

**The Brave Files Podcast**  
**Jim Rajan: Finding a Knowing Within**  
**Episode 166**

Heather Vickery 0:00

Hi everyone, this is Heather Vickery. Welcome to this week's episode of The Brave Files Podcast. How would you feel if I said that we all have the capacity to heal ourselves? Really, from a lot of different things, maybe even most things? I know it's a stretch, right? But this is a truth that Jim Rajan wants us to sit with. Jim is trained in shamanic healing, traditional Chinese medicine, Reiki and sound healing. And he's a distance healer, who's a one on one healing ceremonies offer clients a chance to feel seen and heal themselves. This week, I talked to Jim about how he discovered this type of work, what a healing ceremony actually is. Because you know, you're wondering, I sure was to the art of self love, and finding poetry in life. It's really about discovering a knowing within yourself, and allowing that knowing to inform and guide you have a great conversation with Jim, I am really excited to share it with you. So get cozy, and let's get started.

Jim Rajan 1:19

Learning, meaning and mission.

Heather Vickery 1:23

This is Heather Vickery. And you're listening to The Brave Files, stories from people living courageously. When we choose bravely in big and small ways, it powerfully elevates our lives. I hope these stories connect with you, and encourage you to embrace bravery in every possible way, day after day. Together, we can build a movement of courageous living that enriches both our lives and our communities. And if you enjoy the show, I asked you to please share it with others. Maybe think of someone who you want to choose bravely right alongside you. Thanks for tuning in. Now, here's the show. listeners, I have always been fascinated by the metaphysical those things that we feel and we believe to be true, but we can't quite put our finger on why or truly understand how they work or what they do. They just somehow do. And that is why I'm super excited to talk to today's guest, Jim Rajan about his work as a distance healer, who supports others by connecting to a person's base frequency. These are things that I know about. But still I hear that I'm like, What the heck does that even mean? But he does it in an empowering and enriching way. He calls it the healing ceremony that is so engaging for me. And this work really helps people transform their lives and all aspects from health and self esteem to fulfillment, living your purpose. And we're going to find out what brought Jim to this work, what his brave journey has been, and how maybe you can bring some of that into your own life. Jim, welcome to The Brave Files.

Jim Rajan 3:06

Thank you so much.

Heather Vickery 3:08

I heard you giggle when I was like, we we know this works. We just don't know why, like what?

Jim Rajan 3:13

Yeah, yeah yeah.

Heather Vickery 3:14

We don't I mean, some of these things we find there's some science behind but I think a lot of what you do is very unexplainable. So I'd love to hear from you. How you got into this. And I mean, yeah, what it what it means to you. I don't know, I have a lot of questions. How did you get into this?

Jim Rajan 3:32

I know it's an interesting one, isn't it? And there's a lot of there's a lot of kind of Hocus Pocus and, and kind of airy fairy mysticism around all these kinds of things. So I like to be really feet on the ground and honest and genuine and authentic about it. How did I get into it? Well, I have had hundreds of different jobs in my life. And I've tried all different kinds of things and nothing really worked. I come from a family of healers. My mum, she my mom is a homeopath and a Reiki Master, my sister as well. And I've studied all kinds of different kinds of alternative medicine and healing. But I started because one day a friend of mine, I was talking to a friend of mine, she lives in Monaco, I live in Spain. And she was just just really down and we were talking about something, difficulty, a challenge that she's had for something like 20 years, and not getting help with tried all kinds of things. And I just said, Look, I don't really know what I'm going to do. But I'm going to do something here and I just want to help ,I just want to help. Let me let me try this thing. So I sat and I did a healing ceremony. I just kind of I just sat sat and connected and really tried to use my intention to help a friend No. And, and at the same time, I thought, I don't really know what I'm doing here. This doesn't really make sense. But I did it. And then I and then I called her. And she was crying. And I was like, are you okay? What happened? And she said, I felt all these kinds of things. And then I started telling her about what came out and what I, what I found and what she'd, you know, essentially, in my work is about listening. So I just sit and I listened to someone, it doesn't matter where they are in the world. And, and so I told her what I'd heard and what came and, and she was amazed. And she said, You know, I mean, I've known her for probably over 25 years ago, she said, How did you know that about me? No one knows that about me. And I was quite struck. And I thought, wow, I don't know. And I started to question myself when I just said, Well, I don't know, it just kind of came. And she was really freaked out now. And then. And then, and then we finished the conversation. And all of a sudden, people started asking me if, if, if I could do one for them. And then I did one for my sister, and she was blown away. And she said, but no one knows that about me. And that's my sister. And then slowly, I just kind of put it out there on on Instagram, or what have you. And, and now I have clients all over the world, and I have four, 5, 6, 7,8 clients a day sometimes, and, and I'm, and every time I do a piece of work, I'm just amazed. And it's not, I'm not amazed at myself, I'm just a normal person, I'm amazed at how two people are able to just connect. No matter no matter where they are in the world. And I do I listen, and I do little pieces of work and, and I make sure that everything I deliver to the person when I'm done in a healing ceremony, I

