

The Brave Files Podcast
Cheryl Rausch: Maybe We're All A Little Bit Psychic!
Episode 174

Heather Vickery 0:03

Hi out there, welcome to The Brave Files. I'm your host, Heather Vickery. Before we get started, I want to remind you that The Brave Method Workshop starts in just a few days. And I really want you to be there with us. The Brave Method is my own proven five step method for building a life and a business that you love. How do I know it works, because it worked for me. And now I'm sharing it with everyone else. It's not a step by step how to guide where you're going to do steps one through five and come out with a specific results. Rather, it's a system for how to think strategically and creatively, to finally live the bigger, bolder, braver and more joy filled life that you were meant for. Starting on July 20, at 1pm Central, you can join me for an hour each day for nine days to learn how the brave method which stands for boundaries, reassessment, reframing, resilience, action and accountability, vulnerability and expansion and empowerment can completely transform your life. What is possible for you if you decide to take this first step and join us? Get all the details and register at Vickeryandco.com/workshop, you are not going to want to miss this. I only host this workshop a couple of times a year, and it is absolutely transformative. Again, get all the information at Vickeryandco.com/workshop and I'll see you there. Okay, so now let's talk about today's episode because I'm totally in love with it. Today's guest is Cheryl Rausch. And she says that she's always been able to see spirits and talk to those who have passed on. She also says everyone else is a little bit psychic. You want to know more about that, right? I know that I did, and I still want to know more. In this episode, we talked about how she discovered her psychic abilities, learning to trust herself and how we should all learn to trust ourselves, and how important it is to be our most vulnerable and authentic selves all the time, no matter what. This is a really fun and fascinating conversation. So let's get started.

Cheryl Rausch 2:21

Courage, resilience and faith.

Heather Vickery 2:25

This is Heather Vickery. And you're listening to The Brave Files, stories from people living courageously. When we choose bravely and 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 ask 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. Hi, everyone. I love our associate producer Mary because she knows the coolest people. And I'm so excited that she introduced me to today's guest Cheryl Rausch. Cheryl is a psychic medium and visual artists who founded her company, spirit vision studio with the purpose of giving a voice to the voiceless, most of all spirit. Her mantra is that Spirit is love. And love is the component that connects all of us. Cheryl is also an art instructor, an animal and nature conservation advocate, a champion for women's empowerment, and she has her ongoing series. It's called Women of Substance which we're going to learn all about, I cannot wait to dig in. Welcome to The Brave Files, Cheryl.

Cheryl Rausch 3:54

Oh, thank you so much for having me. I really appreciate being here.

Heather Vickery 3:58

Well, you and I had the opportunity to chat prior to this. And I think you are a really cool person and a really fascinating, brave story. And I'm so excited for the listeners to get to know you. But let's get clear on some definitions. Before we get started. What does it mean to be a psychic medium?

Cheryl Rausch 4:15

A psychic medium for me is actually seeing those that have crossed over, dead people in other words, and are on the other side. I speak to those that are in heaven that are fully crossed over and also those that are kind of wandering around on the earth, loitering or hanging out so I can see and speak with all of them, frankly.

Heather Vickery 4:44

Okay. And to get us started, can you tell our listeners what it means when you say spirit?

Cheryl Rausch 4:53

Yes, that would actually be Yeah, I use the umbrella term spirit but it In this case, when I, when I speak with clients, I'm actually talking to your loved ones who've passed -deceased loved ones. Okay? Humans, sometimes animals come through, sometimes I see nature spirits, everybody has, has a component of energy, not only our physical body, but our energy body. And it's the energy body that for whatever reason, I'm able to connect with it and communicate with it. So say like, you have a loved one that's passed and crossed over into heaven. If they really want to get a message to you, they will, you know, if they know that we're hanging out specifically, they will do their best to try to get up in my space to try to get a message to you. If that makes sense.

Heather Vickery 5:45

It does. I have long been fascinated in this stuff. And I deeply believe that, that this is that these things really happen. I know that not everybody does. I assume at some point you have just made your peace with I don't need everybody to know what I know. But I'm curious. I want I think we're gonna dig it on that a little bit. But I'm curious how, how long have you been aware of your ability to essentially, to quote M Night Shyamalan see dead people?

