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Lilou interviewed on 'Journey to Center' with radio host Tammi Balszewski

Radio Host: Tammi Baliszewski

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We all have a yearning for love, but relationships can be confusing and complicated. Dr. Tammi Baliszewski says, 'It all starts from within. It starts with the journey to center.' Here's your host for Journey to Center on Empower Radio, Dr. Tammi Baliszewski.

TAMMI: Hello, my beautiful friends. Thank you for hanging out with us today here on Empower Radio. I have a very important question for you. Are you having a good time? Are you really getting the most out of your relationships and your life? If not, or if you're ready to get more out of life, you are in the right place here on Journey to Center today. I often say the intention for my life is to be present in my loving and really suck the juice out of this human experience. And most days I feel I'm doing just that. I'm married to a man that I adore, I do what I love and I'm well compensated for it, I'm healthy, and I easily maintain my ideal ways. In other words, my life is working and I'm having a pretty good time on planet earth. But it wasn't always this way, for much of my life I struggled with depression, poverty with my health, and experienced some excruciatingly painful relationships. The truth is it has taken a lot of work to get as lucky as I am today. Maybe my journey could have been easier but I didn't know what to do or how to do it. That is why I love doing this show. I get to spend time with conscious creators and powerful teachers who generously share their wisdom and are committed to making the human journey more enjoyable, more prosperous and more fun for me and for you. So, today I'm excited about the conversation I'm going to be having with a kindred spirit whose intention is to inspire, uplift and empower others and help them tap into their unlimited potential. I'm speaking to Lilou Mace, the author of *I Have No Money and I Liked It*, which chronicles the flows of true exploration and the journey to find brilliance, creativity, and abundance inherent in oneself. Lilou is also an interviewer and a web video blogger sensation with over 16 million viewers on youtube, 1800 videos and over 800 interviews including profound conversations with Dr. Wayner Dyer, Dr. Bruce Lipton, Neale Donald Walsh, Don Miguel Ruiz, Gary Zukov, Barbara Marx Hubbard, Jay Hendricks, Caroline Myss, and many more. She's one of the fastest growing web TV host and is creating an international communication network to motivate and support millions of people in pursuing their dreams. Lilou believes that we all have the capacity to fulfill our greatest potential and manifest our dreams by focusing our thoughts on what we want, listening to our heart, loving ourselves, being courageous, playing big, and applying her juicy



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insights, tools, and practices which she shares daily on video. Lilou is very busy traveling the globe with her juicy living tour but is taking some time to be here with us today on Empower Radio Journey to Center. So, Lilou, thank you so much for fitting us in to your schedule.

LILOU: Thank you, Tammi, for having me on the show. Thank you.

TAMMI: I'm so excited. I know you're in France right now and on the move.

LILOU: Yes. Yes. Yes. I'm in France and heading to south of France actually tomorrow to Monaco, Nice, and Cannes, and all these beautiful areas of South of France to interview some more people there.

TAMMI: I love it. So, can you tell me exactly what your juicy living tour is all about?

LILOU: It's all about providing free information and interviews that I broadcast online on youtube. I basically interview people, I go to their homes, whether it's very famous people or New York Times bestseller, but sometimes it's somebody that nobody has heard of and I go to most of the time their home or their power place or if they're traveling, it's a possibility, too, like right now I'm traveling around Europe and since I'm French originally, I, of course, I would love to empower all areas of the world including Europe and my home country, France. But I just travel and go from one place to the next. That's what I did last year throughout the US and Canada, now I'm doing this in France. I have those conversations that I call juicy conversations all around in many beautiful places. It provides so much joy to my soul and to me but also a lot of people are watching and being reminded daily how great we are as human beings.

TAMMI: I love that. That makes me so happy to hear you say that because that's something I like to do as well. So, I'm really curious. I know you talk about humanity entering a new phase of evolution. How is last year's juicy living tour different than this year's juicy living tour?

