

[00:00:00] And I say this to a lot of like really gifted women. They're like, Oh, so and so is doing this and that. And I'm like, so and so is using their voice and putting it out there and having consistency. And I have met so many like spiritual or talented or whatever it is, women who are like the greatest kept secret.

[00:00:17] Because they don't use their voice and they're not putting themselves out there and there have all those what if I can't society thoughts and it's true, they're getting the download, but they're not speaking it.

[00:00:32] Welcome to into the wild, a podcast that helps you grow your business and shapes you into an industry authority. My name is Renee Warren, and I'm the founder of We Wild Women, a PR company that helps get female entrepreneurs off the sidelines and into the headlines. Each week I'll unravel mindset, marketing, and PR secrets, plus chat with expert guests to teach you the fearlessness needed to step into your greatness.

[00:00:59] Are you ready for it? Let's get wild. Hey, you wild women. My next guest is an intuitive energy alchemist and wealth. Activator. She guides leaders, healers and lightworkers to step into their personal power, magic and massive impact. She has created a multi million dollar empire in just under three years and has helped women tap into their purpose, joy and scale from their first six figures to millions with ease and impact.

[00:01:31] She's an intuitive, a healer and a conduit for your ascension. Andrea has hosted many in person retreats. And has changed lives in so many ways. In this episode, we chat about what it means to be an intuitive healer, how she fast tracked her income, the moment that it all started to unfold, and what that means for you.

[00:01:52] Welcome to the show! So excited to be here. Thank you for having me. Oh, I love it. So we met on the crazy floor. At a Tony Robbins event, jumping up and down. So it's funny, because on the first day or the second day they ask you to be partners with somebody. Energetically, I'm like, who do I think would be cool and fun to hang out with?

[00:02:13] And I was drawn to you, which says a lot about what you do too. And then you're like, no, I already have a partner. I'm like, damn it. But guess what happened? We ended up being partners. We ended up hanging out for the rest of the week. Tell us really quickly what it is that you do. Yeah, this is like a little multi faceted fun thing.

[00:02:31] I'll make this a little fun intro. So I have the normal side of my business, which is like, you know, helping people with their business, scaling, profitability, definitely social media strategy and all that. And I love it. I love putting more money in the hands of really incredible women. I specialize in women, but I'm also an intuitive and a healer.

[00:02:51] So I really found with women, especially. When you can build their frequency, and their energy, and their confidence, it just bridges everything together. So I do a lot of different work between, I like to say, the mind body spirit trifecta. And so I do somatic work like breathwork and anger release and all that.

[00:03:10] I also help people with their frequency and energy and raising it and mastering their mind. So a little bit of everything, but overall I like to call myself an intuitive wealth mentor, a lot of different names. How did you tap into that intuition? How did you know that you were an intuitive? This is a really funny story.

[00:03:29] So like nine years ago, I thought I might be a little crazy. So I'm in a car with this girl. I just got this feeling in my head, like chocolate. And I was like, what does chocolate mean? Then I look at these rosary beads and I'm like, where's the chocolate? And she was like, Oh my God, my grandmother passed away and I have this chocolate in my car.

[00:03:47] And those are her rosary beads. I started like knowing things and having these senses and I feel I'm very clear cognizant, which is all knowing, you know, some people are clear sentient feeling their audience hearing, there's a lot of different players that can come online for everyone. It is my belief that everyone has a type of intuition.

[00:04:06] And it's all about really clearing our vessel of everything society has programmed within us and all of the beliefs and thoughts and really allowing us to release and refill that and trust our intuition. But yeah, it just started coming online for me. Funny enough, it came online for me when I got sober, when I started eating better, when I started loving myself, when I went on this journey, it was like everything just started to flow and then I allowed it and started trusting and learning more.

[00:04:33] Okay, because you crushed business in the last three years. Yeah, I did. Can you tell us what the outcome is of what you've done? But then when you're done letting us know, how did you get to that point? Oh, great question. I

was 100,000 in debt in 2019. And it was a trying time. I started my own food blog. I started a media company, but I knew I was destined for more.

