

Whether you want to believe it or not, your body and the way you feel about your body is being affected by the energy of the world right now. There's so much going on, everything feels really heavy and chaotic, and that is causing you to feel a certain way to feel heavier. And in this episode, I explain what you can do to get back to normal.

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 suss 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.

All right. Welcome back to The Jamie Michelle Show. This is episode five. And in today's episode, we're just going to continue the conversation about body image that we started in the last episode. There were a couple of things that I mentioned in the beginning of episode four that I didn't get to talk about because we ran out of time, because I could talk about this stuff forever.

But really quickly, before I go into everything, I am going to give just a really high-level summary about what I covered in the last episode. So if you didn't listen to episode four, you should still follow along pretty easily. But I do recommend that you listen to it. Just go back and listen to it before listening to this episode, if you have the time.

So in episode four, I talked a lot about the diet industry, and basically explained why and how diets actually don't work. They're a waste of your time. They are actually working against you. Every time you go on a diet, it gets harder, and harder, and harder to lose weight. And the diet industry, the weight loss industry takes advantage of this big time. And most of the people who spend all their money and their energy on diets are repeat dieters. So the entire industry, the entire profit model is based off of this cycle. So I talked a lot about that.

I also talked a lot about how behavior change is not enough. Changing your habits, changing your behaviors is not enough to create sustainable transformation. It's so much deeper than that. And I'm going to go into that in this episode a lot, especially because the number one thing I want to talk about kind of revolves around this concept. So behavior change alone is not enough to make changes, to have lasting results, to improve the way that you feel about your body and heal your relationship with food.

I also talked about how food is actually neutral. So we're conditioned to believe that these foods are good and we should eat more of them. And these foods are bad, and we should avoid them at all costs. But really, everything is neutral. Nothing is actually good or bad. Everything gets its meaning from what we assign to it. So I'll go a little bit more in depth about that in this episode as well. Because it's really important. And actually, when you understand how this works, it takes off so much pressure. And you'll actually be able to start improving your relationship with food immediately by practicing this principle.

Now it is going to take some time to like rewire your brain. Remember, I also talked about that in episode four, how this is really a process of relearning. This is a process of reconnecting with your body and redefining what things mean to you, and changing ... we all have specific food roles that we follow or diet roles or whatever. We have to completely erase all of that. We have to abandon that, because it's only hurting you. It's not helping you. It's causing you to feel so much stress around food. It's causing

you to have panic attacks and anxiety attacks when you think about going out to eat, not that that's really an option for some of us right now. I mean in New York, they just closed down all indoor dining, which is a bunch of. But I'm going to move on because if I go there, I might not ever come back.

And then finally, before we get into today's episode, the last major thing that I talked about in episode four was the one key to your best body was really in feeling into what your body needs. It's accepting your body for what it is right now, acknowledging what's real, connecting with your body, and learning how to kind of hone in and tune into the signals that your body is giving you. Because we have all kind of forgotten what it means to listen to our bodies and trust our bodies. Because we've been conditioned in this wonderful thing. That's sarcastic by the way, called diet culture. We're conditioned to believe that we can't trust our bodies, that our bodies are bad, that our bodies don't have our best interest in mind. And we have to listen to what the diet companies are saying, and what all of these outside parties are telling us. So we completely negate what our body's telling us. If we're hungry after 7:00 PM, but you're following intermittent fasting, well you have to shut that down.

So you lose connection with those cues, and honestly your body even stops giving them to you. Because if it knows that you're not even going to listen, what's the point? And utilizing energy and fuel that you're not giving it, it's going to conserve energy and not even tell you when you're hungry or when you're full. Because you're not listening to it anyways. Does that make sense?

If we're counting calories, if we're counting macros, I remember doing this. I would calculate and preplan my entire day. And if I was eating a meal that I had counted out and perfectly proportioned in terms of macro. I would force myself to eat that entire thing because it was part of my calorie allotment, my macro allotment. Even if I was full. And then by the end of the day, once I utilized and ate all of those calories up, even if I was still hungry, I wouldn't eat anything. So do you see how we start listening to these outside roles instead of trusting our own bodies. Our bodies are created to do they use things automatically. That's the whole point of our body's digestive system, and our hunger cues, and our satiety cues. These things are built into our bodies. It's literally what they're created to do. And for some reason, well the reason is because we've been taught to believe what we do. We don't trust those things. We think, "No, no, no." We think we know best. We think this one diet program knows best and we're going to follow it to a T so that we get results. And it's just like absolutely ridiculous.