Cheryl Rausch 6:22

I can't help but laugh. Because it's such a cliché these days. But you know that that's what it is. And I've been able to see them my whole life. And they've been around me my whole life. It wasn't until within the last five years that I finally came to grips with it and decided, they have got to be all around me for a reason, not just to scare me or harass me, there's got to be a reason. And it's not my imagination. So the biggest part for me was to step forward, just take that courageous leap and decide, okay, I'm finally going to find out why they're here. And what's going on. I've spent my entire life being afraid, trying to deny them, which really caused a lot of stress and anxiety in my life. It was a whole part of my life that I thought it was just my imagination. And it's not, it's them. So long story short, all my life.

Heather Vickery 7:23

Okay, so you just said the thing that I was curious, like, when you were live, this has got to be a very confusing thing for somebody who's small. Did you just think you were making it up like you as a figment of your imagination?

Cheryl Rausch 7:37

Yes, actually. And it's funny, because I just had a conversation with my family recently, when I would try to tell them what was going on. They would tell me it was my imagination, that it's not really happening. And actually, I was labeled lovingly, as a basket case. I know, I'm trying to be loving about it, you know, but it was it was a it

was a hard caption to be known as, and so it was my job from the time I could talk to really do my very best to not exemplify the basket case that they think I am.

Heather Vickery 8:16

Push those voice is down to pretend they're not happening.

Cheryl Rausch 8:19

Exactly. Exactly. which resulted in a lot of stress, because they're around especially at night. So you're very busy during the day, very distracted, but at night, when you try to go to bed, that's when they're around. So life was very stressful. And I did my very best to try to hide the fact that they were around. And I eventually convinced myself that it was my imagination, that I was a basket case. So the only outlet I had was that's why I went into art because it was okay to be a little left to center in the art world. So if I come across a little flighty or spacey or things fly out of my mouth that I didn't explain, it's okay. She's just a weird artist.

Heather Vickery 9:01

Yeah. Oh, that's fascinating. How did spirit respond when you were like straight up ignoring them? Because you were trying to convince yourself that they weren't real?

Cheryl Rausch 9:13

Oh, especially when I was a child and a teenager they would get aggravated. I would try to sleep and they would poke me.

Heather Vickery 9:22

Physically. you could physically feel it?

Cheryl Rausch 9:24

Yes, poke me in the chest, poke me wherever they you know, wherever I was uncovered, shake my bed, drop things on me, talk to me. If I was up working late at night, on artwork, or whatever assignments I had, I could I could see the door open and then come in tapping me it's it's the equivalent of like having a child or adult that you're trying to ignore that just won't leave you alone.

Heather Vickery 9:48

Whoa, I've never heard of, of having that physical touch, be real. And

Cheryl Rausch 9:56

Yes, it's very it's very disconcerting, especially when you're fast asleep, and you get poked awake, or you hear somebody talking to you, and there's no one there, and you can't see them. It is it is frightening, frankly. So at the time, I just didn't understand. And I couldn't tell anybody. So it was it was quite difficult.

Heather Vickery 10:19

I can only imagine. And so you said it's only been in the last five years that you've sort of come to terms with the fact that that this is a real thing that's happening to you that you are really connecting. What led to that acknowledgement, realization surrender, for lack of a better term.

Cheryl Rausch 10:39

Hmm, interesting. Well, it was about five years ago, we were on a family vacation, and I was in Florida. And we were in a new condo, mind you, not an old home. And every morning for three mornings, I had a little girl waking me up, trying to get my attention. Every morning, just before dawn at the exact same time, she's either standing next to my bed, or talking to me, or shaking my bed and children are my kryptonite. It's really difficult for me to turn my back on a child. So it was at that point that I realized, I This can't be my imagination. I mean, she's literally standing right in front of me. I couldn't deny it. And that's when I decided okay, I've got to find out what's what's going on. And so believe it or not a little girl was what got me to finally decide to okay to figure it out.

Heather Vickery 11:33

We all want to know, what did she want? And what did you do about it?