[00:05:02] I really just put myself out there. And I think one of the number one things is consistency and mastering the mind along with the energy. It was like I put out an offer and then I showed up and I posted and I stopped caring what everybody thought about me. Because that was a really big thing and then I had my first 120,000 a year in 2019 and then half a million and then a million now a million plus and this year we're on point for at least a couple million.

[00:05:33] And for me, it's always been number one, constantly giving value and connection. A lot of people start to begin to chase money when they start making it. I always made sure that I was doing three things. One, giving value consistently and connecting two. Can someone know that my name is Andrea today who doesn't already know so a level of that.

[00:05:54] I apologize. I called her Andrea It is Andrea You are so an Andrea. I don't know why I said it. Sorry, it's okay Every single person does that for the record after 31 years of life you just get used to like hey, by the way Andrea and then they laugh and then they call you the right name, right most of the time So people keep calling me it.

[00:06:14] Yeah, and then the last thing I would be You Consistency and not being afraid to ask for the sale. That was a big thing. Like, I think that so many people think they're going to be annoying when they're putting themselves out there with PR and all that stuff. It's like, we gotta be able to say, Hey, I have this thing that you can buy and I'd love to help you.

[00:06:33] Oh my gosh. One of the biggest things that especially female entrepreneurs don't do is ask for the sale. Right now, my husband's teaching me the sell by chat in DMs and it's funny because there's a lot of people going through my husband's program that don't know that I'm his wife and I'm like the receiving end of this sell by chat framework.

[00:06:52] I'm like, I know what you're doing. I don't play along with it too. But what I'm noticing is women just don't ask for the call. They don't ask for the sale. So back up a little bit. Were you selling that started this momentum and creating wealth? I don't think anyone's ever asked me that, you know, the funniest thing is the first program I ever.

[00:07:14] From my mom's bed, I was living with her because I couldn't even afford my own rent. A 99, no sales page, no graphic. I wrote, how to grow your

social media 101. Word to God. That was my first program. And this was in 2018, 19? Mid 2019. Which felt like last year, by the way. I know, right? Crazy. Right before the craziness of the world.

[00:07:37] So you put this together because, did you know much about social media? Yeah! So you believed you were the person that can teach people. Yeah! Okay. Funny enough, we can go back. When I was like, 18, 19, I started a Twitter. I grew it to like 175, 000 and I was in my dorm room in college giving women free advice.

[00:07:58] And I knew I wanted to help people, but then I got a little lost, you know, a couple years of living life, you know, drinking and doing things and I needed to heal that trauma and the things out of my body before I stepped in. So it was a blessing that I didn't. I'm glad I went on the journey that I did, but I actually started like a food blog called The Hangry Italian Girl.

[00:08:17] And I ran restaurant social media and I was like, damn, I'm really good at this. I'm good at the algorithm, good at posting and all this social media game stuff. People kept saying to me, how did your food blog get to 10k? How are you doing all this? And a lot of people aren't willing to put in the work.

[00:08:34] This is my belief. If you can give your company like a year and have consistency, you will be 10 years ahead. Of everybody else. So I was willing to like put my head down for about a year, year and a half and like really stay consistent with the lives and the posts. And I boomed everywhere. And now last year, I barely worked and made a million dollars, but I've already established my presence and the like no trust factor.

[00:09:00] What do you think is the difference between you? Versus somebody who puts in the reps but doesn't achieve that success. So for me, that's where the energy stuff comes in. Doubting themselves. You can feel in someone's post if they really don't believe in themselves. I'm going to make a really funny joke here, but one time I met someone, she was like, I'm a divorce coach.

[00:09:21] And I was like, why? She was, well, I got divorced. Well, and I was like, do you enjoy this? And she was like, no, I think that there's like some people doing things on the internet that they're not joyful. Their frequency is not in it. They're not happy doing it. They're just doing it for the money. First of all, there's got to be that joy, that passion.

[00:09:39] Like, people see me and I'm like, Can I help you? I love you. Let's do this. That's how I feel when I see your work online. I'm like, Oh, she loves

this. She's excited about this. And people can feel that when you're just in it for the money or there's not a level of heart in it. For me, I invest in people. I can feel their heart.

[00:09:57] That's huge. Energy is huge. So we do the 20 million litmus test or the five years left to live test, where it's like if you had five years left to live or someone deposited 20 million in your bank account, would you still be doing the thing that you're doing today? 100%. Right. Most people, no. And then most people say, well, I need to pay the bills, so I need a job.

