

Welcome to the very first premiere episode of The Jamie Michelle Show. I am so excited to be launching this show. In this episode, I explain basically what you can expect in the show, but make sure you stick around to the end because I give you a very easy tip that you can implement right now so that you can start feeling better. So, don't miss it. Enjoy.

Yo, what's up. I'm Jamie Michelle, and I'm here to help you make sense of all the crazy chaos and uncertainty that exists in our world today. I'm an expert award-winning mindset coach gone rogue. I completely ditched coaching just so I could bring the truth straight to you. It's all of the answers, none of the bullshit to help you live your very best life. Look, you're not crazy. If you've been sus of all the shenanigans going on in our world, you're in the right place. There's so much more happening than we could ever imagine. All the corruption, all the lies, all the bullshit going on is incomprehensible for the human mind, which is why we need to look at things with our spiritual mind, or collective consciousness. We have been lied to for far too long, and right now we're going through the Great Awakening. The truth needs no defense, and it always comes to light. We need to come together as one to rise up and defeat the dark forces in this matrix to save humanity. If you want the truth, you'll find it right here. Let's get it.

Yo, yo, yo. All right, here we are. The very first episode, the intro episode of my brand new podcast, The Jamie Michelle Show. I say brand new because I have had a podcast in the past. I started Own Your Journey in 2018, I believe, and that transformed into Thrive, which I've completely abolished. And last year, I had an actual national radio show on BBM Global Network that was called Permission To Thrive, I think. It's pretty sad when you don't remember your own radio show name.

But I really wanted to revamp the podcast idea. And when I said I abolished my old podcasts, I mean, I've completely erased everything that I've ever done and not because it wasn't good. It's just because it didn't really resonate with who I am and what I do anymore. So, when I was going to rebrand myself, and re-decide, like I was making a bunch of decisions over the summer, and as you know, there's been so much going on in the world, and especially in our country, the last several months. 2020 is going to be one of the years we look back and we'll say, "You know, that was really a shit year last year. Nothing was able to happen because we were all in lockdown."

And with all of that going on, I really took advantage of that time, especially in the beginning months, and in the summer months to really figure out, "okay, I was going down this path with my business." I started out as a body image coach and I'll get into my story in a little bit. I really don't want this intro episode to be too long but, basically, I was thinking and doing a lot of reflecting over those months that we were in lockdown, and I'm in Pennsylvania so, as of this recording on November 6th, 2020, we're still in lockdown. So, I really had to figure out, something wasn't feeling right with what I was doing and it's not because I didn't love it.

It's just because it wasn't fitting anymore. And I realized, I said this on my Instagram Stories a couple of weeks ago. If you don't follow me on social, my handle is @jamiemiche11e, the number 11 in place of the double Ls in Michelle. I'll put it in the show notes so you can find it. But I said on my Instagram Stories that I finally realized why things weren't clicking. And as you heard in the intro of the show, I was a mindset coach that didn't want to do coaching anymore. I didn't really figure that out until months later. I couldn't figure out why nothing was feeling right, why I didn't really want to be going out into the market and getting new clients. It wasn't jiving with me anymore. So, here we are starting this brand new show, The Jamie Michelle Show.

Now, in this intro episode, I'm just going to answer a couple of questions like what's the show going to be about, who is it for, who I am, which I kind of gave a little bit of an overview, but I'll go more into my background for you if you have questions about it and if you're new here. And if you are new here, I'm

so happy that you found me and I'm welcome you with open arms to the family. I'll also tell you what's coming up, what's next. And just kind of... What else do I have written down here? No, that's pretty much it. Yeah. So, I'll answer those questions.

Let's start with what the show's about. Simply put, there's one word to describe this show and that word would be truth with a capital T. It's really going to bring to light and help you navigate... The purpose of my existence, I've always said this, is to help you, to serve, whether or not that's coaching clients one-on-one or where I'm headed right now, which is going to be speaking, authoring books. I really have so many visions going down this road of just serving the public, serving humanity in any way that I can, and that's going to be with public resources like this podcast. There's been so much going on in the world, especially in America as I said, and I really want you to understand that you're not alone and everything that you believe to be true, and this is going to be a hard pill for a lot of people to swallow. There's been a lot of talk about taking the red pill, like in The Matrix. We've all been lied to about literally everything from your body and dieting.

That's where my journey in all of this started from. But you've been lied to about the world that we live in, and the corruption that's been going on for centuries, and all of this stuff that's really coming to the surface right now. And here's the thing is when you start to realize, and when your eyes are finally opened, and you understand that everything you've built your life on has been a lie, it can shake you up a little bit. It's unsettling. It's an unsettling feeling and it can drive you crazy if you don't have a solid foundation to come back to. And when I say that, I'm referring to your relationship with God, the universe, your faith, your spirituality because that's who you really are.