LILOU: Last year has been just really, really beautiful because it was all about stepping in my dream and the vision fully, so instead of doing it as part time or on the side or through skype, I finally decided to go to New Mexico and starting the tour. So, it was totally stepping in the unknown, not knowing where the money would come from and how all this would happen. So it was a pretty big bet, you know, 12 months tour. It's not like it's 2 weeks. So it's been so life changing I know to me and to millions that have been watching. But, I must say that this year's is different in a way that it's in Europe, so I thought I had a lot of preconceived notions on how it would go and how much more resistance people would have here etc regarding those virtual topics and far from it, I'm actually very, very delighted. I have some other challenges than last year. This year it's going deeper into probably the topics but also a little bit of, I'm opening up and seeing also some things that I don't like so much in this industry and so I'm really stepping up and being as authentic as possible with people watching and to also give warnings not just



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it's all positive and beautiful because it's a great journey when we step in our dream but of course there are challenges and so I'm meeting them and I'm sharing them also on video blogs. So it's not just interviews, it's also sharing my own journey through books and video blogs etc.

TAMMI: Yeah. I like your authenticity very much. I think it's really refreshing. You have such a wonderful charisma. I'm curious; you're saying there's the downside. On one end, you are stepping more fully into your faith and to the trust and to the support the stance with the universe, what are some of the downsides that you're experiencing from pursuing your dreams.

LILOU: Just the downside is I'm a very, I guess, positive person and I just love life. There is truly something about life that I'm passionate about and want to explore more and I'm curious. But, obviously when it takes, when there's a lot of coordination and a lot of work and a lot of emails being received and a lot of things the team needs to grow, so I need to grow to be able to do that, so it's about then finding the right people and wanting to get help to receive help. That's a whole other area. So, it is just a new phase of organization, but most of all, because the nations are coming in, so I'm not at all worried like I was on day 1 of the tour last year. How am I gonna travel and do those interviews? The donations are coming, of course, donations are always welcome because there is always more and bigger or just to travel and go to many more places, but I don't have that questioning any more in my mind. But, the most challenging part is that because I'm starting to be more confident as an interviewer and I wanna go deeper into the topics, I also challenge sometimes more my interviewees and I also interview people that are controversial, and so obviously, some videos lately, I had to remove 5 of my videos because somebody threatens and kind of put a bit of pressure on me to remove them. I think that's a lot of us are facing now is we have to stand by also what we stand for and sometimes it's very, very challenging, so I'm learning how to deal with that. But, the best way I found is just do videos and blogs and between authentically say what's going on so that people don't think that when we step in our dream, it's just all beautiful because it's not. But, there is this force, there is this protection I feel I have, there is this creativity, there is this beauty, it's not like it's a fear or challenge or, do you know what I mean?

TAMMI: Absolutely. I can really relate to what you're saying. I think I'm responsible or I'm guilty of this thinking I want something and I'll get it and be happy and it never really works quite that way. We may get what we think we want, but there is always gonna be unexpected, I call them challenges slash opportunities because there's always growth available to us. So, again, I like hearing what you're saying and it's, I think in order for the branches to go high, the roots have to go deep and that doesn't happen without that curve, that growing pains, I think, so you're speaking my language. I can really relate to what you're speaking of.

LILOU: Good. Good.



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TAMMI: So, something else I'm really interested from your perspective is you speak to so many news thought experts, what is the shifting consciousness that you're seeing, the changes that you're perceiving going on right now?