Cheryl Rausch 11:38

Well, what I did is, do you know, those guided meditations, where you have someone lead you into a meditation and you go to a beautiful space in your mind? Whenever I do those, there's always people there. And I always thought was my imagination. I thought, wow, you know, my imagination is on point today, there's like five people standing around in my, in my meditation, and those are actually real people. So what I did is I went into a meditation because I kept hearing that's what mediums do is they meditate. And as soon as I did, I saw her there. And when she was standing in front of me, her head was bowed. And I now know that when the head is bowed, there's deep sorrow, deep regret, but I couldn't see her face. So when she was standing in front of me in real life, I couldn't see her. But when I saw her in my mind's eye, she had her head thrown back, and she was just wailing. It's sometimes still hard to think about, because you know, and she was so sad, so upset, and was looking for somebody to hold her. And so being I went into mama bear mode. And in my mind, I walked over, and I gave her a big bear hug, just to hold her just to let her know she's not alone. In in that instant, I felt her holding me in real life. And I thought my daughter had walked in. It was about the same size, and had hugged me but it wasn't my daughter, it was her. And just reassuring her, letting her know, it's okay. I'm here, I see you. And just letting her know, it's okay. It's okay to move on. And I never heard from her again. We were just down there again a couple of weeks ago, for the first time since the pandemic since that day, and she didn't come back. So I'd like to think that she finally crossed, she was wearing a very old outfit. Totally not dressed for current time. So my only guess is in the mornings, I would walk up and down the beach and shoot photos of the shorebirds. And I think she followed me back one day.

Heather Vickery 13:43

Fascinating.

Cheryl Rausch 13:44

Yeah. And so believe it or not, it's the it's the child, a small child that that changed someone's world.

Heather Vickery 13:53

Absolutely.

Cheryl Rausch 13:54

I'll always be grateful to her for that.

Heather Vickery 13:57

So I made the, I don't know why I made this assumption, the assumption that the spirits present themselves to you because they want you to connect with someone here. But that's not what, that's not what this child, the spirit of this child did. So

Cheryl Rausch 14:16

Interesting. I'm glad you said that. And that's great, because it gives me a chance to clarify she was stuck, she had not crossed over. So when this little girl died, she didn't move on. And I'm just going to call it Heaven, where but we're whatever your faith is. We move on to a different, a different space where we can continue our growth. But some of us just don't want to go, we just want to stay here on the earth. We don't want to go, we're afraid for whatever reason, they don't go. So she's what most would call a ghost. That's who I saw. Now, if I'm talking, usually if I, if I talk to someone like in my office or we you know we have a session, I make a point to connect with those that are crossed over, who've already gone to heaven. And there's a difference in how they they communicate and how they are. Those in heaven can see things from a higher perspective, and they are trying to reach out and let you know, hey, I'm here. It's alright, I'm still here, I'm better than I ever was. Those who are trapped for whatever reason here on the on the earth, they still are exactly the same. Does that make sense?

Heather Vickery 15:29

I think so.

Cheryl Rausch 15:30

Yeah. And she was just lost. It's like a little child that's just lost, she couldn't figure out where to go, or what to do.

Heather Vickery 15:38

Do you most often connect with people who have completely passed, they're not I don't think I can think of as like purgatory, that sounds awful to just be stuck here and trapped and not enlightened and not being freed and feeling.

Cheryl Rausch 15:51

Exactly, exactly, I do both, that there's times, I'll have people contact me and say, hey, there's something in my house, what's going on. And I'll go over there and, and just see what's going on. And, you know, ask if anybody needs assistance, or someone came in recently, and the person that she lost recently hadn't yet crossed and so they came with her. And so I was able to, you know, have helped the two of them communicate so that that that person could move on. So I do do both. In the end, I just want, you know, whether it be heaven or stuck on Earth, if they've got something to say, if I can hear them and see them, the least I can do is just try to pass on the message.

Heather Vickery 16:41

Yeah. It sounds like now you're sort of, for lack of a better term controlling this a little bit, whereas before it will, you didn't have any control over it. Because I've just imagine you like, walking down the street and all of these spirits are just like bombarding you constantly. Is it like that?

