, and it could be running down the beach, okay? So if I was visualizing running down the beach right now, I would be able to feel the sand between my toes. I'd be able to hear the waves crashing, I'll be able to smell the ocean. I'd be able to feel the heat of the sun



on my skin. And in my body, I can feel myself springing and bounding because I so much energy, I'm breathing with these, like all of these things I'm bringing in, And in my mind I'm actually running down the beach. Now, subconscious really doesn't know the difference between that and what's actually happening in your reality right now. So the more that you can do that. And the other thing that when people think about visualizing, they're like, "I don't have the time to sit down and do it." I'm like, you don't have to sit down and do it. You can be vacuuming the house. Whatever that is. And especially if you've created a mind, if you have a song that's kind of like an anchor for you, you could hear that song, and you instantly, in your mind, even with your eyes open, you can still go there in your mind. It's like I call it day dreaming with intention. And really creating that as if it's happening now.

Tom McCarthy

Yeah. With Mind Movies, which I recommend everybody take advantage of. Because Natalie's also made it available where you can get six free Mine Movies, is that right?

Natalie Ledwell

Yeah.

Tom McCarthy

Yeah.

Natalie Ledwell

Yeah, so we've created six pre-made Mind Movies for a couple of reasons. Number one, so that you get a really good idea of what a Mind Movie is. 'Cause I think to describe it to you in words, but until you actually see it and experience it, it's like, "Oh, now I get it now. "Now or never." But the other cool thing about these mind movies is that they help you to, even though the generic, you can stop watching them straight away. But when you start watching them, you already are starting in your mind going, "Well, this is what health means to me. "This is what it looks like for me. "This is what wealth means for me. "This is what love looks like for me." And it helps you to get clearer on what it is that you want and what your definition of health or welfare or happiness is, because it's different for all of us. We can say, look, I want to be happy. That's great. But what does that look like? And you're like, "I don't know." But watching these Mind Movies can really help you to get a lot more



specific about what that particular area of life looks like for you, which is really cool. And you can download them straight away. You can actually save them to your phone so you can be walking around with them as well.

Tom McCarthy

Yeah, very cool. And give us the web address.

Natalie Ledwell

Yes, so if you go to mindmovies.com/healingsummit.

Tom McCarthy

Yeah, healing summit. Yeah, perfect. And when someone's using Mind Movies, how often do you recommend that they use them? Like what's the cadence per day? Because the thing that's really important here is it does take time to shift. And so it's not like, "I watched my mind movie three months ago, "what's going on here?" We're retraining, we're creating new neural pathways. How often do they need to watch them if they wanna work on healing their body, for instance?

Natalie Ledwell

Right. So, there's a couple of things I highly recommend. Obviously, before you go to bed at night, what we do know is whatever you watch the last 10 minutes before you get asleep, your subconscious mind is gonna be mulling over that. That's why if you binge watch Netflix, that's all you dream about that night because that's the last thing that you've seen. So if you're putting something positive in there, like a Mind Movie, I think that's a really good way to leverage your mind and your subconscious mind to get a little bit more-

Tom McCarthy

In one second on that evening thing, this is really important. My wife got into. We never really watched much TV. And then she got over COVID like binge watching these shows. And one of them we never watched was Game of Thrones. And I had to stop. I said, I cannot watch this before I go to bed because you just brought up a vivid memory. I would have, like, that show was brutal.



Natalie Ledwell

It was brutal.

Tom McCarthy

So be careful what you're watching before you go to bed. Anybody, because it is very important. And that goes down into your, I call it your super conscious, not just to your subconscious. And it starts playing around with that stuff. You want a Mind Movie in your super conscious before you go to bed. So sorry for interrupting, but that just brought up a great example of what I had to tell my wife, we can't do this anymore.

Natalie Ledwell

Yeah, now, on the same. Game of Thrones, I could only do an episode at a time 'cause it was just too much. And half the time I'm like this.

Tom McCarthy

I know I can't even watch it.