[00:10:17] That's the pattern and the thought cycle that keeps them stuck. We're so afraid of change because put it this way. Say you ask this question to somebody who makes 50,000 a year, and they're destined for more of all these stories they tell themselves that they can't achieve more, and they just live their life on repeat.

[00:10:36] But that's what society teaches us. 100%. It's like we grow up, we get in a school, they tell us go to college, do this, work for someone. And everyone has different destinies and paths, but a lot of people doubt their greatness because of what they see every single day and what's plugged into them. Every single day people don't realize.

[00:10:55] So another thing that I teach is like subconscious reprogramming. The reason I didn't believe I could for so long was because everybody told me I couldn't. And that's the biggest lie they tell you is that you can't. I remember actually having a hot tub with my husband last night and we were going through this around some of my blind spots and he goes go back and he keeps bringing me back to when I was six or seven years old.

[00:11:19] And this was the last time I recall having that pure childhood bliss and joy, and I was on the side of my house, so back in the day, my parents in our neighborhood used to always organize these like barbecue cookoffs and all the people would drag the barbecues to the end of the dead end, and then we'd have a little lip syncing competition, and I remember stapling balloons to my shirt and performing in front of everybody, I'll never forget that feeling of freedom and joy, and that's like the last time in my childhood I recall feeling that.

[00:11:51] So something tells me something happened after that moment. And I don't know what it is. We bury it. That's the crazy part. We do. We bury it. It's so crazy. You just brought this up. I was working with a woman and she struggled with intimacy with her partner, having the lights on and all of that. So

we brought her back to a point when she was like six or seven and she had come out the shower and there were guests over and her mom screamed at her, go get back.

[00:12:17] That she didn't realize programmed her to feel shame around her body. And she carried that with her. So we brought her back in a meditation. We rewired that we had her leave feeling in her power and the love for her body. And I will never forget the next day that she said I was intimate with my partner with the lights on you changed my life.

[00:12:37] And it was like a meditation that I let her through with subconscious reprogramming around this incident that she had forgotten about. Isn't that crazy? When we think of like, for me personally, limiting factors in the growth in our business has nothing to do with actual business. And yet some people are so persistent on reading the next book, like the Alex Ramosi's new book, 100 Million Dollar Offers, whatever it is, thinking that is the key to their success, yet they don't do the inner work.

[00:13:07] I love that you brought this up. Me and my best friend were having this conversation yesterday and like, Certain people that we've seen and experienced in our life. There was a man that I dated, really great guy, where he was constantly like reading books and podcasts and like, I'm doing the work, but he wasn't doing the actual work.

[00:13:23] He was busy avoiding facing his trauma. Yeah, it's sad. Everyone has their own path, right? But it makes me sad when there are people with so much potential and they want to read and learn. And that's the thing why I teach energetics and body work, because if it only stays in the mind, then you're not always processing it, integrating it, moving it through.

[00:13:44] The body knows and it holds trauma. So that's why, and I don't even like to call it trauma anymore, right? It holds interferences. It holds experiences. It holds energy that we've experienced in life that may not be our highest for the 3D reality we're desiring to create. So we have to be willing to sit with ourselves.

[00:14:02] And maybe that looks like crying. Maybe that looks like breath work. And maybe that looks like inner child healing. And A lot of people, especially really successful women, come in my world making eight and nine figures and they're like, I don't need that. And then they do it and they're like, thank you so much.

[00:14:20] They needed it the most. I had this moment the other day when my friend Jackie invited me to go to a retreat. That was happening in Mexico, and it was like with sound healing and breath work and yoga on the beach. And in my mind was like, boring, call me if it's with CrossFit and hiking. And I go, but maybe that's the work that I need to do the most.

[00:14:43] And it's so interesting how we tend to avoid the things we know we need to do because it's going to be really uncomfortable. That was my next level. And I think that was something that you had asked me, like, when did things really shift for me? And the trajectory to success go like this. I invested in a retreat.