make sure it's it's very positive and empowering. And if I find something difficult or challenging, it's, it's, it's a responsibility for me to make sure that that comes to the person in a way that it helps growth and helps them understand their life, helps them understand how they are, why they are, where they are in life, who they are, what they are, and that they can actually do something with it. So

**Heather Vickery 7:15**

It's really fascinating and cool. And I wonder, was there ever an element for you, did it always just feel really easy and natural for you? Or was there an element of, for lack of a better word fear? Like, what is actually happening? Because you've said you don't know, I don't know why I can do this. Not everybody can do this.

**Jim Rajan 7:37**

I think everyone can do it. I mean, yeah, there's nothing special about me, I think that everyone is everyone is in inverted commas, psychic, everyone can feel things and see things, everyone is intuitive. Everyone has a connection to the kind of subtle qualities of life. But most of us haven't actually developed it or or done anything with it or believed in it. But I was always, I was like a weird kid. At school. I was like, ADHD, and dyslexic and, and all kinds of stuff. And very different. I had a very challenging time when I was a kid anyway. And and so I tried all kinds of different things, and nothing worked. And it just, it was just, I kind of needed to develop my own extrasensory perception, I suppose. But you have it as well, you know?

**Heather Vickery 8:30**

I do. I follow my intuition a lot, and very guided by all of that. I'm actually fascinated, like, maybe Jim can teach me to do more of that. But it didn't frighten you, when you realize that you could connect with people on that frequency? Or did it always feel like a comfortable space for you to be in?

**Jim Rajan 8:49**

Yeah, no, it never frightened me, what what the fear I got was the responsibility of what to do with that information, and how to deliver it to a person in a way that didn't scare the hell out of them, or, or, you know, make them feel kind of vulnerable. So, I've worked a lot on myself in my life, because partly because I've had to, and partly because I've had a lot of kind of suffering and challenges in my life. I've had wonderful things as well, but I've used I've really used my life and I've used the suffering and difficulties I've had to help me understand life. So when I come to a new client, and a new person, I'm, I'm coming with more than you know, I'm using the whole of myself, if that makes sense.

**Heather Vickery 9:41**

I really appreciate that. Yeah, as a coach, I would say the same thing. The The reason I'm able to be helpful to others is because of my own learning journey and my own transformation and the work that I've done. And that means that we can tell people from truth from vulnerable authentic experience. I, I feel this, I understand this, and I can help you see a path forward,

which is really such a gift. Now, I would love to hear more about what the healing ceremony is, is that always a virtual thing?

**Jim Rajan** 10:19

Well, I mean, there's never, there's no technology involved. So when I do it, I decide on a day and time with the person I'm working with. And then at that time, for about 30 minutes, I just sit and I go, I kind of have all kinds of things around me. I'm a musician and a music producer as well. And so I have different musical instruments and , I just have an array of stuff in front of me to really provoke. And often I don't often I don't need anything. So often, I'll just I'll sit down. And in fact, often, even before I've started, it's already started. And I'm already kind of not receiving things. That sounds too. That sounds too strange. I'm connecting.

**Heather Vickery** 11:00

It kind of is receiving you're getting a download of some sort, right?