Natalie Ledwell

So, definitely before you get to sleep is important. I always recommend in the morning as well. But if you have a specific healing or health Mind Movie, then whenever you're doing any kind of activity that you're gonna be doing for your health, then that's a great time to watch your Mind Movie. So for me, I would watch it first thing in the morning so I could get my lazy butt out of bed and get you to start exercising. But then once I got into the routine, it was easy, it was great. The other thing that I got into the bad habit of doing is getting to one o'clock in the afternoon during COVID, which most people say five o'clock. I call it one o'clock. But I knew that there was a danger time for me and I wanted to cut back on drinking in the evenings. And so I would watch my Mind Movie about 4:30. Because what it's doing is it's remind me of me, you may now wait a minute, remember this is the health that you want. This is how you wanna feel. This is how amazing you're gonna look. So these are the things, these are the actions that you're taking to do that. So, it really helped me to stay on course with all of the actions and things that I wanted to do as well. So with any of my Mind Movies, if I got one about the kids program, I'll watch that before I start working on it. When I was single, I used to watch my love Mind Movie before I'd go online. So it helps



you to get in the mental mentally energetically frequency, vibrational match of what it is that you're looking to achieve. So if you can do that before you started to take action towards those particular areas, so it really helps a lot.

Tom McCarthy

That's awesome. And talk about limiting beliefs, Natalie, talk a little bit about what they are and then how we can overcome those.

Natalie Ledwell

Yeah. So a limiting believe is that voice you have in your head that gives you all the excuses and all the reasons why you're never going to amount to anything that like nothing ever works, so that you're on a health journey and you go, "Okay, this is my eating plan." Then you eat a cookie and you're like, "Oh, well, hands on heads ,that's it. "And my appetite is ruined by myself, "is eat whatever I want." That's a limiting belief. That's what limiting beliefs are. They're basically these beliefs and thoughts and behavior patterns that we have that we actually developed when we were quite young. So we know that between the ages of say two and six or seven, our brains are operating at theta brainwaves activity, which means that we have very observant, very connected to everything. This is part of our human developmental stage 'cause we need to learn quickly.

Who we are in the world? How we need to operate? And what health is? What a body image, all these kinds of things? So we're observing everything. And our subconscious mind can process 40 million bits of data per second. So believe me, there's a lot that's going in there and stuff that we're not even consciously aware of. But this is a time where we really start to form beliefs on our body image, our self-esteem, who we are in the world. And all of this it depends on what we're observing as a kid and what they're being told. And those things that have the strongest emotional charge or emotional attachment to another things that affect us the most. Normally they're the beliefs that have the hottest to shift. And so what happens, by the time we get to seven or eight, we're sort of into regular brainwave activity. So now these beliefs already stored in there, but remember, we're looking at situations that happen through a five-year-old eyes. And then because we have this belief, we go through life, looking through that lens. Everything is tainted by that belief.

Tom McCarthy

And not even noticing that that's the lens we're looking through as the problem.



Natalie Ledwell

Yeah. We see things that aren't actually there, if they're looking through that lens. And it really influences who we are. So the little four year old, a little five-year-olds kind of running the show and most of us are completely unaware that this is going on. And it's not until we really start to, consciously as an adult go, you know what? I'm gonna be in perfect health. I wanna do this. And you start to set intentions and write down affirmations and start taking action towards that. And then that voice, and those lemony beliefs become very, very obvious.

Tom McCarthy

Which is great. Because now you can work with them. They're not hidden anymore. I love it, yeah.

Natalie Ledwell

Yeah, and I was saying before, like the thought affirmations. I encourage people to include in their Mind Movie. Sometimes the thought affirmations are going, "Okay, well, I'm aware of all these negative thoughts "that are coming up. "These are sabotaging my success. "I'm saying no way do these anymore." But you also like being aware and choosing to release these thoughts is one thing. But you also have to know what you're going to be replacing them with. Because unless we know what that is, 'cause you know, it's not like we go right.. I'm never gonna think, I'll never amount to anything again. Now you are gonna think that again. And that's fine. But the thing is when you know what you're gonna replace that thought with, you go catch yourself and go, "Whoa, Nope, cancel, cancel "this is my new thought." After a while, it does become your new default full thought, because of repetition, you've you've got that new thought in there. You have to be aware of what that's gonna be.