[00:15:01] I was still in debt in the end of 2019. And I flew to Australia. And it was not a business retreat. It was a feminine healing retreat. We did things at that retreat that I had never done in my life, and it shifted. I didn't know who I was. Here's the thing that I really got to understand is people don't know who they are without that identity often, and it's so scary to put the identity of I'm a victim, or I'm hurt, or I'm mad, or I'm sad, or I'm frustrated down, because then the real work is in the rebuild.

[00:15:32] So I remember for about three, four months after that retreat, it was like, honestly, who am I? Who am I without the story from my past? Who am I without the limitations? And so it was a couple months of like a little bit of a lull in the business where I got back to me and then I boomed right after that.

[00:15:51] That's crazy. Was there a moment where you felt like, that's me, that's my calling? There was like a culmination of moments, but I remember when I was in Australia and during the breath, I was like, I didn't tell you this, but I had endometriosis. I had IBS, colitis, Crohn's, and very severe psoriasis. And so I had been in and out of the doctors for many years when I had started this journey, and everyone told me these are chronic.

[00:16:18] So I don't know if you can see me right now, but I have no psoriasis. I have no more endometriosis. I eat completely normal. I can eat gluten, dairy, whatever I want. And life changed. I remember the moment where I was sitting there during one of the breaths and like anything had released. And I had my first non painful period.

[00:16:36] And it was like, I went through these years of this journey. I meant to put this out in the world. Like, there's no way that I experience this much bliss that life on earth could be a miracle if I let it be and I do the work for it to

be. And I reprogram myself, imagine if this could get in the hands of everybody else.

[00:16:56] How much happier and blissful and kind and loving and connecting everyone in the world would be. And I believe, honestly, like this is a belief not everyone has, but I believe we're all one. There's a oneness, consciousness and collective, like how none of us are in competition. That we're all one, that we all are in this one frequency and we're meant to receive and love.

[00:17:15] And so many people, the ego makes us separate. And so I wanted to bring this consciousness to the world and help people love deeper and experience the bliss of life. Isn't that crazy? If more people can think like that, because we talk about that a lot in this household. I genuinely believe there would be no racism, there would be no wars.

[00:17:34] Because there would be no, you're different than me. Mm hmm. I sit next to this man, he's a Sikh man, and his son plays on the same basketball team as my son. I think they just moved to Canada, his English isn't very good. But I sit next to him every single game, and energetically, I can feel how proud he is of his son.

[00:17:55] And it is so beautiful and addicting. I would love to have a conversation with him. Sitting next to this man makes me think about this stuff so much. Why do we allow ourselves, politics, religion, you name it, society, family, structures, to believe in something that really shouldn't exist? And, what part of that thought and what part of those values actually holds you back completely from doing the things that you want to do?

[00:18:24] Girl, I went to an all girls Catholic high school. I don't know if I've ever told this story either, but I was in honors world religion. So she taught us about Buddhism and Hinduism and all the beautiful religions of the world. And I looked at this nun dead in the face. She said it's the first time she's ever speechless in her life.

[00:18:42] I said, Sister Mary, I have a question for you. And she said, Well, what's that, Andrea? I said, Why did you dedicate your life to one religion, making it right? If you just taught us about 20 and she was like, well, this was my choice. And I was like, yeah, this is beautiful, you know, but it was like, you decided and look, everyone has their destiny, their choices.

[00:19:02] Again, if I believe we're all one, I'm judging. No one take your choice, take your life, do whatever you want with it. But it really got me

thinking all these different religions. But at the end of the day, whether it's spirit or universe or God or this or that, we're all doing the same thing. Having faith in the beauty of life.

[00:19:19] We decide to separate by color or ethnicity or religion because that's what society wants us to do. That's what ego, darkness, separation, and those things of the world want us to do, but that's not higher consciousness. Now, I have no horse in the race here. I don't care whose religion is what, I don't care what color, what ethnicity, because I believe we're all one.

[00:19:43] But I'm not gonna negate the fact that this exists in the world, but I don't think it has to. Yeah, we're all so comfortable with just going with the pack, because if we're with the pack and the pack agrees on something, it's just easier to follow the pack, even if you don't agree because then you'll be an outcast, you'll be befriended, you'll be shunned, exiled from a community, a family of people who has raised you, who has put the shirt on your back, fed you, or another community who has saved you and now you have to go against that belief.