All of this material shit, it's an illusion. It's not actually real. The only thing that's real is your soul which is eternal, it is immortal, and your true identity, which is you are God being manifested as a human for a little while. Now, if that doesn't sit well with you, I'm going to ask you to keep an open mind and just stick with me for a little bit. Keep coming back because if you are somewhat on the edge, like you know that there's more to life, you know that it can't be like this forever, you are on the cusp of being your true self. When you start questioning things and when you start thinking, "There's got to be more. This can't be all there is," that is your soul, or your higher self, or God, or the Holy Spirit, whatever term you want to use, they're all the same thing to me. And in reality, they are. There's only one thing. The only thing that exists is God and God is manifest in literally every single cell, every organism that we see in this physical world.

So, starting to question that, that's God or the Holy Spirit, like I said, whatever word you want to use, nudging you, saying, "Yo, it's time to start looking into who you are really are." And so that's why I created this show is to kind of help you navigate those waters and understand what is really happening, and what it means for you, and how you can really use this time, this great awakening that we're going through, to your advantage so that you can have the very best life while we're on this earth. This is about giving you the answers that you've been searching for.

And to put it in a general way, the answer you've been searching for is you. Everything that we crave as humans, we are all searching for happiness, and fulfillment, and peace, and... I already said happiness. Love, joy, all of those things that we want so desperately, they're already in you. And that's the missing piece. We think they're in all these external things. We think they're in when I finally get the job, or when I finally make all that money, or when I get the guy, or when I get the girl, the fancy house, the fancy car, the hot body. We think all those things are going to make us feel happy, but take it from me, someone who has chased after all of those things and gotten most of them, and you're still left feeling empty.

It's because you are the one that... Everything that we're looking for is internal. It's internal. It's not out in the physical world in something else. It's in you. And so that's what this show exists for. That's the

purpose of me creating the show. That's the purpose. And to remind you who you really are, which I already touched on, which is you are an extension of God Himself. He lives in you. I'm not saying you are God, but God is manifesting as you. And it's really easy to forget that when we have these human minds, these human egos that really like to muck us up. And so that's why I created this podcast. Now, who is this show for? Anyone, everyone, like I said, who believes that there's got to be more. There's got to be more to life. This can't be all there is. We were not put on this earth to suffer.

We were not put on this earth to hate our lives, to hate our bodies, to be sick. That is not at all our purpose for life. And so if you are in that place right now, if you're struggling with your body and your health, if you are struggling with your finances, if you're struggling with... Especially with what's going on in the world right now, it's so easy to believe that this like how can... So, many people ask, "How could God exist when there's all this stuff going on?" And I'm going to help you understand how God is literally everywhere you look, including in coronavirus, including in all this corruption and mess that's coming out of the American government right now. And yes, I'm going to talk about politics. I am a conservative. I am a patriot, as you'd like to call it.

And if you don't share those same views yet, and I say yet, because once you're awakened to what's really going on, you can't not be a patriot. So, if you're not there yet, like I said, keep an open mind. I'm not going to be talking about conspiracy theories and Q drops and all that stuff but I am going to tell you the truth. And sometimes the truth is a very hard pill to swallow but I'm going to help you digest it and break it down in a way that it makes sense so that it's not so overwhelming. It doesn't stress you out or give you anxiety because we can rebuild. We can rebuild on solid ground, on solid foundation because everything that we've had that was built on the old foundation, that was sand. In the Bible, Jesus talks about building your house on a rock versus building your house on a sand.

And sand is what we've built everything on, and it can't sustain, and that's what's happening right now. It's crumbling. It's crumbling. So, moving forward, this show is going to help you build that rock, and anything you build upon that rock will last. And that's what this is all about. So, this show is for anyone who feels called to serve, who feels called to help heal humanity, who feels called to help others. It's for high achievers and believers. Obviously, I've already talked about the Bible and I want you to understand I'm not one of those Bible thumping Christians. I am a Christian. I'm wearing my cross necklace right now but I'm really like a Universalist, I guess is how you can say it. I'm spiritual. I'm connected to God in a very deep way, and I'm not going to preach to you.

It's not that kind of a show. So, I want you to get that out of your mind right now. I don't usually quote the Bible, which is strange that I already did that, but in Episode One. So, like I said, healers, believers, patriots, conservatives, and truth seekers. That is probably what I should have led with is truth seekers. I'm a truth-teller, truth seeker turned truth-teller. If any of that resonates with you, I really am so happy that you are here with me and you can help me help the world. It's our job to save humanity. That's our purpose. And so in this extremely important time in history, in mankind, now more than ever, we have to come together. So, why should you listen to me? Who the hell am I? Why should you listen to me? Why should you care about what I have to say?