LILOU: It's really cool because it's so true, because I'm traveling and going to those places, I really feel I have a bit of a grip – that's what's going on especially with all these travels to all these different continents. To me, it really feels that people have been suffering and are suffering on how they've been living or from their job or relationship and that's why more and more people, of course, go to personal development seminars or into spirituality because they feel there is something missing and there is something more and so that's beautiful. That's been going on for a while. But I just love how a lot of people and especially with all the job losses that are happening and the economy and all of that and maybe the relationship being shorter and just that people are really questioning the system, they're questioning the way we live, they're questioning the leaders where I feel that we want more from life and we're waking up, it's like our brain is lighting up, the neurons are connecting and our intuition is increasing and we really have to all recognize that individually that this is happening and to see the signs of that that we're evolving as a species and we're not anymore those people with the suit going to work everyday – some of us are and there's a lot of people that are but there is this profound desire for more and there's so many stories that I'm putting online and uploading everyday that are showing that, that there are people that are totally changed their life around and they're so happy in the bliss now. Again, it doesn't mean there are no challenges but it's a whole way of seeing life. A life where there's more balance between the brain and the heart where people are following their heart and they're feeling their connection with the earth and they want to go into holidays that are real and they are turning off them because a lot of them are unauthentic and stinks and really people just want more but the real juice of life, the realness of life and I just love that and I'm really seeing more and more people going for this kind of information and want to learn and a lot of people are growing very, very rapidly right now.

TAMMI: I know that was true for me. Pain was my great awakener and I often have people come to me as a counsellor when they're in crisis and I think crisis can either shut us down or can break us open. So it sounds like what your experience is people really kind of breaking open and showing up and becoming more creative, maybe becoming more independent in their thinking. That's very exciting.

LILOU: It is. It is. Oh my goodness, it's so exciting. And it creates so much joy and more beautiful emotion being shared. You know, you see people with brighter eyes and can express their joy and their love and it feels so much more natural than personally how I was seeing things or how I was living my life. So, yeah, the failures are big part of it that's why my first book was *I Lost My Job and I Liked It* and the second one was *I Had No Money and I Liked It* because each of those were just milestones to discover who I really was beyond all the job title and the money on the account and the car I was driving, it was making miserable to always catch up and sometimes live above my means.



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TAMMI: Yeah, you know, I think, again I did this, too – living a life of just relying on my mind and my intellect and I think I would have gotten way with that had I continued to be able to but then crisis occurred and it was like that option no longer existed. That sounds like your first book, that's kind of what happened to you, wasn't it?

LILOU: Hmm-mm. Yeah. The first book was in London and I got a job because for 8 years in the US, I had my own business independent, I was independent, I was creating websites and logos and all of that when a lot of people wanted those. So, it was a good business and then little by little, I discovered youtube and the videos and I posted more and more of those videos but after 8 years of working for myself, I decided to accept this position over in London and to move back to Europe because I had been, I was French originally, I had been living the past nearly 10 years in the US and I wanted to go back to Europe. So I took this job in 2008 and then in 2009, I got fired from that job. The truth is that during that time, I was stressed, I would not sleep, I had rosacea that started on my face, I would overwork like crazy and it would never be enough and I was just miserable. And then when I received this news, I decided to, well first it was shocking, and then it felt really like I was out of prison and I was up to a new start. So I described in the book it's the whole journey from the moment I received this phone call. So it's more like a journal where I used all the techniques on learning and how I shifted my emotions to finally do one of my biggest dreams which is to put a first book out then afterwards just make a living from and live just doing this fully – videos and interviews and all of that because I already had a couple millions views on youtube at the time so I knew there was more. There was more and I love doing it. But it took a lot of courage to go for it because it seems so big and so impossible at the time and I thought I wasn't good enough so then there was a whole journey about that.

TAMMI: I think what you're speaking of is something I talk about a lot and have experienced myself again. Sometimes we can get so overwhelmed with our goal and we think we don't deserve it and that can do one of 2 things that can paralyze you or it can motivate you. But I think if we can set little goals for ourselves and take little steps in that direction then we can start to gain confidence that we are worthy.

LILOU: Yeah, it's important to take the first steps and I described those in the book. One of the steps was am I gonna tell this to my mom and to my family and my friends? And it didn't feel right at the time. I really questioned it because I thought I had the experience prior that each time I would say something, they would want to protect me so much that they would inject more fears and so I thought I'm gonna protect this one, I'm gonna protect this dream and so I said I was looking for another job in the same area and the same – in marketing and I decided to protect it and to only speak to friends that I knew would understand what I was talking about and that wouldn't judge my idea. So, that was one of the steps and even buying a website, a domain name sometime is the step or sometimes it means just having a big conversation with somebody.