[00:20:16] And that's happened to me all my life. I've been the exiled, the Shawn's, the girl who gets kicked out of the group because I think I knew from a young age that I was meant to use my voice for, in my opinion, the better, but I guess that's up to interpretation. But I knew I wanted to speak about my knowledge here and about frequency and energy and about healing and about all this like really beautiful stuff.

[00:20:40] And often it got me kicked out of friend groups and told to sit down and be quiet. And I'm no longer in the game of sitting down and being quiet, no matter who doesn't like me. And I actually talk about this too. It's a good concept to talk on, like stories, projections. That's all of life. Anyone's opinion of you is their story of you.

[00:21:00] It's their own projection through their own lens. And I've helped a lot of my clients when they're judging or thinking, I'm like, but whose is that really? Where did you create that from? Where is this coming from? Is she really that? So a lot of people have labeled me names of different things or they'll say, you don't care.

[00:21:18] I'm like, I have so much heart in this business, but when things start to grow, you can't answer every DM. It doesn't mean if that's the story you're creating that I don't care. But once someone gets to a business like mine, there's moments and portions of us where we can't do it all anymore, right? And so it's

beautiful to see the different stories and projections people can create from their own lens or their own wounds and things of their own experiences in life.

[00:21:44] And the crazier part is that most of us don't even know we're doing it because we think it should be a certain way. Then that should be the way. And the moment you're surrounded by people that question certain ways allows you to kind of think things differently. Like I remember I went through this moment of being an atheist to turning back to God.

[00:22:06] I was open to it, but I had all the books about the God delusion, like all this stuff, all these books I was reading that science was science, facts were facts. And then without really trying, I had a couple of friends in my group that weren't testing me, but they were asking me questions like, well, if this is the case, then you believe in the Big Bang Theory, but what caused those planets to collide?

[00:22:28] Who created the planets? And I was like, oh, I don't know. And then the ultimate question my husband asked me was, what controls your heart? And I said, well, your brain. Well, then what controls your brain? I said, well, my heart. He's like, you don't think there's an external factor? And where do your thoughts come from?

[00:22:45] I go, well, they're just like files in my head and I just keep opening those files and taking out the information. He goes, but the new creative thoughts, those new ideas that come to you, how are they given to you? Frequency. I genuinely believe we are all artists and it is in our service to be an artist in our own right, in our own domain.

[00:23:04] You're welcome. As a service to God, and I'm not talking about painting and stuff. It could be that. You know your artistry. Yeah. I know mine. And it is in our service to be the best human soul for that role. See, the thing is, is that we're all given opportunities all day long, every day. And you might have a new creative idea and you're like going to execute on it.

[00:23:26] But that idea has also been given to maybe a million people, those million people don't execute on it. You do. And that's why you win. Yeah, and I say this to a lot of, like, really gifted women. They're like, oh, so and so's doing this and that. And I'm like, so and so's using their voice and putting it out there and having consistency.

[00:23:44] And I have met so many, like, spiritual or talented or whatever it is women who are, like, the greatest kept secret. Because they don't use their voice

and they're not putting themselves out there and they're have all those what if I can't society thoughts and it's true, they're getting the download, but they're not speaking it.

[00:24:04] They are blocking themselves. And that's the work that you do, you help them unblock. We'll get back to the show in just one second. But quickly, are you an entrepreneur or a business owner struggling to get your brand notice? It's tough getting your foot in the door, isn't it? Imagine if you could craft email pitches that get opened and are eagerly responded to by podcast hosts and media outlets.

[00:24:28] That's precisely why I've put together proven email pitch strategies. This guide is packed with insights on crafting compelling pitches that open doors to incredible brand exposure. Through this guide, you'll discover the secrets to making your pitches stand out, strategies to increase your acceptance rate, and how to leverage your appearances for maximum impact.

[00:24:51] So if you're ready to skyrocket your brand's visibility, head on over to wewildwomen.com forward slash proven pitch strategies, or click on the link in the show notes to download your free guide. Okay. Back to the show. When you get that unblock, the flow is so magical. And there's less stress. There's more balance.

[00:25:14] There's more like divinity in your life. So what are some of the tools that you use with women, especially to help unblock them? For like energetic unblocking, I would say my top three favorites would be breathwork. Inner child healing and subconscious reprogramming, I kind of lead people through meditations where we take them back to places that they've gone, been, and experienced things that may not be in their house, and we actually rewrite them.