And it's doing far more damage to your body, to your metabolism, and to you and your mental health than it is doing any good. It's just not benefiting you in any way. And it's actually hindering your ability to have the body that you want to have. So that's just a really high level summary of the main points of what episode four was about.

So now we can get into the new stuff of this episode, which I want to start off by talking about the one topic that I started talking about in the last episode, and I didn't get a chance to finish. And that is really how this whole year, the energy of the year, the way that 2020 has gone, and the way it's affecting us mentally, emotionally, energetically. It's affecting your body. It's affecting your ability to, not your ability, but your motivation to work out. It's affecting the way that you feel about your body. And you've probably noticed your weight fluctuating a lot more up and down. I definitely have. Because of the way that everything is happening because of the energy that's in the world right now.

So I really want to talk about that. Because so many people are feeling more frustrated, are feeling more hopeless, are feeling like what's the point, what's the point of me working out and busting my butt to have this killer body when there's no life to be lived? And I know that sounds a little bit dramatic, but I can tell you from full transparency, those are some of the thoughts that I myself have had over these last several months.

So I started talking about this in the last episode by saying I do have such a deep relationship of trust with my body. I trust my body explicitly, and it trusts me. And that took a long time for me to kind of reconnect to my body in that way and cultivate that safe relationship. And I'll talk about that too.

But that has been my saving grace. Because for the last four months now, I think we're going on four months. I have not been able to work out for more than three days a week. And before that, I was working out six days a week, sometimes seven. Now when I say that, I wasn't doing crazy intense. Some days would just be like stretching or jumping on my rebounder trampoline. But I would move my body pretty much every day. But for the last four months, it's gotten harder, and harder, and harder, to the point where working out three days a week is a good week. And that to me is like, it's a new experience, I'll just say that. I have never felt this much like resistance to working out in my life. And I know exactly why.

I know exactly why ... well, I shouldn't say in my life. Because before I found fitness, I was the last person that you would ever find working out. I hated sweating so much, but that's besides the point. That was before.

So it's just been a really difficult time. And I know I am not the only one who feels this way because I've had conversations with many people who have felt the same way. And I've seen people talk about it on Instagram. There's a reason for all of this. The energy of the world especially if you live in America, the collective energy, the way that everything feels right now is very heavy. It's very low vibrating. It's got the energy or the feeling of depression, and anger, and anxiety, and stress, and overwhelm. All of those things that we don't want to feel attached to it. So it's no wonder even if you are not personally feeling this way, it doesn't matter. Because we are all connected. We are all one. So the collective consciousness affects each and every one of us, whether we're aware of it or not.

We are all empathetic beings. Some of us are just more aware to that fact than others. But energy affects all of us. So just because you might not be feeling that way, your life might be going great, you might not be in a lockdown state, it doesn't really matter. It doesn't matter what's going on. The fact of the matter is most people in America and in the rest of the world right now are feeling very low. Low vibrating, heavy. There's a lot of anger. There's a lot of frustration. There's a lot of resentment, stress, sadness, anxiety. I think I mentioned all of these already. But all of that combined weighs on your energetic body.

Now I've talked about this 1,000 times before, but I'm going to say it again because I haven't talked about it too much on this podcast yet. We're only on episode five. So the number one thing that I'm known for saying is energy is everything. Everything is created from energy. So when I say energy, if you're not familiar with energy work, just associate with it with the way that you're feeling emotionally. However you're feeling, the mood that you're in, the attitudes that you have, if you have a positive attitude, or a negative attitude, or if you're just feeling low, or if you're feeling super high. That's what I'm talking about. Energy, the energy that you're embodying. It's really emotions. Emotions are just energy in motion. Remember I said nothing is good or bad, everything just is? We associate certain emotions with certain meanings. We give everything in our lives meaning. So nothing is good or bad.

But we're taught again, this is another one of those things we're programmed through our life experience, through our upbringing, and the experiences that we have throughout our lives. We all create these associations of anger is bad when I'm sad or whatever. That must mean that I'm a bad person. And this is all again, it's all unconscious. So this is why it's so important like I mentioned in the last episode. It is so important to stay hyper aware, to stay in the present moment, to notice what you're feeling, to notice how things are making you feel and start asking yourself, why, why am I feeling this way? Because that is where you're going to get all of your answers. That's the key.