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TAMMI: I like what you're saying, such powerful little magative wisdom that you're sharing here. You know, you're being very discerning about what you shared with who because you were planting like this little sapling and it could probably be easily uprooted and you could've been discouraged if you spoke about it to people that you cared about that may be afraid for you. So it sounds like you were very discerning in your boundaries and what you shared while it was kind of taking root. Is that how I hear it?

LILOU: Yeah. Yeah. Yeah. I think we really all have this like back and forth, back and forth, should I, should I not? Is this really? Oh no, I'm never gonna make a living from this. I should go back to regular job. But then this doesn't really feel right so there is this whole moment where we're in between and it's sometimes we have to do this bridge work or to do another little job or to make decisions, that's what I share in the second book. I had to go back to my parents for some time, for some months because I just couldn't anymore live in London, it was too expensive and I just knew that I had to again protect the dream and just watch things and don't rush it either. But, I'm an action person so I do things. It's just about listening I think to this inner voice and going at a pace that feels comfortable, not just waiting on our couch for things to happen but take the time that you need to heal and to start loving yourself and recognize that maybe if you were in that job that you really didn't love for so long and if that boss fired you, maybe it's the best thing that could happen, maybe even love yourself so much enough to choose another job and to go away before. So there's a lot of great news and there's a lot of things that we can be grateful for by not judging immediately the event that happened.

TAMMI: Yeah, that's absolutely true. I think you're speaking some really great truths here. I have goosebumps and that's always a good sign. Something else I'm bringing forward that I think is so vital is that balance, that balance between caring for yourself and allowing yourself to integrate to the introspective work but then also tether that with the action steps. Balance that with the action steps. When do you move? When do you relax? When do you push forward and when do you kind of just experience peace and pull back? Sounds like you're finding your balance and your authentic shape through this process.

LILOU: Yeah. Yeah. I think it's the journey that we can all take on because it feels more and more that it comes down to that just allowing things to happen, being more ourselves, healing the parts that need to be healed so we can be really in alignment and authentic with our being and just shine out because there's not so much for us to do but to just be in the world. We need to ourselves and be connected to our heart, to our beingness, to just knowing that we deserve and then there is a certain serenity, there is the certain just peace and joy and love that emanates and that brings to us what we need and that's the journey I'm on now and that's, I'm so grateful for being able to love because I didn't know what love was before. I was protecting myself that's why the second book subtitle *The Open Journey – What is the Abundant Journey of an Open Heart* because I realized that before all this crisis my heart was closed. I was too afraid to love somebody. I would find myself in situation always to so I protect myself, I



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wouldn't go, I wouldn't say, I wouldn't be intimate, the real sense of intimate. There would be a lot of games around all that and a lot of pretense so to me, yes, being authentic and being transparent as much as I can even it's not always possible is one of my priorities because I prefer to be who I am and have less friends and have their love and respect and be real and to create those real relationships rather than to show up as somebody else that I am in the world and then attract the wrong people for the wrong reasons and sometimes I can be a tough French woman and also be angry and what have you. All those different things are part of who we are.

TAMMI: Very colorful. Yes, we have to sometimes embrace extremes and be our authentic self and that's worth and all. It's not always going to be gum drops and roses and rainbows and unicorns, you know, we like that stuff, but the truth is as human beings, we are multifaceted. Most of us, there's a lot to us, we're complex species. So I like hearing you claim that and I'm with you. I'd rather a few authentic friends than friends that doesn't go us deep with. So much of what you're saying, I can really visualize and relate to. I think when we find our authentic shape, when we really like and love our authentic shape, everything that's ours comes to us – the right relationships, the right opportunities, the prosperity. Such a different way of being, isn't it?