Cheryl Rausch 17:02

Yeah, it can be if you look around, I compare it to like, if you're walking down, even just us regular people walking down a busy street filled with people, you may not notice anybody, because you're not looking. But if you you know, put your head up and look around, you'll notice my goodness, there's a lot of people around here. That's kind of what I do with the dead, for lack of a better term, is I don't really look because it's just kind

of sad. Like I was sitting, I was just kind of curious. I was in the train and heading into the city and I kind of peek to see who was hanging out with the young man next to me. And instantly I got grandmother. It was so sad because she was so excited. She thought I was going to talk to him for her. And I you know,

Heather Vickery 17:44

You didn't want to I disappoint them.

Cheryl Rausch 17:45

Exactly. And I felt so bad. So I'm sorry. I just wanted to see if you were here. Sorry. But you know, so I try not to be rude.

Heather Vickery 17:54

Yeah, but that really takes a lot of intentional work on your part to only look when someone is asking you to look.

Cheryl Rausch 18:09

Yes, yes. And but it's gotten easier only because when I do open up, I fully open up, it's when I stood stayed closed the whole time that the pressure just got to be too much. Not to say that, especially people who are really insistent and up in your face, they will still get up in your grill. But mostly they leave me alone. Yeah, yeah.

Heather Vickery 18:33

And so how can you or do you use your skills as a psychic medium to help others?

Cheryl Rausch 18:40

It's helping to reestablish a connection between those that are living and those that have crossed, past over into heaven. I forgive me if I use like woowoo terms, but what I mean, we crossed over into Heaven.

Heather Vickery 18:55

I'm not I'm not sure about heaven, but I'm, I'm super into woowoo.

Cheryl Rausch 19:00

Yeah, okay. Okay. So, what I would, the saddest part for me to realize is that it is so incredibly painful to lose someone, someone who's who's died. And you think I'll never speak to them again. In it, it is my passion to show them No, no, they're still around. They're just not around the same way they were before, especially in heaven. I mean, I, it's my job to let them know, no, they're still connecting either visually, with the animals around you, whether it be birds or butterflies. Or if your lights go wonky, that's a favorite. Or if you just get impressions of them or, or, or fragrance. That's a good one. So they're still trying to give you a heads up, hey, I'm still here, hey, I want to be relevant in your life. And it really does make it I think it makes them feel better. It makes me feel better to see that they realize oh my gosh, they're still here. No, they can't walk in and open the door and say hello. But they're going to reach out any way they can. And boy, they do stay relevant. You know, they always try to bring up things that are going on at that time for the person. Yeah, yeah. So I enjoy, I really enjoy that.

Heather Vickery 20:20

I love that you've sort of fully leaned into this. And instead of running from it and hiding from it, and I can't help, we did not talk about this before. So I could totally be going off the rails right now. But as you say that I can't help but think of quantum physics when you talk about this.

Cheryl Rausch 20:35

Yeah, I do not. I have a very well, I have a husband, who's an engineer. He's all into quantum physics. And he just he's so opposite of me. But that's where we meet in the middle -quantum physics.

Heather Vickery 20:50

I mean, this idea that energy never dies, right? And therefore, we're all here in different ways, and bits and parts and atoms. And it gives me actually a lot of comfort.

Cheryl Rausch 21:05

Yes, yes. It's not meant to scare you. My goal is never there's enough out there talking about ghosts and demons, God forbid, and all these things. There's enough to scare you. It's my job to say no, no, this is a part of us. They're still a part of us. They've just changed. They're there, they've moved on. But it doesn't mean they've left you.

Heather Vickery 21:25

I love that.

Cheryl Rausch 21:26

Yes, yes. Absolutely.

Heather Vickery 21:29

I also love the name of your company, Spirit Vision Studio, I picture like this old 1950s television. With the black and white mages coming through, I don't know if you've got a really good logo, but I see it. I would love to know, like, once this little girl in Florida, appeared to you. And you were like, wait, this is real. And you decided what? I'm going to do something with it? How did you go from that to? I, it's my calling to have this sort of business and to help people? And then and then, you know, how do you do that?