**Jim Rajan** 11:05

Yeah, yeah, yeah absolutely. And then, for about 30 minutes, I just I do the piece of work. And it becomes necessary for me to do little pieces of processes with the personal healing work. And then when I finish I send the person audios. So I usually send them about 20 minutes of audios, or in Instagram, or WhatsApp or whatever the platform is. And then many people like to do a video chat with me afterwards. But many people don't, a lot of people, they don't even like to talk to me in person, they just received their information and sit with it and process it and work their way through it. Because it's very rich, it's very enriching. Because you, you know, you, you get to hear how do I put it, you get to have someone else, connect to your own inherent wisdom in a way and pull it out and hand it to you on a plate.

**Heather Vickery** 11:57

I imagine it feels like being seen.

**Jim Rajan** 12:00

Yeah, but not in an, not in a vulnerable way.

**Heather Vickery** 12:02

Yeah. Yeah, no, filling way. Like, oh, I exist, I take up this space, and somebody else knows it.

**Jim Rajan** 12:10

Yeah, it's affirming. It's really affirming. I mean, I, I have this phrase of, that I use all the time, which is nothing exists until you do. And it's so true. Because when you, when you're one of those people that you just don't feel like you exist, and you just go through the mundane activities of life, and you've given up on any kind of magic that life might hold and, and you're not connected to the poetry underneath life, like the natural order of things. And, and life just becomes this really superficial thing to you that that you're in a white board of. And then someone comes along and says, look, actually, this is what you're showing me. You go, Wow. I had no idea that I even impact the world like that. That's incredible. And it empowers you and it

changes your frequency it it expands your energy. I mean, I don't like the word energy energy, because it's kind of hippie ish. But you know,

**Heather Vickery** 13:05

And you are not a hippie, would you say you're not a hippie?

**Jim Rajan** 13:08

I was a long time ago. But I find that it's, I mean, I am what I am, I'm a bit of an explosion of all things. I'm kind of I come from a very mixed kind of background. I'm so I'm, yeah, I kind of it's taken me a long time to be able to just say that I am what I am. And I'm happy with that.

**Heather Vickery** 13:32

Yeah, that's huge. I think that's amazing. And you have you do a lot of things. You're very skilled. I mean, this list, traditional Chinese medicine and Reiki and sound healing. And you're Buddhist and the distance healing and you do meditative work on inside time. Like that's a quite a wide range of things that you bring into the world. And give of yourself to do I wonder from the perspective of people who are like you and like me and give a lot of ourselves to others? Does it ever get exhausting to give that much?

**Jim Rajan** 14:17

I don't know if it's, is it giving? I mean, I, I'm here to eat life. And that that's how it is I I was very ill when I was a child, I had all kinds of problems. When I was a kid I I have kind of certain chronic illnesses. I've had lots of kind of experiences that have shown me how fragile and short life is. And I've had them so close to my face. I mean, for example, my daughter when she was a baby, she was extremely ill and, and I've had these things. And it is said that suffering is enlightenment. I wouldn't say that I'm enlightened. I'd certainly do my best but you I've had life hit me in the face so many times that I take, I don't take it for granted. I'm here, I have X amount of years. I'm 47. Now, if I'm lucky, I've got another 30 years maybe. So let's get on with it. No, I'm here to do and just create and to enjoy and experience what is life, if it's not a list of experiences, some of them are supposed to hurt. Life is not supposed to be easy. It's not about you don't come to life to just be happy, and sit and watch Netflix every night that doesn't really cut it. That's not what human life is about. Yeah, I mean, Netflix is fun. Sometimes you need to have a rest of course, but you know, it's, it's, it's like, life is this incredible thing. And you've been given it, you can either do something with that or not. And either way is fine. And you're not a bad person if you if you don't do that, but I I have this real feeling that I came to this life for a reason with meaning. I mean, I've really tried to live my life with meaning. Why? Because, because I need to, because I've, I've gone to the really horrible dark places. And they are really unpleasant. And so I'm like, right, well, okay, you take me to one extreme, I've done that I want to taste all of the other things I want to I want to really see where we can go with this. It said that you know, one person has the capacity to change this world. I don't know if I'm going to change this world but I'm going to do my best to bring bring about something in the lives of other people while having the time of my life.