LILOU: Yeah and that's what people call charismatic because you just come in a room and you shine and you don't need to do anything kind of a little bit strange to compensate the fact that you're not feeling comfortable or that you're gonna be judged. So there's just you being you. I don't think there is anything more fun than being ourselves because we're also different that it makes it so much fun and interesting and it's amazing to me the different relationships and level of relationships that we can have. There is just those where we talk to somebody and it's just words. There is other conversation where it's like wow.

TAMMI: Heart of the matter.

LILOU: Yeah.

TAMMI: Deeper level.

LILOU: Yeah.

TAMMI: It's so liberating, so powerful and to me what you're describing is heaven on earth. So much fun to connect that deeply, to relax that deeply in ourselves, be able to connect from that space to another and be able to really discern who's really relaxed in that space, not posturing, not posing, just really coming from their heart and those are just diamonds when we can find those connections and have those conversations. This is a conversation I'm just enjoying thoroughly. Lilou, I'm so excited. When we come back, I wanna talk about your book. She has a great book about prosperity. So if you're really



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ready to up level in your prosperity and manifesting greater abundance, you're not gonna wanna miss this. Her book, *I Had No Money and I Liked It: The Abundant Journey of an Open Heart*. She is also gonna share with us how you can get a free copy. So that's definitely something you're gonna wanna hang on for some really good step with Lilou Mace. We'll be right back.

TAMMI: Hello my friends, thanks for hanging out with us here today on Journey to Center. We're spending some quality time with Lilou Mace. So excited to have you here, Lilou!

LILOU: Thank you, Tammi. It's good to be here.

TAMMI: I'm really excited. Yes, I'm really, really excited about getting into the content and the material of your book, *I Had No Money and I Liked It*. I think for people who are struggling financially are like, "What is she talking about?" This is a really, really huge subject. I'm really excited about digging into this and listening to your wisdom about this.

LILOU: Thank you.

TAMMI: So you say if someone is struggling financially, there are reasons for it. There are good reasons for it. What might some of those reasons be?

LILOU: To me, and I can only share my own journey, I know that I've had the financial struggles even though I had a good education and I went to good schools, but I was using my relationship to money, it has always been strange because if I would not feel right, I would go shopping. I've tried coming from France and living in the US and starting to be independent, I've tried those credit cards and it would never be enough and I would associate myself to some brands and to some car brands and all of that and it was just always like running and chasing and there was something that was off I feel now about my relationship with money. I wasn't understanding when people were talking about abundance and that it is natural and for all of us. I've read the little money bible which I found really up to this day really nice but I miss the little subtleties of it, I think Stewart Widdle wrote it or something and all those [??] books and all of it, I went to some seminars, I did [??], the millionaire's mind and the blueprint and try to understand but I would spend a lot of money in those seminars and they would promise that if I would sign up for it now and that I should now because that was probably the reason why I was not successful, so I signed up for those and I put it on the cards but none of it really worked. It was the same problem. Who is really making money is those teachers. I laugh about it now because I can feel just talking about, the stress that I had in my life and how inauthentic and stinky it was. And now, so what happened is I decided to stop being self-employed and work for somebody so I flew to London and accepted this position of director of marketing for this company. It was a well paid job in London so I was really happy and then I got fired so from that moment I was living in a very expensive city and I was facing the same problem and challenges and a lot of pressure and a lot panic attacks because I was really like, oh my