Well, my name's Jamie Michelle, as I've said probably multiple times now. I am a master award-winning mindset coach that does decided, like I said, that I don't want to be a coach anymore. I just want to serve humans in any way that I can. I don't want to have clients. I just want to exist to serve, and to teach, and to show, and to guide, and to help, and to heal.

And so I've been in the coaching industry for a little... Well, I've been helping people with their fitness and their health and all that since 2012. So, eight years in the fitness industry but, really, in the last like two and a half years, I've really broken out into the coaching industry. And like I said, I had a national radio show last year called Permission To Thrive, and that was focused mostly on body image. I did body

image coaching for a while, and then I moved into performance, mindset coaching for athletes and really high achievers, elite mindset coaching type stuff. And that's the direction that I was really heading in when I was like, "No, no, I need to figure out why is this not feeling right." And that's when I took the break throughout the whole COVID mess, and realized a couple of weeks ago, just a few weeks ago, that I didn't want to have clients anymore. I just want to serve.

So, a little bit about my story so you know where I come from, who I am. I struggled for a decade with my body, with my body image, with anorexia, and exercise addiction. And I went through starving myself for... I talked to a lot of girls who have had stints of eating disorders and things, and when we asked, "Well, how long were you sick for?" And they'll say, "Oh, you know, a couple of months, a year max." And I was sick with anorexia for a solid six years, and I shouldn't really be alive at all, not even a little bit. I've had several near-death experiences, I guess you could say, where I should have not been here anymore. My mom really doesn't like when I talk about that, or my dad, so I'm not going to focus on that too much. But like I said, I was sick with that mindset and mentality for a very long time. And then I went through a really traumatic event in 2016. So, a little over four years ago, it was in May, that pushed my body into post-traumatic stress disorder.

And when that happened, because I had been starving my body for so long and abusing my body, the only way I was able to stay alive, like the only way my body knew to keep me alive was to store literally every morsel of food that I ate, which wasn't much to begin with, as fat because it was in that fight or flight stress mode, which it had been in for six years because of the way that I was treating my body. I did bikini competitions. I had such an identity with my body and I had to be the smallest thing. It stemmed from the belief that I wasn't good enough the way that I was. And so if you feel like you're never good enough, no matter how hard you try, I have been there.

And it's a bunch of bullshit. We can't believe these lies anymore. These are lies that have been implanted in our minds from society, from the media, making us believe that there are certain beauty standards and body standards, and it's just such bullshit. And you have to eat this and you can't eat that, it's diet culture. And so I was very much caught up in that, in my identity. If I wasn't an exact specific number on the scale for my weight every single morning, even if it was up a 10th of a pound, it was the worst day ever. It was the worst day ever. And that was the only thing my mind could focus on. So, when I gained all this weight, I gained like 60 pounds in less than two months, for someone who was less than 100 pounds to go to 160, it was not an easy thing for me.

And I actually became suicidal because, again, my identity was still tied up in my body. And I went to so many doctors. I spent tens of thousands of dollars on medical experts, on alternative medicine, hormone specialists, blood tests. God, I was getting blood work done every single week it seemed like, and nobody could figure out what was wrong. I went to some of the highest names in the country for hormone doctors. And they were like, "I've never seen anything like this before. I don't know." Imagine hearing that. I just wanted a solution. I just wanted to lose the weight. And so, cutting a long story short, I came to this realization after almost two years of struggling with this new body that I hated and I didn't want to be in.

I remember waking up every day, this is all I'll say. I remember waking up every day thinking, "If this is how the rest of my life is going to be, I don't want to live it. If this is what my body is going to be like for the rest of my life, I don't want to live this life." Imagine having that thought every day, every morning that you wake up, wishing that you hadn't woken up. It was awful. It was awful. And I don't know how I got to that point. It's like everything else in between, from when I first started losing weight to that period of time when I was struggling so much being overweight, everything in between is such a blur. I don't know how I went from one to the other. It was a really difficult for me.

And so after struggling with that for almost two years, like I said, it was maybe like a year and a half, I finally had this divine intervention revelation where I was like, "Hold up, wait a minute," because life was passing me by. My family members and my friends were getting married and having kids, and there I was still waiting to live my life because I didn't like how I looked. That's exactly what I realized it, I was like, "Holy shit. If I want to have a good life," and that's all I wanted, I just wanted to have a good life, but I didn't believe I could do it if I didn't have the best body. That's what I thought. And it was like, all of a sudden I was like, "Hold up, hold the phone. If I want to have a good life, it's happening now. Life is passing me by and I'm not in it. I'm not partaking in it."