[00:25:41] I take them back and I rewrite everything for them. Well, they're doing it, right? I'm just the guide of the words. And I take them back and they rewrite the experience and then we have them go up a stair and then from there we then reprogram everything because I have them talk to me and then we're reprogramming.

[00:25:58] So whatever they've shared, I'm now going to reprogram the opposite and we're going to talk about their power or this, whatever, while they're in a meditative state. I mean, you could even say this is like mildly hypnosis, but I'm really programming the power, the love, all these other things, and they come out and they're like, Wow, it doesn't have to be so hard.

[00:26:18] I don't have to hold on to that. And how long does this process take? I'm sure it's different for most people, but what do you see? I like doing breathwork the longest, because like as much as we can get out. So breathwork I love doing for like 30 minutes to an hour and people feel like it's eternity sometimes.

[00:26:35] Meditations can go anywhere from five minutes to like 45. I love it. For me, like, time is something that man has created, right? We created time. So I'm going to do this when I feel the person, because you can see the palpability, especially when you're in person with them. And I love doing a lot of this work in person, which is why I started doing events and retreats and all that.

[00:26:56] You can just see the shift when they let it go, it's like, Oh, you know, and it's like, Oh, there she is. There she is. Cry or shake or something happens. Oh my God, at my last retreat, this one woman was like convulsing and like screaming and afterwards she looked at me and she was like, you saved my life. I don't even know who I am right now, but I can't believe I was holding on to all of that.

[00:27:22] It's so magical. It does feel like magic. That was probably very painful for her for a little while afterwards. In a way, it's like ripping off a band aid. Mm hmm. You cannot heal unless you face your trauma. I like to say uncomfortable. Yeah, you're uncomfortable. Yeah. I think that if someone's really ready for this next level, and they face it on, and they let it go, They're not used to the frequency that they're in in the moment, right?

[00:27:49] So it's very uncomfortable, but I don't know if it would be painful if they choose it not to be. I did a really crazy retreat back in April, doing some pretty gnarly hallucinogenic. I had no expectations going into this retreat. And then when I was my session, it brought me to the edges of the universe.

[00:28:10] Wow. I'll say. My radical reinvention was a very long journey, however, some of the biggest changes in my life actually happened when you and I met. Wow, at Date With Destiny? Date With Destiny was the first time I went in 2015, I was like, I have no clue what this is about. Who are these hooligans jumping up and down in this room?

[00:28:29] And I just let it open up this time, and I did the work as much as I could. Those are long days. I just decided to stop caring what other people think. I just decided that if I'm going to get back into PR, then my identity is not what I do, but who I am. And the moment that you put on that cap of I am me and not what I do, everything changes.

[00:28:51] I remember those conversations we had when you were talking about wanting to put yourself back out there and wanting to make more of an impact again, and I was like, oh, she's on to something. I feel it. Yeah, and it feels so liberating. There was nobody's toes that I had to step on. There was, yes, an insane amount of work, but that's expected.

[00:29:09] And if you believe in something enough, the work is just whatever. It's just like a vessel to a destination. But I feel so good. And I love what I do. And I'm really good at it. You are. And I'm okay to say that. Yes, you should. I just made a post. You'll see it maybe when you hang up about like not dimming my light.

[00:29:27] I think for the longest time, I didn't want to look really pretty or wear makeup or do any of these things that brought attention to me or speak up about what I love or say I was really good at something because, oh, that's not humble. Or how will they look at me? Will other people in the room who aren't confident feel?

[00:29:46] That they don't like me and I'm like, you know what, at this point in my life, I don't care because I am a vessel of truth of miracles and of love. I can watch you shine and shine right next to you and our lights, maybe yours is fluorescent and mine is like purple. It doesn't matter. You know what I mean?

[00:30:03] Uh, yours is pink and mine is red, but we both get to shine and have love for each other and support each other and be there. And that's what sisterhood is and that's what the frequency of earth of the oneness collective of love is supposed to be. And David Meltzer says this best, he doesn't believe in competition.