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goodness, how am I gonna pay the bills? How am I gonna survive? What's gonna happen? And I would cry a lot and I would be terrible. I would have a lot of conversations that's why I described in the book because the book is a course of a year of my life during this transition where from those struggles to one day this beautiful, and of course it's a series of events that led to me to finally just let love in and I know it's like it may seem woo-woo or just like how does this happen and I just asked for it and it comes. I think it's really a journey that we can all take on by just asking the question like how can I live with an open heart? What is an open heart? How can I let love in? and to be authentic with ourselves by saying I don't know how to love, I haven't loved. That was personally when I really looked, for real, what was happening that my heart was not open. I was protecting it from relationships. I was afraid. This moment was beautiful and I see it as a moment of rainbow like now I see. that's why the cover of the book I'm with a rainbow in the background because even with the video blogs that I was doing on youtube and the interviews, well the videos at the time, video blogs, you can see the whole difference between in that moment, that moment of shift where I start to see and connect with nature and people and being grateful for small things and not being afraid like living from a loving perspective instead of a fearful one. There was this moment of shift, it doesn't mean that then it was just plain selling, but there was this moment of shift and it felt to me if I could just put it, just like a visualization, it was like the light was coming in the heart, there was no more this armor around it and the shield to protect it. I just start to and this is the key, I think, I started to speak the truth to my friends and my family what was really going on with me because I was so afraid to just be who I was and to just say that I had money issue and I was struggling and to say that I was going back to my parents because this is what I had to do and I was 32 and after driving a little Z4 BMW and having the great life, it was a humiliating moment, it was very humbling. It felt just so good and I thought I just need to be who I am and regardless of what I do, where I am, I'm still gonna upload videos, even if I'm homeless, I'm still gonna do this. I love it so much. This is not gonna change and that's where I saw how important and how much it was really deeply engraved in my soul and it was my purpose to do those videos, to share them no matter. And once I was free from that, when I realized the core of the core, the center of it all, there was the soul, there was the heart and I wanted to play a role, then the story in my life was not anymore about me, it was about others and it was about sharing and giving gifts and presents and being there for others and listen and do things there were not so much because of or because I have a goal or in order to.

TAMMI: What is interesting about what you're saying here is I'm hearing you say that it was so vital for you to become emotionally vulnerable in order to start receiving your abundance.

LILOU: Yeah, yeah. Yeah, it was. For me, it was part of the process, to be vulnerable and real and move forward and like a clean new page. This is the beginning, this is the new start.

TAMMI: And it can take a lot of courage to do that as you all know, as I know. I'm wondering, Lilou, if you have maybe some suggestions, I would imagine we have some people hanging out with us that



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maybe there's a gap between where they are right now and where they really want to be. How might you suggest they begin to close that gap?

LILOU: I do suggest to read the book if they can because it will really through this process and they will really, really see themselves in it because I was with addictive form at that time. So it's really in the moment where I was living it and that's what's beautiful about the book is that you really feel it. But if I look back, it's one small thing after the next. It's a decision, it's a declaration, it's a going for a walk, it's having in the woods, in nature, it's having a conversation, it's maybe letting go of a place. It could be changing job, it could be just forgiving, it could be writing a letter. There are so many things, I don't think there is one solution for all and I was applying a lot of different things I had learned and a lot of things that were coming to me at that time. There is a lot of exercises that exist out there and there are a lot of seminars that we can go to and a lot of books that we can read. I think one that really to this day I'm still remembering from Gay Hendricks when I later on interviewed him, but I love what he says when he has this wonder question. So he starts his day by wondering. You know, hmmm, and making that noise for him is really important, like hmmm, I wonder what new solutions are gonna come my way today, hmmm.. I wonder how beautiful today is gonna be or hmmm, I wonder how I'm gonna be able to live my life purpose or to close this gap to feel this abundance and of course gratitude, so many people speak about gratitude, it's not a mistake, it's not lala land, it's really it's so true, being grateful for what happens to us even bankruptcy, hard times, you name it then transmute the energy of whatever that is that happened and then we can really see the gift in it because when we see the gift in it, then we're like alchemists, we can shift things around so fast and new ideas, creative solutions of people, everything, because then you're at a different frequency and then you're attracting different solutions to the problem and it's quite surprising and I know it's difficult, oh my goodness, I know, but if you can little by little try to go into gratitude in small things, it will really, really grow and just that simple thing, going to bed and saying 5 things that you're grateful for at the end of the day might change your life.