Cheryl Rausch 22:11

Well, that that was that moment where I realized I'm not crazy. For me it was a finally taking ownership of an entirely different side of me that I've never even looked at. To me it was like the dark half. So the moment I realized I'm not crazy, oh my gosh, what a breath of relief, I was always afraid that I was going to be labeled crazy. Wind up being carted away. Not that crazy is a bad thing. I don't mean to use that term in a you know, a casual sense, but I really didn't. I didn't want to give off that impression. And once I realized that, it wasn't me and my imagination and something was wrong with me. I was on a mission. So I went looking for training, assistance, support, and by, by goodness, one after the other people started coming into my life, organizations started coming into my life. So I started training at a place called the Gathering Lighthouse. And Lombard. I discovered the Theosophical Society and Wheaton that a friend introduced me to our mutual friend, Mary. And yes, and I then lo in through the Theosophical Society, I found my spiritual mentor, Billy tilopa tatay. At MSI wellness in Evanston, I had no idea all these places existed. But it was great to walk into that into any of those businesses or organizations, just verbally vomit, everything that's going on and have them go, No, you're not crazy. I see it too. Or it's okay, here's what you can do to help. And that's and once I started the training, I never stopped. So I'm mentoring with Billy right now, because I want to continue in the tradition of the Native American tradition where we are all a part of the earth and the earth is a part of us. And there's so much communication out there. So once I started that, then every all of the people in spirit, the ghosts and the people have crossed over really started coming in. So I would do practice mediumship sessions with, you know, other people around me and such and it just kind of snowballed. And eventually, I had people coming to me saying I really need you to do a session for me alone, I really need to talk to you. And I didn't want them to come to my house mainly because I've got four rescue animals here and a petulant, 19 year old son and just there's a lot of chaos. So that's why I opened up my business in my office in Glen Ellyn just because I needed a space on my

own that was quiet. And that I could devote all of my attention on whoever comes in. So it just kind of snowballed naturally. Yes. And I have to tell you, it's such a breath of fresh air to finally admit, this is a part of me. And I, frankly, was waiting for everybody to go, okay, you are just off the rails never talking to you again. And I was so surprised that just about everybody was totally okay with it. I got a few hairy eyeballs. But once they realized, I'm not gonna walk around telling them about dead people all the time that I read that, you know, I'm not going to do that. Oh, okay. And I had one friend, love you. And I'm going to have her listen to the podcast. She called me out because we're a longtime art friends. And she said, You know, I've been suspicious of you for a long time based on the things you say. So I'm not surprised, and I bust out laughing. Okay, so I wasn't hiding it as much as I thought, but right. And I do have a few who just, you know, they're not comfortable around me. And that's okay. It's okay.

Heather Vickery 26:06

Yeah. Oh, that's so interesting. It is so freeing. And it sounds like it's afforded you the opportunity to sort of control the channeling a little bit.

Cheryl Rausch 26:14

Right. Right. Yeah. And, and so now, just when I think I've got it, it's just like, in any career path, you think, oh, I've got it all down. I know what I'm doing. Oh, no, no, you keep learning and keep learning. So you just keep having to move forward. And just knowing I have absolute faith, that there is more there is greater that we're part of something absolutely beautiful and amazing. It has to be because the people who've crossed over oh my gosh, the messages and the love.

Heather Vickery 26:45

Yeah, I love that.

Cheryl Rausch 26:47

It's crazy. I love it. I love talking to them. And just, that's what I want to share with everyone, that if you're not never ever alone,

Heather Vickery 26:59

And not not in a creepy way. Actually, that makes me think so you and I've talked about this before we're gonna have you come out to our house, we're fairly confident that there's a ghost that lives in our house. And we had some, you mentioned birds, we had baby chicks in our house for a while. And she really presented herself a lot when we had the baby chicks. And I've been told that birds and spirits, that there's usually a thing there.

Cheryl Rausch 27:30

For sure, especially Cardinals, if you see Cardinals that for whatever reason.

Heather Vickery 27:35

These were baby hens, they were chicks. But I have been told by people for a long time that you can just sort of ask the spirits to go away. Like you'd be like this is I appreciate you. But I'm a little uncomfortable. Can you? Can you please leave? like where are you on that?