Tom McCarthy

Yeah. That's beautiful. I love it. And so powerful like what Natalie just talks about, when we are children, we don't have our conscious mind, is not developed because we have to learn how to walk and what to touch, what not to touch. And so everything's going in. Everything that your parents, their other bad habits, their limiting beliefs, you absorb them pretty much, right? All of us did, not just you. I did, everybody did. And now your job as you visualize and start to put out what you want to move into, that person you want to move into, your job also is to notice what's popping up. A lot of people when they pop up they go,



"Oh yeah, I'll never get there "'cause I can't really feel it." No, that's just the clue that shows you, hey, this feeling that there's a belief behind it, you've got to get rid of. And so profound, Natalie, thank you so much for that. That's gonna help a lot of people. 'Cause in healing, they do have to get rid of limiting beliefs to heal. If you drag those limiting beliefs so long with you, it's gonna be much harder to heal yourself, mentally more physical.

Natalie Ledwell

The thing is, a lot of the times the reason that we have injuries and elements and conditions in our body is because of our faults.

Tom McCarthy

Yes.

Natalie Ledwell

I work with a coach and because I was at home and not traveling for 2020, actually got to be with this coach once a week. And she would tune in energetically and go, "Okay, I can see something's happening with your left knee." I go, yeah, I've got pain in my left knee. She goes, "Right." And what we do is we unravel this wound I have from a child because my biological mother left when I was three for the abandonment's. The abandonment thing is connected to the left knee. We clear that, the knees heal and you like, "Really, how does that work?" these are these beautiful instruments. So Nat, I need you to work on this, I need you to heal this, I need you to release this, So I'm gonna give you kind or I'm gonna give you discomfort so that you know that there's something that you need to work on.

Tom McCarthy

Yeah, it's actually a gift.

Natalie Ledwell

Yeah.

Tom McCarthy

Yeah, and even the illness that people might be going through, honestly, if you look at it in



an enlightened way, it's probably a huge gift for you because it's allowing you to notice some patterns, some beliefs that need to be let go of. So again, very profound there, Natalie. That's really, really cool. So, you had the six steps to manifesting healing. I wanna cover that, those six steps, because I think this is something everybody can sink their teeth in. And also there's a free gift that we have for you. What is that gonna be, Natalie? The free gift that they can all access.

Natalie Ledwell

The six free main Mind Movies.

Tom McCarthy

Yeah, that's right. Oh, we talked about that earlier, okay, good. So make sure you go to mindmovies.com/energyhealing.

Natalie Ledwell

I have to get it right now, what is it? See, this is better because now they'll really remember it now.

Tom McCarthy

Now I know. So it's mindmovies.com/healingsummit.

Natalie Ledwell

Thank you, there we got it. You guys will all remember that now.

Tom McCarthy

They know exactly. So let's go over the six steps to manifesting healing.

Natalie Ledwell

Yeah, so we've already covered a few of them, which is great.



Tom McCarthy

Okay.

Natalie Ledwell

The first one, like I said, you wanna be in your happy place. The thing is if we're still in pain, we're still in debt or we're still in loneliness, for us to be able to set a goal or try and visualize what our life can be like. It's gonna be very, very difficult. We need to get out of these lower frequency emotions of frustration and impatience and helplessness and get into these higher frequency emotions so that we're starting to feel good about ourselves. You're like, "You know what? "I can own \$10,000 a month, I could do that." But when you're looking at all the debt, you go, "I have no idea how I'm going to do that." Like, that's not even a thought in your mind. So you need to kind of be in that higher frequency. So getting into your gratitude, just doing anything that makes you feel good, like Ryan Mexicano is dancing around the house, playing your favorite music, whatever it is. Okay. We need to be in that high frequency.

Tom McCarthy

Yeah, and like you said, music is a good one for people to, right?