TAMMI: I think again what you're saying is so powerful, it's like having a, I love the Gay Hendricks thing, opening your mind to wonder, having that beginner's mind, staying really open, being like a child, being open instead of thinking you know and also surrendering the resistance and I think you're right. If we can start to direct our focus towards what we're grateful for rather than what we're angry about, it opens us up and it changes our vibrations so that more good things can start to show up in your energy field, in your life, so that was a lot of really great material right there that you shared with us. I hope people are taking notes. Lilou, if people are going yeah, you know what, I wanna get her book, how do they do that?

LILOU: You can just go on amazon and type I Had No Money and I Liked It or my name Lilou – L-I-L-O-U – and you'll find it or you can go to bookstore and they will order it and they will come. There is also the ebook version, there are many ways. So just type in the title I Had No Money and I Liked It and if you lost



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your job, there's I Lost My Job and I Liked It. And I'm working on the 3rd book which is gonna be I Found My Purpose and I Love It.

TAMMI: And it's true. I feel like you totally are. When you're talking about I don't care if I'm homeless, I'm gonna do this. That's genuinely a testament the fact that you're really starting to step in to your life's purpose.

LILOU: Yeah. Yeah. Yeah. And then I remember very, very vividly that moment. I remember moments of being also on my knees and praying and just crying and there's so many emotions that were there. But walking in the woods, I would just feel the trees and just being with them and even running, up to some point, I felt the connection, the real deep connection.

TAMMI: Nature is such a healing powerful force. I found it interesting that when we're in that peaceful meditative relaxed state, we're kind of in a state of brain waves and that'd be the pulsation or the vibration of the earth as well. So if you're stressed or having all the monkey mind beta brain waves going on, spending time in nature could kind of bring you back to center, bringing you back to that peaceful place.

LILOU: And it comes to receiving because if we're giving, giving, giving in order to compensate because we think we're not good enough, nobody's gonna love us, this and this, we think we're loving but we're really loving in order to, that's not the real love. Love is also to receive this love and to allow and that's I think that's what happens first is I received that love through nature, I allowed it. I think it's a challenge to a lot of women and probably to a lot of men but because we became very, our energy, my energy personally had become very masculine, and the go get thing and the becoming and this and I had lost my femininity, my femininity to receive and so with that to a lot of the feminine aspects have come in like a lot of beautiful things, too, and the acceptance. It's woman and man have to bring in the feminine, not just the woman, but I particularly challenge the women because it's easy to say it's man's fault or how the society is going but it's not really the real issue. It's not the issue either that you might have not reached your friend because you have no money, money is another very good excuse but it certainly is not important when we start to see that this is what you really want to do and you have this then co-creation, your co-creating then after that is not an obligation for the universe to answer your prayer or to have friends or people help you and you're not the victim anymore, you're truly there in the co-creation and the dance.

TAMMI: Stepping into that flow. Often there's job, career, and life purpose and doing something you don't wanna do to make money, careers that maybe you're proud of it but it doesn't feed your heart or soul. Your life purpose is when you get paid to play and you are in that co-creative relationship with the universe. It is so much about learning to receive graciously and knowing that you're worthy. Not



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because you're posturing, improving but because you simply exist as a child of God whom we all are. But that real transition, I hear that your real transition from being a human doing to a human being.

LILOU: Yeah.

TAMMI: Which is a more as you say a feminine stance or feminine perspective and I think so many of us think we have to go out there and prove something and we have to work hard and we have to grab and reach and it very rarely brings us to our dreams and true purpose.

LILOU: And then we wonder why are we single at 30, at 40, at 50, simply because it's quite repelled to men to see a go-getter driving, just wanting to be a man, just by being and relaxing and allowing help and receiving help and allowing the men to be a man. Everything then I feel falls into place and there's something a lot more natural and a lot more attractive about you then it's really it is charismatic because you don't need to do anything and that's why I really want to challenge the single women out there. I know it's a bit tough to hear but I lived it, I've seen it, I'm witnessing it and it's the same in business, it's not appealing to somebody who absolutely wants it that is on the edge and would do anything and sometimes we try to hide it, but frankly other people can read us.