Cheryl Rausch 27:53

Oh, yes. Absolutely agree. If you're on this earth, it's I would, for me, my default is I treat them the same as if they were still alive. So if the homeowner asks you to politely leave, then we respectfully ask that you leave. And if you don't, or worse, if you cause trouble, then we have to take the next steps. Not that I'm saying guns blazing going in and throwing everybody out with lovingly, but to take back the power for those who are still

there. I've gone into homes, I went into one home, and they wanted me to acknowledge who was there, but they did not want me to upset them because they liked them. And I said, Absolutely, I'll see who's here. I will not disturb them. But there's been a few times where they say I really don't want them in here anymore. And so far, so good. They usually either yes, they they have that option, the dead to you know, either, please, please, you know, respect those that are living here. But if not, you know, there, there can be actions that can be taken so that you can take back your home, if that makes sense.

Heather Vickery 29:05

Do you have to do this work in person? Or can you connect with the spirits around people virtually?

Cheryl Rausch 29:12

I actually I learned through the pandemic, I can actually work virtually, I do readings virtually. That's how through zoom. So that's how that work. I have no idea. You know, I'm very visual. So I really need to see you I it's just, it's it's my hiccup. I don't do the phone. I really want to have a one on one and look at you. And it does help me to see who's around you. Because then I can get a visual of you and those that are around you.

Heather Vickery 29:46

So do they talk to you? Do the spirits talk to you through zoom or do they show up? Do they appear to you?

Cheryl Rausch 29:51

They they appear to me. And it's like when you go into your meditation space. That's when I look in my mind's eye and I look at I see who's coming forward for whoever's with me on zoom. And I, when I opened up, I always asked my guides, please bring forward those who want to talk to the such and such person. Right, right. And then I may try to make sure I clarify who's with them so that they know who I'm talking about. Remote, I can also work remotely with locations, if there's an issue. That's, that I'm still working on. It helps for me to see a photograph or photographs of the place. Again, that's just the way I want to work. And it's a little bit more tricky, but it can be done according to my mentor, according to others that work yes, you don't need to be standing in the location to view the location.

Heather Vickery 30:47

That's so fascinating.

Cheryl Rausch 30:49

Yeah, there's so much to learn. And it's it's so exciting.

Heather Vickery 30:53

I'm really excited to have you here, but not just for our ghost, although that is fascinating. And I have had, so my mom says she's seen her and one of my clients, who's also a good friend says she's seen her and one of my other clients who's never been here, so she feels her remotely. And so they've all given me, they've all given me information about her, which of course, I'm not going to share with you because I want to see if your information. I'm really excited to do that. But also because I feel a deep desire to connect with some of my loved ones who have passed, and I feel I think there's some healing that's required. So I'm really excited. We were supposed to have you out a couple weeks ago, and it was before vacation, and I couldn't do it. But we're gonna get you out of here soon. I can't wait.

Cheryl Rausch 31:51

Oh, I look forward to it that it will be it will be interesting. And it will be healing. It will be. And I'm not saying because I know because I don't run the show. Honestly, they do. They run everything. But I can say without doubt that those who've crossed over it. Yes. Definitely healing.

Heather Vickery 32:10

It's it's so fascinating to me. Now having this skill, I think must make you very vulnerable. And it must take does it take a ton of energy?

Cheryl Rausch 32:23

Actually, yes, you're right. I do At first, I thought, oh, it'll be fine. You get tired.

Heather Vickery 32:27

Yeah. So how do you protect yourself?

Cheryl Rausch 32:32

I actually am very mindful of where I am at all times. And do you mean protecting yourself from like negative energy?

Heather Vickery 32:41

Protecting yourself from negative energy? For sure. But also just so that you're not constantly depleted? How do you care for yourself?

Cheryl Rausch 32:48

Mm hmm. I actually, I am very mindful of making sure that nothing connects to or connects with me at all times. And there's a way you can do that, where you can just asset no one come near you or your aura. And I, it's just an attention I set and I always have to be mindful of keeping that intention up, otherwise, they will start coming in. So it's, it's kind of like practice where you got to remember Oh, yeah, I have to put that but it's, it's like a mental/ emotional barrier, you put up envisioning yourself with white light, you ever hear that?