Natalie Ledwell

Love it. Especially if it's the one that you've got to one of your Mind Movies it can really, we'll get you going. The second step is that we wanna set ourselves an intention. Now, an intention to me is like this energetic statement that I make, that's like I'm drawing a line in the sand. Like this is happening. I am getting well, I am going to be running down that beach. Like this is what I'm doing. So when I write out my intention statement, I always rite down what it is that I have first. I have optimal health, strong vitality, and my immune system is unbreakable. So whatever that is, this is what I've got. And then I go, this enables me too, and this is my why's. This enables me to, play with the kids and go travel and go on vacations, and run down the beach or whatever that is. So when I'm looking, and I recite this intention statement probably for the first two weeks that I'm starting to work on this goal. And I look at myself in the eyes in the mirror, and I'm saying this thing with so much conviction and so much resolve that even I believe it's gonna to happen. But if basically putting the universe on alert and go, "Hey, we mean it this time "and this is actually gonna go down, "we need your help here."



Tom McCarthy

Listen to what Natalie just said though, because she said it's a line in the sand. And that's what so many people they say, "Okay, I'm this." And then they get a test result back from the doctor and then immediately they back away.

Natalie Ledwell

Yeah.

Tom McCarthy

You can't do that. You draw that line, test result it comes back, doesn't look right. So what, still moving towards it. And that's huge what you said, line in the sand. So remember that part too.

Natalie Ledwell

Yeah.

Tom McCarthy

Yeah.

Natalie Ledwell

Yeah, so then once we've set our intention, the the next step is we've got to get clear. We're gonna get clear about what we want. And we went through those kinds of affirmations that you wanna think about what you want, what life looks like, why you're going that extra mile, what kind of actions you need to take, and then how you need to think differently. So, releasing those old limiting beliefs, thinking positively, and then really thinking about, well, how does a wealthy person think, or how does a healthy person think? Like they're now waking up and going, "Oh God," and checking in and going, "Oh God I've got this, and I got that "all ready in a downward spiral." No, they're waking up and going, "Today's a good day. "Today I'm going to be moving better, moving stronger, "doing better than I was the day before." These are the kind of thoughts that you would add to that. So then, you maybe create a Mind Movie that, or a vision board, whatever you wanna do with that. The next thing we wanna do is add visualizations, which we talked about. Don't just see yourself as a



character in a movie, really put yourself in a scene 'cause it's difficult to look at and visualize all these different things, just focus on one. Because that's really gonna help you to tap into how you're gonna feel in that moment. When I'm visualizing running down the beach, I'm feeling so empowered, so empowered and so strong, and I'm feeling so happy with myself. Like, I'm like, wow, I got to this point. So whatever you're gonna be feeling in that moment. Now I know I've had some people visualize what they want and they go, "I just felt relief. "Relief that old me is gone "and that I'm stepping into this new version of who I am." So whatever that emotion is gonna be for you just really feel what that's like. Because remember, this is the frequency that we send into the universe. So whatever is a vibrational match, that frequency will be attracted back to us, which is super important. So then the next step is your actions. And here's the thing, all actions lead to where we need to go. You don't have to wait for everything to be perfect. All the ducks in a row. And you don't have to go well, "Look, I'm thinking I'm gonna do this to heal my health." And you go down that road, but then that might not be where you end up on, but what that is gonna lead you to where you need to go. You need to create that momentum. You need to get moving and you need to start taking some action. Because you could be telling the universe in your intention statement as this is gonna happen. But if you're not showing it through your thoughts, your actions and your emotions, the universe goes, "Really I don't think it does."

Tom McCarthy

Yeah, we need a little effort out of you.

Natalie Ledwell

I know I don't think so.

Tom McCarthy

Yeah, well, and what I find too, though, when you're doing all these steps that you're talking about, the action that will be most productive often comes to you intuitively because you're in line with, your thoughts are in line, your energies in line. So it's not massive action. It's not like try everything. That's usually not a great strategy, but it's effective action. It's almost like the wind at your back action. You're still working and you may have to work very, very hard, but you almost feel like guided through your super conscious, kind of teeing you up as to what to do or noticing something that it never noticed before and now you see a book that you read or you come to this summit and you watch Natalie talk about Mind Movies and



you started using Mind Movies. So, because the Mind Movies an action, like you're gonna create it. You're gonna watch it. That's an action. And I mean, I truly believe in what you do. I got that program back in 2008 and used it for my children. And it's fun. It's fun to create something and you make it so easy to create it with your programs, but to create something that really does give you an energetic and emotional boost every time you watch it. So really, really cool.