Remember, feeling is the key. Feeling into what your body is telling you is the key. And asking those questions, taking note of the thoughts that you're having, of the feelings that you're currently experiencing. Because they're just temporary, nothing is permanent. Everything is changing constantly. But right now with the heavy energy in America especially, it's weighing on your energetic body. So whether or not you're aware of it, it's there. And it's causing all of the things that you want to create to have that same kind of energy behind it. So if we create something, if we go to create something and we're feeling really low, the end result is not going to be very high. It's impossible. Because we're feeling so low.

Everything is created from energy. So if you go back to episode three where I talked about the biggest manifestation secrets, one of those secrets was to get in the energy of how it would feel when you actually finally have that thing, or create that thing, or become that thing that you wanted to manifest. Because everything is created from that energetic feeling. It's the state of joy, of bliss, of whatever it is that you want to create. You have to feel that way now to attract it. Because the energy is what causes that thing that you want to manifest, whatever it is, to be drawn to you, to be attracted to you. So this is kind of like law of attraction 101. Like attracts like. So if you're feeling super sad, super angry, super frustrated, the chances of you experiencing something really happy, and light, and free, and joyful are pretty low. Because you're stuck in that vibrational frequency of anger, of hate, of resentment, whatever. And those two frequencies do not intersect. They're parallel. One's really low. One's really high. They do not intersect. I wish you could see the hand motions that I'm doing right now. Like okay Jamie, they can't see you anyways. They're on two different planes. They do not exist in the same frequency.

Bringing this back to body image, if you're trying to improve the way you feel about your body, but you're not feeling like ... again, I talked about this in the last episode. But you're not feeling good. You're feeling really down. You're feeling really maybe depressed, or frustrated, or annoyed. It doesn't matter. If you're feeling low, if there's something that's bothering you in any way, it's going to be very difficult for you to create a positive experience with your body to create a better body image for yourself. It's just not going to happen. It's not going to happen, because you aren't in the right energetic frequency.

It is so easy for me when I'm feeling good, when I'm feeling my best, I want to exercise like all the time. It's actually something that I have to watch because it's so easy for me to slip back into addictive patterns, because I was addicted to exercise for so long. So when I'm vibrating super high, when I'm feeling super good, moving my body feels good because it's like caring for my body in that way. It's not even something that I have to tell myself to do. It's just something that I want to do. We all want to feel that way.

And this is why a lot of people will always say, and it's true. Working out once you get in the habit of doing it, it's so easy. But once you fall off, once you miss a couple of workouts or a couple of weeks, it is so hard to get back on. It's so hard. It's so easy to fall off and so hard to get back on. Isn't it? If you skip a few days, you know the next time you go to the gym or you go to work out, it's going to be harder. Because you're not in that vibrational frequency any longer. It's the same principle.

So it's all about matching the frequency of what you want to create. But when the collective energy of everyone like America and the world is so heavy, we are all connected. What one person feels, even if it's on the opposite side of the world, it's going to affect you. Because we're all one. And I'm going to do more episodes about that in the future. I'm not going to get into it now because it's so in-depth, and we definitely do not have time to go into that. But just know that we are all connected through this thing called collective consciousness. And if you want to look that up, go ahead. You should be able to find plenty of information about it.

But what one person feels. And like I said earlier, some people are way more aware of this than others. But it doesn't matter if you're aware of it or not. It's affecting you. It's affecting you. So in the collective conscious energy of your country is low and very frantic and hectic. Right now, it feels very noisy. It feels very confusing, and chaotic, and just what the heck is going on kind of thing. And also so much anger, so much frustration. There's domestic terrorist groups running around, what the hell is happening kind of thing. That is all affecting the way that your body is feeling, whether you're aware of it or not.

So I talked about on my stories, on my Instagram Stories, I don't even know when it was. But I've been mentioning it for a while now how much more sleep I have been needing throughout these last couple of months. I can usually function optimally on five or six hours. I've always been able to do that. But recently, these last couple of months especially, I have been needing twice that. That is not an exaggeration. And that was really messing with me for awhile because I'm not used to that. I'm not used to having to sleep for 10 or 12 hours a night. I'm not used to having my days cut by that amount of hours, you know? And it was throwing me off. It was throwing off my ability to get stuff done because I didn't have as much time in the day. You know what I mean? That was a big reason why I wasn't able to fit in my workout. Because I like to have my time in my gym. That's the time that I give to myself to get my energy up. But if I don't have that time to give, the chances of me doing that are very slim to none.