Heather Vickery 16:47

I love, I love that so much. And I do believe we are here we are here for a thing and and the thing is here for us, right? You You get to make what you want to make out of it. I am so, I'm so fascinated by is by someone. I mean, I hear you saying that there's been a lot of struggle and strife and that that is all just part of it. And yet you have this huge following ,your you were welcomed into insight timer, which congratulations. I think that's amazing. You have a lovely following there. How does that feel? To be moving into those spaces? And then also, I'd love to know sort of what what a day in the life of Jim is like when you have so many moving parts and also caring for you.

Jim Rajan 17:39

How does it feel to have that? I mean, yeah, I have about sort of seven and a half thousand followers on insight time. So many 1000 on Instagram. I don't know if it's about the amount of people I don't think it's about the amount of people, it's about the, How does it feels great to be able to provide something that is useful. And something that really people really value it's it really feels it I'm honored. I'm honored to be able to bring some some kind of quality to life that other people don't bring me a day in the life of me, I'm homeschooled. We're homeschooling my daughter at the moment because of Coronavirus. But that's

Heather Vickery 18:28

How old is she?

Jim Rajan 18:29

She's 12 that's, that's kind of fun, actually. You know, I do all the stuff that everyone else does. But ever. If I have a minute spare, I'm doing something. I mean, I'm hyperactive. When I was at school, they you know, they I was just academically a disaster because I just couldn't stop moving around doing things, whatever, you know. And so now, I just like yeah, if I've got five minutes, I'm going to I'm going to do something. I do rest. I do take care of myself, I really and it's quite hard for me to do that I have to actively take care of myself, I make sure I eat really well. I'm a Buddhist. So I chant every day, I try to meditate every day, I've really tried to do some kind of yoga exercise every single day because that keeps me grounded. It keeps me, It keeps my head clear. Keeps my ego at bay because we all have one and it keeps me just kind of present and available. It's like everyone has an enormous amount of resources. Most people that have don't think they have any. But you have you can have an enormous amount of resources but never even be attached to it or connected to it. So it's really important to a, understand that you have amazing, amazing, amazing capacities and abilities and resources within you and be actually be connected to them. And so for me, you know, I do a lot of just sitting on my own with a pen and a piece of paper with nothing going on no music No, no, and just, you know, stuff will come out of me and, or anger will come out of me or, you know, whatever kind of frustration. And it's important that I let these things out of myself. I'm, you know, I was I'm half Indian half English, but I was brought up in the UK. And there's, there's a lot of internalizing in English people. And I adopted that, and I'm, I'm still working on releasing, I have to, I have to kind of force myself to not do that. But yeah, I take care of myself also, by take

caring, taking care of the people around me. And, you know, self love is possibly the hardest thing

Heather Vickery 20:52

It is, it really is.

Jim Rajan 20:54

Yeah, and that's kind of the basis of my work as as a distance healer is helping people see the value in self love, in taking care of themselves before they take care of others. For example, I have loads and loads of clients who are Reiki masters. And what you get with people who do Reiki is they, they go and learn Reiki, they understand that it's a universal energy that passes through you. And then it's that that heals the person that you are treating. And they do that for a while, but then they forget, and they start to use their own energy. And then after a year or two years, they're absolutely exhausted. And they hate giving Reiki but but they have clients, so they have to do it. And so it's reminding people, no, you got to take care of yourself. And you have to find that empty channel within you where universal energy flows through, you know,

Heather Vickery 21:48

I really, I love that. And obviously, it makes a lot of sense for somebody who is in energy work. But I also think it makes a lot of sense, for any type of work that you're in is, is tapping into those different energy channels, and not depleting yourself in the process. To me, I think it's such a gift to be able to hear that and for folks to know that it doesn't have to exhaust you all the time that you do not have to operate in that space. Jim, I'm curious for you, at what point in your life, did you realize that this was this was your calling for lack of a better term, like doing this type of work was where you were going to spend your energy and the rest of your life?

Jim Rajan 22:35

Well, as soon as I did that first one,

Heather Vickery 22:38

you knew right away.