And I decided, in that moment, it was like a gift from God because I've always been spiritual. I've always been very connected to my faith. It's obviously evolved as I've woken up. But I had this like declaration where I was like, "All right, if this is going to be my body," because I still very much had an anorexic mind. I was dieting. I was exercising like crazy and nothing was happening. If anything, I was gaining more weight and it was absolutely infuriating. And so I just decided, in that moment, I'm trying to control this. I'm trying to control my body and it's still doing whatever it wants. So, if that's how it's going to be, I need to learn how to love my life in this body. And if it's not going to be what I want it to be dieting, I may as well enjoy the food that I'm going to eat.

So, I had made two critical decisions, to stop dieting, in that moment, and to start learning how to love my life even if I didn't love my body. And in that moment, literally, my entire life changed, like everything. I started losing weight almost faster than I had gained it. It was unbelievable. And so the lesson for me in that moment was there's really something to be said for mindset work and all of this energy work. And so now I am an energy healer and a spiritual teacher. Everything that I do is based on mindset and, obviously, coaching but spirituality, energy, energy work.

I don't know if you're familiar with that but that's the way I operate. Everything that I do is based off of energy. And so it's very easy. I don't want to say that I'm a medium but I'm very connected intuitively. I understand things. And I see things that a lot of people can't see, feel, or understand. And so the way that I am, like the reason for my existence is to help the rest of the world kind of understand and decipher what's going on in the way that I see it so that it's easier, and everything is going to make sense once you put it all together.

It's all about the bigger picture. Everything happens for a reason. Everything is happening for us for our greater good. And so that is who I am. And I'm really a free thinker. I'm a free speech advocate. I'm an American. I'm a conservative, like I said, and I'm a fighter for the liberty of people. I'm a fighter for human rights and equality. I think that's pretty much covers it. If you have questions about more about me, I don't want to talk about me too much, but just send me a DM, send me an email. All that information will be in the show notes.

What's coming on the show? A mix of everything. Everything that I just talked about, spirituality, energy work, mindset coaching, obviously, mindset coaching, come on. Because it's our job. We have to save humanity. We have to save the world. So, I'll talk about health, and wellness, and fitness because that's always going to be a part of my expertise, I suppose. It's been my whole entire life.

Well, my whole entire adult life, at least. There will be a little bit of politics. I'll talk about manifestation, personal development. I'll probably have a couple of mindset meditations, or mindful meditations, transcendental meditation, anything and everything to help you understand what's going on, to reduce your stress and anxiety, and really empower you to live your best life and be the creator of your dreams because nothing is off limits for you. Nothing. So, we'll talk about performance improvement and, really, just how to be your best self while digesting, and deciphering, and making sense of all of the stuff that's going on in the world. We'll talk about transformation. I will, of course, share my personal wins and failures, some life lessons along the way.

I'm going to start with two episodes a week and figure it out from there. I might go down to one. It might go up from there to every five days a week. I really haven't decided yet, but I'm starting with two days a week. And I will most likely have down the road some co-hosts, some guests on the show, some experts in all of the things that I just talked about, that I just listed out.

And one thing that you can do right now to improve the quality of your life, to improve the way you're feeling with all of this going on is to just stop what you're doing, and take a deep breath in and out, and think about all of the things in your life that you're grateful for because there is so much. There is so much. Look around you right now. Just be in the moment. And if you are really feeling into it and if you really want to feel better, I'm going to encourage you and actually challenge you to grab a journal and a pen, and every day for the next week, write down in the morning a list of 10 things that you're grateful for. They cannot be the same. You cannot repeat.

And they don't have to be like big, heavy things. They can be like I'm grateful for wifi. I'm grateful for mascara if you're having trouble. But I really encourage you to look at the bigger picture, your family, your health, your friends, your physical fitness, the money that you do have, all the abundance, all of the love that does still exist in the world because love is all there is. And it might be a little bit hard to see right now, but when you start focusing all the things to be grateful for, it's a lot easier to see the good than it is when you're not focusing on that. So, I encourage you to do that to start feeling better right now.

And with that, that's the first episode, guys. I'm so so so grateful for you to be here, speaking of gratitude. I'm so grateful for you joining me on this journey. This is going to be a lesson and a new experience for all of us because this is the first time I'm actually taking my show and I'm not calling it anything but my name so I can really talk about anything and everything which I'm really excited about. And I think it's going to give us a lot more flexibility and ability to dive into things that I probably normally wouldn't. So, I really would love it if you would hit subscribe and if you feel so inclined to, please leave me a review on iTunes or whatever podcast platform you are listening to me on, and have an amazing rest of your day. I'll talk to you soon. Bye for now.