[00:30:19] I don't. I used to believe in coopetition. But he believes in completion. I took that to heart and I said that's my new destiny. Is instead of looking at somebody like somebody that I have to compete against. Whether they are richer, prettier, whatever. Instead, why not complete them? What is something in their life that's missing?

[00:30:37] How can you be a beacon for this person? And the moment that people actually start to feel seen and heard because of something you've done, it's like you're doing God's work. That's probably one of the most profound things you said here. I fully agree. Seriously, I've been having really deep conversations about especially women and the competitiveness That we hold because in the dawn of time, we had to compete for a man to protect and

provide, you know, like hunters and gatherers, you could die if you didn't get the right guy, because the wolves might, you know, whatever it be.

[00:31:09] And I think that for the longest time, we've kind of like pitted each other against each other. And one of my missions here is to truly come here with women and say, she's great at that. You're great at that. How about you are great together? And it doesn't have to be, oh, she stole my client or she copied my post.

[00:31:26] And I'm like, what? Like you said, we all get similar downloads and yes, I'm not saying people don't unoccasionally copy people and all the things, but like, if we're all in this for the betterment of the world, don't you want your stuff to be spread? Yeah. I think that's where people stop because they don't have the abundance mindset.

[00:31:44] They think that there's a limited amount of supply of wealth or abundance, but there's really, there's no finite to the wealth and wealth isn't about being rich, although that's a bonus. Yeah. Yeah. A nice bonus. Exactly. It's about freedom and being content and loving yourself and loving the people that you're with.

[00:32:01] The moment you are angry at somebody because they took a client or they copied you, then you immediately think that there's less for you. Yes. Even you just said that took a client. That goes to show the ego, right? And I've heard these words from so many people. That means there's a level of attachment too.

[00:32:22] Exactly. And one of the things I teach my client is surrender and detachment, where you don't own that person, that their journey and their frequency decided to go somewhere else. And if you could be detached, I've used this example where like, say you light a candle, and if you were to smother it and be obsessed and attached, The candle's gonna go out, but if you just let that baby burn, you can let the flame go higher and higher.

[00:32:48] This was my most profound, when I began, and I don't think we're any of masters of anything, but when I began my mastery journey around attachment and detachment, and detaching from outcomes, and trusting, and now I say like, what else is possible here? If I didn't get what I wanted, well, what else is possible?

[00:33:06] And not attaching to what I thought needed to happen. Exactly, because they say you should enjoy the journey more than a destination. And I'll

tell you this, if somebody's destination is to become a multi millionaire, they're not there yet, and they think they're only going to be happy and feel free once they reach, you know, 2 million, 3 million, 10 million.

[00:33:28] If they've not done the work to shift the fact that it has nothing to do with how much money you have. They'll never be happy. It is great to say I ran a million dollar business, but really, people actually don't give a crap about that. There might be some instances for like public relations reasons or whatever that it matters, but for the most part, nobody cares.

[00:33:51] They care if you're a good human being, you're providing value, your energy is there. If you just care, because people, all they want to know is that they're seen and heard. That's it. Yes. I fully agree. And it's funny that you just said that too, because I don't know if I thought some like lightning bolt was going to come out of the sky or something when I hit a million dollars.

[00:34:09] You think that something's going to shift or you're going to feel like, Let me tell you, I hit 1 million, 2 million, 3 million for every million. I've hit nothing shifted. No lightning bolt came out of the sky. Nothing in my body went, you know, it was just like another normal day where we hit a goal and they're beautiful goals to have, but that really shifted once like people think money is going to change them.

[00:34:31] Money is simply an energy. It's a conduit for more of what you are. And so I give more. I love more. I donate more. I take care of my family more. I put on bigger and better events so I could have a better experience for these people. I bought a really expensive house so I could have retreats and host my family there.

[00:34:49] For me, it's just been an amplifier and people think that they're all of a sudden gonna like morph into Batman or something. It's really funny. That'd be awesome though. This is what I love about you two is that you're not afraid to share the wealth that you've accumulated. But what's so beautiful is the stories you share online about, was it buying your grandma a condo?

[00:35:10] Tell us that story. Oh, you have no idea. So my grandparents, I don't know how they're going to feel about me telling this, but they're like the best people in the world. They were the lights of my life when I was growing up. My grandma, And I'm not making this up, I watched her take her jacket off and give it to a man outside of like, Walmart.