Jim Rajan 22:39

I was just like, oh, my god, that was incredible. How, how did I do that? Where did that where, you know, where did that come from? What's that all about? I mean, I've done all kinds of I've had hundreds of jobs. I mean, I worked in film and TV for years, and I've been the manager of a cocktail bar. I've been this I've been I've been like a million things. Because I was forever searching. I was like, I'm here. I'm alive. Okay, let's try these things. I know, tried loads of things. And my friends, they used to take the How do you say they used to mock me? No, because, because I'd like have a different job every time I saw them. When I, when I did that first piece of work with my friend, it was just like everything. It just felt right. It was about feeling I hit I hit a knowing within me I hit a kind of wait a minute. Doing this attaches me to that poetry beneath life. And I've been striving, I've been striving and striving and looking for ways to achieve that. And as a musician, I mean, I, as a music producer, I thought you know, maybe that's the way

and I love making music. Although I was never taught how to so I don't have a clue about you know, music theory, but it was just like, you know, I did that one. And I sat back after speaking to my friend and I just I was just like, I don't know what that was. But I love it. And if I could do that every day, I would be the luckiest person in the world. And I am.

**Heather Vickery 24:19**

Yeah, there's so much magic in that. That's what I hope all of our listeners, I want you to find the knowing and it's there for you if you're listening right if you are paying attention to what is happening in your life and allowing yourself to connect with whatever it is source or energy or self or all of those things.

**Jim Rajan 24:43**

But I mean, what is knowing if you take it to, you know, to know is to have that place within yourself where there is a foundation. You have a solid foundation within you that can look out and actually see what going on around you, and that can listen and listen to what's going on underneath the people's voices. That that's knowing it's not getting carried away and listen, you listen to someone say something and you're like, Oh, yeah, yeah, yeah, I accept that. Yeah. And looking at the world around you and going Oh, yeah, well, of course, the words like that. Yeah, that's how.

**Heather Vickery 25:19**

But yeah, it's actually the opposite of that.

**Jim Rajan 25:21**

Yeah, it's so the opposite. It's crazy. So really, it's like, when when you start to root yourself, and you find a solid base from which to spring from, you understand life in a different way. And you understand life in a very different way for many of the people around you. And one way it can be kind of isolating. But then you find your community and, you know, you find people who resonate, as you do, and it becomes a wonderful, wonderful experience of life instead of just experience of life.

**Heather Vickery 25:56**

Yeah. Oh, that's just so magical. I love it. And I'm wondering, does this work, this life that you've leaned into? Does it feel brave to you?

**Jim Rajan 26:08**

I like the word brave.

**Heather Vickery 26:09**

Me too.

**Jim Rajan 26:13**

Because brave, I mean, wait, you know, it can come from many different standpoints. Does it feel brave? It feels honest. I, I kind of got myself to a place through life experience, where if I



lost my life, same tomorrow, would it? It would be sad, it would be ashamed for the people around me. But I have really lived every day as best I could. So yeah, it would be a damn shame. But I would, I'd be like, Alright, cool. Well, you know, I had a great one. Let's go to the next one. what's what's happening in the next one? Take me to the next one, if you know if you believe in that kind of thing. So is it brave? I'm too humble to say that. Yeah, I'm probably too shy to say.

**Heather Vickery** 27:10

It's so fascinating that somebody who does all of the things that you do and puts yourself out there is so shy. And I love that because I hope listeners can know that you can, you can do all of these things and be shy and introverted. But I would, I would venture to say that at any time, we're deeply, truly honest, that it's brave.

**Jim Rajan** 27:32

Yeah, I agree with that. It's difficult to be honest with yourself and kind of act in an honest way in life, because we're so conditioned. And we're so there are so many systems in society that we have to adhere to now.

**Heather Vickery** 27:46

Yeah, absolutely.

**Jim Rajan** 27:48

When you step out of that, and you go, alright, yeah, normal, everyday life and the people in it. Yeah, that's fine. You guys do your stuff. But it, I can't live like that anymore. I have this impetus within me to, to search for something else, you know, my soul requires the capacity to search. And I think there's something I talk about a lot, which is the cycle of meaning and mission. And so when you have in your everyday life, something happens and it brings you meaning and you're like, wow, actually, life is really amazing. It forces you to live with mission or or you know, you're compelled to live in a certain way, or you feel you have purpose. And then the more you have purpose, the more life or the universe or God or whatever you want to call it. It gives you more meaning. And you're like, God, that's amazing. I looked up at the sky, and there was two Eagles that means something. And you're like, well, I don't know what that means. But I'm having that that's made my day two Eagles in the sky. Wonderful. And then you live with more mission. And then more meaning comes and so eventually, you know, you're that is that's life. It becomes a cycle of meaning, meaning a mission instead of your life. And then your mission your your life is your mission now.