Heather Vickery 33:29

I was gonna say that I have a client who's an energy healer. And she says, imagine that there is a pole, from the ground in between your legs, that is a pool of white light that goes up through your body, and then around almost like a light globe, and that you are in it, and you are protected, and that everybody around you gets to have their own, so that you can hold space for them, but they can't get into your energy field. And I actually use that a lot, like, Okay, I'm going to go into this thing, and I need to put my little energy globe on,

Cheryl Rausch 33:59

right, especially if you know that they're going to be difficult, or if they can be fairly toxic, it's always good to put a barrier up and there's some of you, and I say you, there's some that are so empathic, that you can just take on the energy or the feeling and it is exhausting. I just, it's it's just an unconscious thing I do is I always put a barrier up, because I and I think I must have learned it when I was a child to just, you know, barrier up at all times to try to protect myself. So it's a little easier for me, but I know that there's others there. So all of us are lightworkers in some form or fashion. And

Heather Vickery 34:37

So that's something you mentioned to me that when we spoke before that I really want to talk about is you also help people connect with their own psychic abilities. Can you speak to that?

Cheryl Rausch 34:48

Yes,absolutely. Everyone has abilities. These are what the it's like a women's intuition. Going but going with your gut. Those are psychic gifts where you, they call them the Claire's. Claire knowing Claire seeing clairvoyance clairaudience. So it's clear, it's just a clear seeing clear, tasting, smelling, touching. It's these gut

feelings that you get that are actually psychic gifts. And it's and so my goal is to show people that all of us are woowoo, we all have a propensity for woundedness. And us, some of us, like you walk into a room and you instantly can tell who the troublemaker is, like in a meeting, you walk into a meeting and you lock on the one person that you know is going to be a problem. That would be clear knowing you can immediately pick out who you have to be wary of. There's empaths, where it's just clear feeling where you can walk in and you can feel the emotions of someone else. And those then there's so many of you out there who are like that. And it can be a struggle sometimes because you can be overwhelmed, especially in crowded rooms and feeling the energy from everyone else. And that's where that that barrier of white light really comes in handy. clairvoyance is what I happen to be able to do as I look in my mind's eye or in real life and actually see people some people can hear things, either in your mind or audibly. Tasting is one of them. Like if you get the taste of I hate to use it. The phrase blood, if you taste blood in your mouth. That's like Claire Claire Gustin, it's or clear smelling. Have you ever had a family member pass and you smell roses shortly after or lilacs? Yeah, well, my family has. In our family in particular, when they cross you smell roses, and you know that they've actually gone to heaven, they'll come back and you'll smell a fragrance. So sometimes that is what people can catch, to stay. And that's a sign that spirit is around you. So these are all gifts that you can utilize in your daily life. Like, there's some people who can actually like clear, clear knowing, like when you can immediately tell who's trouble, that's you being able to actually just by looking at what type of person you are. And that actually really works for those who have to work with the public and work with people every day. So that's actually a benefit. So I hope that helps.

Heather Vickery 37:39

I think it's really neat. So you don't just help connect people with the spirits around them, you help them connect on their own, with the spirits around them. If somebody wanted to have you help them do that, how would they find you?

Cheryl Rausch 37:54

They can reach out to me at Spirit Vision Studio. Now I'm always going to have a mental picture of a little black and white TV, you know, I'm gonna go online and look up logos with that kind of thing. But you could find me on SpiritVisionStudio.life. And you can contact me there email, or I think my phone is on there. Because I know people have questions. I love talking about it. So yeah, they can reach me there. Absolutely.

Heather Vickery 38:26

So really cool. Okay, so I don't know what I mean, I love this. I'm gonna ask you how you celebrate success. And I love that question. And I love it for so many reasons. And you as a human may find all sorts of things are considered, quote unquote, a success. And I would like to know how you celebrate all all of your successes, but somehow I feel really called to ask you the question. When you have had a successful session with somebody when they've gotten their questions answered, or they've had an experience that they were meeting and maybe didn't even know it. I'd love to know how you celebrate those types of successes. And then tell me how you celebrate success in general.