So all of these things are affecting you and your body, and that's why it's so critical. It is critical to tune into what your body is needing and give it what it needs. Especially in times like these. Because it's so easy to get lost in the noise. It's so easy to get caught up in what's going on, that we lose sight of how our bodies are actually being affected, of what our bodies are trying to communicate to us. Because your body is your connection to God. Your body is the thing that receives the signals. We all know that feeling of an intuitive knowing. Like you walk into a room and you just have a feeling. That's your connection to a higher power. And you can't explain why. You know things, whatever.

Your body is the thing that tells you. So we have to be able to feel. We have to be able to feel into our bodies to discern what's best for us and what's not best for us. And there are a lot of different exercises that you can do to develop that connection with your body and understand what your body is trying to communicate to you.

So there's this thing called a visceral yes versus a visceral know. And I've talked about this previously. But to kind of just tell you very quickly. To be able to feel if something is for you, if something is a yes energy, if it's a high energy, if it's good for you, if it's something that you should do, ask yourself questions that you know the answer is absolutely yes to. So an example would be is my name Jamie? Yes. That yes feels a lot different than asking is my name Mark. No. There's a different visceral response in your gut, in your chest. And you have to really pay attention because when you haven't done this in a while, when you've lost connection, it's very difficult. It's not going to come right away. You just kind of have to sit there and be patient to see okay, where am I feeling an opening? Where am I feeling a closed off kind of like contraction feeling? These are visceral responses of your body telling you ... your body has all the answers. I've said that last episode. That's what we all have to remember. Your body has all the answers.

So yes, it's been harder for me to work out. It's been harder for a lot of people to work out. But when I ask myself is exercising in this moment a good idea? Most of the time I get that no, I don't have the energy to expend. I just don't. And my appetite's been real wonky. This whole thing has thrown me off my bio rhythms and everything so much. It has affected me much more than I'm letting on. And since I'm being honest with you, it was just the other day where I finally was able to acknowledge to myself I've been putting on this front like everything's fine, everything's okay. And that's just a lie. I'm not okay. I try to be the one that puts on a happy face, that is the motivator that lets everyone know that

everything is going to be okay. And it is. I know that. And I also know that none of this is real, and it's all an illusion.

If me saying that is giving you, "What the F. What do you mean?" This is all an illusion. I will do more episodes on that. Believe me, I will. But I know what's true. I know what's real. And I know that in the grand scheme of life, this is nothing. This is nothing. So I've been kind of treating it as such. But the human version of me, the part of me that's human that's not my higher self is really upset about all of the things that have been taken from me this year. There are a lot of things. A lot.

And I try not to think about it, but the other day I was having a conversation with somebody, and it just kind of hit me on how much I've missed out on this year. And it knocked me down pretty low. So the fact that I'm even able to record this episode for you right now is a miracle, because I was really not doing well. I'm not going to lie to you. I will never lie to you. I'll never tell you if I'm feeling good ... if I will never tell you that I'm feeling great when I'm not. It is my job and responsibility to be 100% real with you. And that has always been the number one thing that sets me apart from everyone else. I tell everything to you the way that it is. I don't lie to you. I don't hold back. That is why you can trust me with everything that I'm telling you. Because I will never lead you down the wrong path. And if I do make a mistake, I will be the first to admit it. Whereas most people, it's very difficult for people to admit that they're wrong. That used to be me. I used to fight and argue to the death. I had to be right. But now, that's not who I am anymore.

It's my responsibility to give you the truth. So if there's a point that I make that is not 100% truth, I will be the first to correct my mistake. Because you deserve the truth. But just know anything that I tell you in that moment, I believe with all of my being that it is 100% truth or else I wouldn't say it. So that was a little bit of a tangent, but I wanted to kind of explain to you I have been struggling with this, massively for the last four months. There's nothing wrong with you is what I was going to say. If you're feeling that way, if you're finding it very difficult to find motivation to exercise or to eat right, or whatever it is. If you're finding it difficult to take care of your body, if you're wondering what the hell is the point? You're not alone. You're not alone. So many people are experiencing the same exact thing. And this was one of the things that I really wanted to touch on in the last episode and episode four, but I ran out of time. So I'm so glad that I got to kind of expand upon that in this episode.