**Heather Vickery** 29:04

Oh my goodness. Yeah. Yes. I think that's magical. And recognizing that and being able to tap into that, to me is something so worth celebrating. And I'd love to know, is celebration, something that you bring into the mundane of your life and how do you celebrate

Jim Rajan 29:24

Wow, do I celebrate? I celebrate with this with simple things. Like giving my daughter a hug just sitting with my wife doing something simple. Yeah, well, that's a that's a good question. Actually. I probably ought to celebrate more. I mean, we shouldn't that you know words like ought to or should or how

Heather Vickery 29:51

I know. I'm not a fan.

Jim Rajan 29:53

You gotta be careful because they're quite violent. You know, if you follow like nonviolent communication, they're no good words to use, but I did what I do I celebrate by just finding myself in moments in my day where beauty just surrounds me like I look out of the window now and the sun setting and the light casts on a tree just kind of lifts my heart and makes me feel how wonderful life is. It's so simple or you know, when Coronavirus hit big time here in Spain. You couldn't even leave your house. And so the birds, there were birds singing all the time, and it was just marvelous. It was the best thing ever. I just thought I'm so blessed. Yes Coronavirus, has been very difficult and challenging. It's brought up all kinds of strange things for humanity. But But yeah, I celebrate with with just again, just finding poetry finding the beauty in life and and actually taking the time to appreciate it and not get my phone and take a photo of it and put it on Instagram.

Heather Vickery 30:54

Yeah, as I don't know if you know, Kid President or not, I'm a big fan. But he says take, take brain pictures. just just just be there in the moment. And, and absorb it and remember it. But I love that. So that question stumps a lot of people because they think they feel like they need to come up with some big grand answer. And really the difference in seeing the sun glinting on the tree as the sunsets and just having it be a thing. versus having it be a celebration is in the acknowledgement and appreciation of it and then all of the sudden you're celebrating it. So celebration is a choice. And it it can be all of these moments and it's so powerful when you decide this is I will I honor this I celebrate this the the sun setting the times with your daughter, the sitting with your wife, what makes those celebrations is acknowledging them as such.

Jim Rajan 31:56

Yeah, being in them actually experiencing them instead of sitting there and thinking what you're going to do next or thinking about the thing of the other day at all, you know, I mean I there's a there's a wonderful story. there's a there's a term called Brahman. Brahman is a Hindu term that means universal everythingness. And so God is Brahman with purpose God with his Brahman channeled in a direction. And and they say that Brahman, there's a story that says that Brahman is like the sun. And a human life is like, the surface of the ocean as the waves go by, and the sun hits the kind of tip of the wave and sparkles. And so if you actually acknowledge that, that your life is this wonderful, sparkling thing, all of the time, even when it's horrible, and difficult and challenging, you kind of you kind of get to separate yourself from those problems. And you, you get to look at them, you go, instead of there being stuck on your face, that you actually separate

yourself. And you look at them, you go, all right, actually, it's not really a problem. Actually, it's a solution. In fact, I need that, because I needed to go deeper and learn something about myself. So actually, thank you. That's wonderful. You know what I mean?

**Heather Vickery** 33:14

Yeah, yeah, that's beautiful. Thank you for sharing that story with us. Well, as we come close to the end of this conversation, I find you fascinating. I, you have such a peaceful, beautiful energy about you. And I cannot wait to hopefully work with you myself, and to continue to follow all your stuff. But I would love for you to share with us what your favorite charitable organization to support is and why.