[00:35:29] All of my life she has shown me unconditional love, she doesn't swear, she's like the nicest little lady you'll ever meet in your life. And through harder times as a child and growing up, she was always the person I called. No matter what I was doing, where I was, but she gives to everyone. So my grandfather actually had a really great job all his life, but they gave their house to my uncle, they gave their car to my aunt, I'm not making this.

[00:35:52] This is nuts, right? And then basically all the money they have, they've given to all eight grandchildren. And so they got to this place in life where they've saved nothing because they've given everything away. And they were living in the ghetto and. They were getting free rent because he was the superintendent and then he had two strokes.

[00:36:12] They have no money saved and they were going to stay, I might get tear up here, but my grandma was going to continue to clean the buildings for free rent. And I was like, what? They did not want me to get them a place. I got them the most luxury apartment, absolutely stunning. They have a pool and a mail room.

[00:36:29] Anyways, I'll never forget this day. My grandma called me and she said, I don't have to ever clean again because of you. And she was like, you have no idea what you have done for me and for us and we just love you and appreciate you so much. I didn't even know I needed this. And they tried to turn me down.

[00:36:48] And I'll never forget her face when she opened that apartment and she was jumping up and down. There's just no better feeling than loving on the people you love and no one knows this but I actually just bought my dad a car And I plan to do something really nice for my mom in April I love taking care of the people I love and seeing the joy on their faces When they're living in the ghetto and then going to a luxury freaking apartment.

[00:37:12] They were like, what is this? There's no better feeling in the world They're so deserving of it, given what they've done in the past for other people. And for them, they probably didn't even think twice. They just did it because they knew that was what their calling was. And they still struggle to receive.

[00:37:28] They're the worst at it. Like, my grandfather, I don't think he even knew how to say thank you. He was like, what if you want to stop paying? You know, like he was having all these thoughts. And I was like, Pop, please stop. Shut up. Just love it. Just take it. And they struggle. They gave all their life.

Some people, by the way, and this was a really big thing, they don't know how to receive.

[00:37:47] And so if you can receive love, money, friendship, all of it, and I used to be this person. Someone would say, oh, you're pretty and be like, you too. And now I'm like, thank you. Yes, exactly. My sister in law taught me that. There's also like different love languages. How you default to give love is generally how you want to receive love.

[00:38:07] And I'm an acts of service girl, like empty the dishwasher, woohoo, you're my favorite person in the world. And then it's words of affirmation, but it's not to say I won't take a gift. I love gifts too. It's so funny because I give a lot of gifts, but that's not a love language of mine. I love this because first of all, there was no fancy trick or formula that you did really to create wealth and to be able to share this with your family.

[00:38:32] You just believed in yourself unconditionally, but also did the work that most people failed to do. They skipped that whole chapter in order to be able. To build wealth and become millionaires to be able to give back. Yeah. A lot of people, they just are like, how do I make money? And it's not how, it's who.

[00:38:53] Who are you to do these things? And that's where the deep work comes in. I've seen a lot of people come up in my industry and go all the way back down because they can't hold it because they didn't change the who. Exactly. Okay, this is so profound and the exact type of conversations that we need to be having way more often.

[00:39:12] Some of us are too afraid, ashamed to talk about these things because they were once really positioned as really woo, but we're all starting to kind of wake up to the fact that we need to do this. Yes. So I have one last question for you. When I ask you what it means to be a wild woman, what is that? A woman who is fully in her truth?

[00:39:31] Unleashed and on fire. Andrea, you're the best! If people want to go online to find you, where can they go? If you're a woman and you want to enter my private free Facebook group, it's Intuitive Female Leaders Met for Magic. My Instagram is andreafrancoxo and my Facebook is andreafrancoxo. XO, we love you.

[00:39:55] Thanks for joining us. Thank you so much. It's been an honor. So there you have it. Thank you for tuning in to another episode of Into the Wild.

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[00:40:15] Also, if you want to find me in the wild, Check me out on Instagram at Renee underscore Warren. That's R E N E E underscore W A R R E N. And leaving you with one of my favorite tips of all time. The best advice you could ever receive is from someone who has successfully done it before you. Until next time, ladies, peace out.