So if you are feeling this way, what can you do to kind of get back on the right foot to get your motivation back? I'm going to tell you exactly what I already said. Get yourself as much as you can in the energy of how you want on a feel. When you work out or when you have the motivation to work out, how do you feel? How do you feel after you work out? How do you feel about your body? How do you feel about yourself? And start doing everything that you can to get yourself back into that vibrational frequency? It's all about the energy that you're carrying. It's all about the energy that you're embodying.

So the first thing to do is to notice how you're feeling in this moment, and acknowledge whatever you're feeling, it's real. It just needs to be acknowledged. It just needs to be felt and experienced. And then it will lift. It will go away. Emotions are just energy in motion. They just need to be felt. They just need to be acknowledged. So you need to feel. If you're pushing it away, if you're suppressing it, stop. And give your body what it needs. Allow yourself to feel, allow yourself to cry. The amount of tears that I've shed in the last 48 hours are unbelievable. I'm not even going to lie to you. But they had to come out because I was holding onto them for 10 months. 10 months. And most of you have probably been doing the same, trying to put on a strong face for your family. It's okay to feel. It doesn't mean anything about you. Again, everything just gets its meaning from what we assign it.

So we need to peel back the layers and look at okay, what do I think it means about me if I cry? What do I think means about me if I yell, if I get angry? And answer those questions and ask yourself, is that actually truthful? Am I X, Y, Z? Am I a bad person if I let myself cry? Am I weak? No. If anything, you're

strong. Being vulnerable, allowing yourself to feel takes a great amount of courage. It really does, because we're taught that feeling is like a bad thing. I'll do another episode on emotions because it's a huge part of all of this.

So the first thing again, it's to feel and allow yourself to feel whatever it is you're feeling, and kind of move that out of your body. Do whatever you need to do to move that energy. The two ways that you can move energy out of your body are through voice, through sound, and through movement. So you can either sing. You can scream, you can move your body. It sounds counterintuitive because you don't have the motivation to move your body. But I'm not talking about intense exercise. It could just be stretching or intuitive movement. Putting on music and just kind of flowing with the music and kind of dancing, and just see where your body takes. Go on a walk. Move your body, move that energy out. Whatever you need to do. Voice, singing, sound, screaming your head off or whatever you do. Crying, so much gets released through crying through tears. It's unbelievable.

So allow yourself to do those things. And then once it's out, you will feel lighter. You'll feel yourself lift a couple of octaves to a higher vibration. And then from there, you can kind of embody and start to manifest okay, I want to get my motivation back for working out. How do I normally feel? And start thinking about things that make you feel that way and do them. And before you know it, you're going to have your motivation back to exercise. Mine is starting to come back now that I've allowed myself to feel. It's amazing. And the thing is I know this stuff, I teach it. But sometimes we're so caught up in what's going on and trying to be the strong face for the family, trying to be the person that delivers all the information. I don't have time to be emotional kind of thing, that you just push it to the wayside. But that's affecting everything that I do. I'm not able to show up fully if I don't do that. So the fact that I allowed myself to kind of finally cry my eyes out and be sad and be angry about everything that's been taken from me this year, I now am feeling more motivated to exercise. I'm wanting to eat more high vibrational foods. It's been one day, and I've noticed a difference.

So let yourself feel, and it will lift. You just have to acknowledge it. You just have to feel it. And yes, the first time that you do this is scary. I mentioned that in the last episode. The first time that you let yourself feel, you're going to be like, "Oh my God, what is this? I'm not used to this." Do it a little bit at a time. And I'll give you exercises in future episodes on what you can do. But if you haven't, go back and listen to episode four. At the end of the episode, I give you a practice or an exercise that you can do right now to kind of start feeling into your body, to start building that relationship back up with it, trusting it. To feel safe in your body and for your body to feel safe with you. You have to reestablish that connection of trust with your body and your body with you. It's a mutual two-way street.

The only way to do this though, is to get quiet and be present in the moment. You can't be doing 100 million things up in your head thinking about what you have to do tomorrow, thinking about the things that you didn't do yesterday. Thinking about that horrible breakup that you had two years ago. You can't be thinking about the past or the future. You have to be in the moment right now to be able to feel what your body is telling you, what your body is trying to communicate to you.