Natalie Ledwell

Well, I have a little hack for you and we kind of alluded a little bit to it, watching your Mind Movie before you go to bed. So this is what your subconscious mind is . We mentioned before that when we really impressionable, when we're young, we're inside of our brain with activity. Well, as adults, we are naturally in state of brainwave activity, when we're falling asleep and when we're waking up in the morning. So my little hack that I do is that watch my Mind Movie at night, then as I'm waking up in the morning, my eyes are still closed, but my brain's starting to kick in. And I know I'm in theta. And when we're theta we're really connected or coherent with the universe, with the unified field, right? That's when I ask my questions. What actions should I be taking? What do I need to do next? What am I doing here? So, and then I just lay long enough to hear an answer come through.

Tom McCarthy

Yeah.

Natalie Ledwell

After a while it takes a little bit, maybe it doesn't come through straight away. Maybe it comes in the shower a little bit later. But if you get in the habit of doing this and you open up that channel and you stay quite long enough to be able to hear what's coming through and you take action on it, then what you're doing is really opening up this massive channel between you and the universe. It's a fantastic way to get those inspired actions to get the actions and the things that well, the ideas that you're go, "That's a great idea." All these things that you may not have thought of yourself, or may not have ever been able to plan for. These are when these kinds of ideas come through. And so it's great that we'll have to use.



Tom McCarthy

It is using the power of the universe. People think they have to do everything on their own.

Natalie Ledwell

No.

Tom McCarthy

When I look at everything I've accomplished, I've done none of it on my own, none, right? I've been helped along the way there by the universe, as you say or by other human beings that have guided me or provided help. So if you're trying to heal or you're not in, where you can feel like you're in it alone, but that's really limiting. Do what Natalie talked about, open it up, let the universe kind of guide you and you will get there faster, you'll get there easier and you'll get there with a lot less pain. So I have loved this interview, Natalie, really, really cool tapping into your brilliance and just resonates with so many things I believe in. So it's a lot of fun to hear you say it. Any final closing words that you have for everybody that's listened to all the great things you've said so far, but anything to cap it off with, you'd like to leave them with?

Natalie Ledwell

What we've talked about is really like the nuts and bolts or the conscious work that you can do to heal and to use energy to be able to do that. But one of the most important parts that we need to remember is number one, we're leveraging the universe. So we're not gonna have to do it by ourselves. But the way that we really do that is to surrender into knowing that everything's happening in divine timing, it's happening when it's supposed to, it may not look like what we think it's gonna look like, and it may not happen the way we think. Actually it never happens the way we think.

Tom McCarthy

Usually, yeah, it's as say never. Yeah, usually. Which cool.

Natalie Ledwell

Which is great, I know exactly. But when you can be comfortable with that, when you can



surrender into that, and surrender into knowing that everything's happening for your highest good. And that's when you are able to keep that flow open, keep that channel open, and navigate through something crazy like a pandemic or like a health crisis. You can navigate through that 'cause you go, "You know what, "maybe this is something that I need "to learn something here, I need to grow from this. "If this is happening for my highest good "and what is the meaning in this?" And when we can always be in that place, we stay in our higher frequency. And it's easier for us to get the solutions that we need.

Tom McCarthy

Yeah. I just did a video for YouTube a couple of days ago. And I always have like three ideas, but the first part, 'cause it was how to thrive in a post COVID world was embrace uncertainty. The people that could not embrace it, I mean really welcoming and enjoy and embrace uncertainty. They struggled through COVID because they kept, when's it gonna open back up? When's this going to happen? When's that gonna happen? Who knows? But when you embrace uncertainty, you really are embracing the way life is. Life is uncertain. And like Natalie said, you can have total certainty, and the fact that you're gonna get where you want to go, you're gonna be healthy, but don't try to dictate what it looks like, because it's just not gonna work out that way. And you're gonna give up because it's gonna look a little different and think, "Oh, I'm not even moving in that direction." And things that look like you're not moving the in direction, usually are the things that exactly what you need to propel you in the direction.

Natalie Ledwell

Right.

Tom McCarthy

So, wow, really cool stuff, Natalie. I love it. Thank you so much for being part of this and look forward to talking to you more in the future.

Natalie Ledwell

All right, thanks again Tom. Great chatting with you.