Cheryl Rausch 39:11

That's so interesting. You asked me that question. I've not ever really shared that after each session that I have with someone I always I actually get down on my knees and I thank them for for allowing me to talk with them. I just love feeling the love and connection so I show my gratitude that way and and just just talk and celebrate one on one with them. Me and whoever I spoke with that day because that I just love feeling that love.

Heather Vickery 39:53

That's so beautiful.

Cheryl Rausch 39:54

Yes, that's what I do after every session. I've never shared that. So yeah,

Heather Vickery 39:59

I don't I don't know how I knew to ask it. But

Cheryl Rausch 40:02

Yeah. but the doors closed. Nobody, nobody knows I do that until well until you listen to the podcast. But I just want to show, you know, I am so eternally grateful I just feel so much better knowing that I'm not alone, that I'm not the only one who can do this and that we're never alone at any time. So it's just so gratifying. And how I celebrate success in general is just getting outside, getting out in nature and reconnecting that way you just feel so whole. They're just quiet introspection. And just being, I guess that I that's the end of sentence being. Just being one.

Heather Vickery 40:51

Oh, I love that.

Cheryl Rausch 40:53

Oh, thank you.

Heather Vickery 40:54

I do, I feel that. I resonate with that. And it's one of the it's one of my favorite examples that's been given on the show, because it's so attainable, right? Some people be like, I go on big vacations or have fancy dinners out. And that's awesome, do that whatever, really expensive bottle of wine. But I want listeners to know that the experience of celebrating a win or a success. It doesn't have to be contingent upon finances or scheduling, like it can just be awareness, acknowledgement space, being being outside, put it standing in the ground, like all of that can be a dance party we've all so I just really appreciate you sharing that for somebody to connect with and say, Oh, yeah, that's how I'm going to most honor this thing. That was good. And I love that. So thank you.

Cheryl Rausch 41:45

Oh, thank you. Thank you for letting me tell my story.

Heather Vickery 41:51

Before we wrap up, though, I do get to ask you what your favorite charitable organization is to support.

Cheryl Rausch 41:58

I actually love the Humanitarian Service Project, their offices in Carol stream, and they have services for children, families and seniors. And in particular, I am, I am a senior secret pal. I've had a senior pal for five years now. And they're always looking for donations and volunteers to help those who really need assistance. And especially with this pandemic, and families being out of work trying to feed their kids, seniors, not being able to obtain services. Over the course of this last year, they're really hurting. And I really do love that that charitable organization. So if you can reach out to them, if anybody's listening, they would love to take any donation that you can offer to them.

Heather Vickery 42:51

That's wonderful. Well, thank you, you did my job there for me. And he did it so well, which is I asked our listeners to give them some love. If you have time or money, or likes or shares or whatever you could do. It sounds like an amazing organization. I've not heard of them before. So I'm so glad to have them on my radar.

Now. They'll be our charity of the week. So we will give you some love. Yeah, absolutely. Will you share your three words with us one last time?

Cheryl Rausch 43:17

Absolutely. It would be courage, resilience and faith.

Heather Vickery 43:22

Yeah, I mean, yeah, those are your words. That's perfect. Like all that sometimes we have to dig into the words. But that really resonates with me. And it's beautiful. I've had so much fun. I have so many more questions. But I do think that we we got to dig in on a lot of it. And listeners, if you want to know more, you're curious, reach out, connect with Cheryl or give me a call 312-646-0205. And we can talk about it because it's fascinating. But not to be afraid, but to engage. And Cheryl, I just so appreciate your showing up here and being honest and vulnerable and giving us some of your time and attention.

Cheryl Rausch 44:00

Oh, thank you so much. I really appreciate this, Heather. Thank you very much.

Heather Vickery 44:04

Yeah, it was a lot of fun. All right, friends, I want to remind you that if you are on a precipice of a transformation and ready to live into the life of your dreams, don't forget that we have The Brave Method Workshop coming up next week. And I want to make sure you reserve your spot. The event starts on Tuesday, July 20. It's going to be amazing. You can get all of the details and get registered at VickeryandCo.com/workshop. It won't be the same without you. So make sure you go and get registered. Bring a friend and I will see you there. Thanks for being here with us this week. We will be back next week with another incredible episode. This is Heather Vickery reminding you today and every day to go out and choose bravely.

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