And most people are so numb to feeling. We are so numb, we don't know what it means to feel. That there's so much pent up energies in your bodies. So the first time that you do this, you're going to feel overwhelmed. Your brain is going to try to tell you to stop, because it thinks that you're going to die. You're not going to die. You just need to feel what's in your body. If you've never done this, if there's a lot of trauma trapped in your body, yes you're going to feel it. And I know the first time you do this, I always tell the story about the first time my coach, when I first started working with a coach after my eating disorder, when she first told me that I had to feel, I was like, "Well screw this then. I'm out." There's no way. There's no way that I'm going to feel right now. Are you kidding? Nope, I'm out. I'm out. Because there was so much pain. There was so much trauma. Even just thinking about it, if I even let

myself think about all this shit that I went through, I would start to cry. I was like there's no way that I'm going to let myself go there emotionally.

But we have to. We have to. Because that's the only way that it's let free, that we can release it, that it can be completely released and transmuted into nothing. If you don't do this, it's going to continue to weigh on you for the rest of your life, and that is how disease is created. It's all energetic. Everything is created from energy. If you want to be able to live your best life, if you want to be able to have your best body, you have to be willing to feel. You have to be willing to do the things that no one else is willing to do. You have to be willing to change your mind about everything you thought you knew. You have to. Because everything that you've been taught is bass-ackwards. It's ass backwards. Everything you've been taught is wrong. It's all about the energy. It's all about the feeling. So you need to trust yourself enough to be able to feel into your emotions, to be able to feel into your pain.

Remember what I said in episode four, in last episode. Your power is in your pain. In your pain, you're given everything, every answer that you've been looking for. It's in your pain where your power is truly cultivated. And that is the bottom line. That is the 100% truth. You have to be able to feel. So that's the key. That was the one key that I gave you in last week's episode.

And now to wrap this all up and bring it all into a nice little bow, what's happening right now is affecting your relationship with your body. And remember what I said in the beginning of last week's episode. Your relationship with your body and with yourself should be your highest priority, because that's where everything is created from. You have to be able to trust yourself. You have to be able to trust your body. You have to accept where you are, and accept and acknowledge what's real so that you can create and decide what it is that you want for yourself. That is the number one thing.

So yes, what's happening now is affecting you, but it doesn't have to perpetuate. Don't let it fester for four months like I did. You know? It doesn't have to be that way. If I had just been paying a little bit more attention instead of trying to be the number one source and for all of the stuff that's going on in the world right now, I would have been able to notice this a lot sooner. But there was so much going on in my personal life that made me kind of, everything happens the way it's meant to happen. Those four months serve a big, huge purpose for me. So again, that's another thing. We cannot rush the timeline. Our body is the one that gets to decide the timeline. It's not up to us. It's our body that decides. So those four months that I had to sleep for 10 to 12 hours a night, and it was only working out three days a week. And I'm hoping that this week it's a little bit more.

Those four months were purposeful. Every single day of those four months or whatever was significant to me, I had to go through that. Everything is happening for us. Nothing is coincidental. Nothing is by accident. Everything has meaning. So we can't rush it. We have to allow our bodies to decide and just trust it and follow it along. And when you do that instead of fighting against it, it's so much easier. It happens so much faster. We cannot resist. We cannot fight.

I hope that this information was helpful to you in this episode. I know I really only talked about that one thing about how the energy in the world right now is affecting your body. But truly all of the things that go into that and everything that I've talked about, it's very comprehensive. So hopefully you got some things out of this episode that you can start utilizing and implementing right now. If you have any questions, don't hesitate to reach out to me. I'm always on Instagram @jamiemiche11e, the number 11 in place of the double L's. I'll have that in the show notes. Don't forget also to sign up for my weekly newsletter that I'm launching on January 1st. So it's only a couple of weeks away. It's going to have all of the truth, all of the answers. Mindset hacks, manifestation, fitness and health, personal development, and the truth about what's actually happening in the world so that you can actually be sane and live a life without wondering what the hell is going on.

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So go sign up for that. It's launching on January 1st, you can sign up on my website at jamiemiche11e.com/newsletter. Again, that's jamiemiche11e, the number 11 in place of the double L's, slash newsletter. Again, I'll have that in the show notes so you can click instead of just typing it in. And while I have you, please go ahead and hit subscribe to the show and leave a review if you feel so inclined. That really helps the show be promoted to other listeners who would otherwise not find me. So that is a huge help. And with that, I'll talk to you next week. This is Jamie Michelle signing off. Have an amazing, amazing rest of your day and week. And I'll talk to you soon. Bye for now.