**Jim Rajan** 33:40

Oh, yeah, this this is? Well, there's two. So, I mean, it's quite personal one, my son, my daughter, when she was a baby, when she was a year, just over, when she was nearly two years old, she was diagnosed with cancer. And it was, it was possibly the most horrible experience and extreme thing that you can put a child through and their parents through. And so there was there was a charity there. And it was really small cordon momentum in in, in London in the UK. And they would come to the hospital, and just sit and ask us if we wanted to talk, or give us a hug, or make sure that we had simple things like tea and biscuits available to us when we were in hospital for days and days on end. Or they would just phone us up and say you will right? Is everything okay? And it wasn't the huge big things of the charity of the enormous amounts of money giving beginning you know, being given to people it was just a person who actually was really genuine a kid coming up to you and going look, this is horrible, isn't it? Are you alright? You would just fall to pieces and Then you because somebody had heard you because somebody had actually bothered to listen to you. It brought the greatest healing ever.

**Heather Vickery** 35:10

Beautiful. I love that organizations like that exist. What's their name?

**Jim Rajan** 35:15

Momentum, Momentum.

**Heather Vickery** 35:18

Momentum.

**Jim Rajan** 35:19

Yeah, momentum in there in Kingston in, in London in southwest.

**Heather Vickery** 35:24

And I do believe there are organizations like that throughout the world I know for a fact we've done an interview with Tattoo Tom Mitchell, who's got the Still Brave organization here in the US in DC that does something very similar. But you're right, Jim, just the simple act of someone acknowledging and holding space for you can create so much healing.

**Jim Rajan** 35:50

Yeah, I mean, I, for example, I have to call myself a distance healer. Now, I have to use the word healer, so people know what I do, but I don't heal you, I don't actually heal, I just provide a space for you to recognize your own capacity to heal yourself and for you to do the work yourself. Because if somebody comes along and they do the work for you, and then they don't, that doesn't help you at all, it doesn't work. In fact, it's the opposite. You just you just think, why the hell did you come I mean, you've just wasted my time, every human being is this massive explosion of complex everything. And, and so you gotta you have to, you can provide a space for that, to, for it to work itself out. And you give information when necessary. We don't give too much. You provide a space and then you stand back and you just go Here you go, this is what you need. This is what you've asked for. Sit in it, be in it, no actually be it and, and I'm just amazed every time I work with a new person, I'm just a brings me to tears. Sometimes I just I can't believe how amazing you know life can be a how amazing human beings are this such deep capacity in a human being. And we don't see it. We just were taught in schools and in society that, well, human beings, the human being, you know, you laugh, you cry, you have, you know, there's money involved in la-la-la. That's it. But it's, it's not the case. Human beings are incredible. They really are if you give them the chance to shine.

**Heather Vickery** 37:30

That's just beautiful. And I think that's a really magical way to end despite the fact that I would love to keep talking. Because I just I think we've hopefully we've sparked some curiosity for folks for about themselves and for themselves and to explore all of these different avenues and options. Jim, if if someone wants to learn more about you, or perhaps engage you in a healing ceremony? How do they connect with you?

**Jim Rajan** 37:57

Just just find me on Instagram, or on my website, which is Instagram is just at Jim Rajan. My website is Jim rajan.com. My name so

**Heather Vickery** 38:07

Easy to find then, and we will have the links to all of that in the show notes for everybody if they if you want to know more. And Jim is on insight timer, if you want to check him out there as well. Jim, would you share your three words with us one last time?

**Jim Rajan** 38:21

Yeah, they were learning, meaning and mission.

**Heather Vickery** 38:26

Yeah, they're beautiful words, I loved them when you first share them with me. And I think we really leaned in to why those words are important to you why you selected them. And I just want to say thank you for sharing yourself and your space and your time with us and bringing all of this to me and to my listeners. Thanks, Jim.

Jim Rajan 38:47

My pleasure. Honestly, it was a real honor. Thank you so much for providing that space.

Heather Vickery 38:52

Absolutely. So friends, I really want to hear what opened up for you from this conversation. What are you looking forward to allowing space for in your life and all of that by doing that you're making a brave choice to to exist and to listen and to to know to lean into the knowing and to explore all sorts of things. So let us know what you think you can give us a call 312-646-0205 I will respond to every message or you can email me at HeatherVickeryandco.com. And I'm so glad you chose to be here with us today. We'll see you again next Thursday for another episode of The Brave Files. But for now, this is Heather Vickery reminding you today and every day to go out and choose bravely.

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