TAMMI: We're all psychics. What you're saying I think is true as a female wanting to attract a man but I also think it's true in our relationship with the divine mother and father, being able to relax and receive and stay subtle in a place of loving and faith and just trust and it really is. It's like stepping onto this wave instead of fighting to go up the stream, you're just relaxing and you're kind of carried and it is a crazy, it can start to become a really graceful experience, this human experience, and it's to me again heaven on earth.

LILOU: And it's a stream, it is true, it's a stream, it's a current, it's a flow and the more we are being ourselves and are authentic, the more this flow is big and that's the abundance. Everything is really provided when we start to see it and relax into it, not beg for it, it really is just there. And that is just, we have to know that the universe is not there to get us or to make us against us, those are lessons and there is a beautiful about what you're going through right now. There's something magnificent and with gratitude, you're gonna move into it and then you shift, you go with the stream instead of going against, as [??] would say.

TAMMI: Oh my gosh, doesn't it feel better, Lilou?

LILOU: Oh yeah.

TAMMI: What a relief!

LILOU: Really.



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TAMMI: No kidding. And so much of what you're saying again I really deeply relate to, I think if we're fear-based, we have this grabby energy, this needy energy and if you're walking, I was an actress for a while, if you're walking into an audition or a job or even going on a date, it's an attractive, magnetic, charismatic energy. What is attractive, magnetic and charismatic is being settled into the place of love within oneself.

LILOU: And if you really want to know what it's like, you can go and swim with dolphins.

TAMMI: I want to.

LILOU: Oh my gosh. That is so much true. I met them in Hawaii and they have this gentleness and there's peace and there's beingness and this is exactly that feeling that I'm talking about. They are really an incarnation of what we can be.

TAMMI: Yeah, they're little angels. I have a boat and sometimes we'll take it out into the ocean and I always like to go south near San Pedro because they come out and they play with the boat and they race along with us. One time, I was like 'shut off the engines' and I jumped in the ocean. My husband was like 'What are you doing?!' I was like 'I wanna hug one so badly.'

LILOU: And you can do swim with them. I know in some others, you can just swim with them, the wild dolphins like in Hawaii, you just go with, they go by [??], there's never just one dolphin and you go to not facing them, you just merge with them and you'll see they'll surround you, they'll play with you depending also how good you feel. The more high vibration, the more they'll come there. If you're not coming from fear, they'll be there and they'll play with you and it's surreal. It really is I would say a multidimensional experience.

TAMMI: You're preaching the choir here. Honey, we have to go to Hawaii, I have to swim with the dolphin and it has to happen soon. I feel like my soul is just like longing for this. Lilou picked up on it, we've got to do this.

LILOU: I hope your husband is listening.

TAMMI: He is a big fan. He is. So I told him this is really gonna be a fun conversation. It's like this again. We have to make a plan. You're channeling what I already know. Lilou, you are so cute. I just absolutely adore your energy and your messages. You really are somebody who walks your talk and knows the terrain quite well. It's abundantly clear that you are a wounded healer and an earth angel.

LILOU: Thank you. It was a lot of fun speaking with you, too. A lot of fun.



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TAMMI: You really are a pleasure and this has really been a true privilege. So, we only like have one minute left here and I want you just to share with me what your concept of true success is.

LILOU: Living as we've been sharing through all the whole show. Success I think is somebody that is true to themselves, that is in alignment with their real big self and so when you walk that path of truth, of authenticity, then I feel you're successful. There's nothing really that can take that away. Such a peaceful feeling. You're fulfilled.

TAMMI: It is, it is, it's joy. I think lining up with your biggest self, not your smallest, your ego self. You've given us some wonderful tidbits and nuggets of wisdom and just profound information. You've been so generous with your heart and again I just feel your, I've seen a lot of your videos and I've read your book and I felt like this is truly a kindred spirit, this is a soul sister and now I'm even more confirmed.

LILOU: Thank you. It's so, so much fun to speak with people like you and to have those conversation and not feel judged. I feel embraced, I feel loved and I'm really lifted and inspired by this conversation.

TAMMI: And that is my true intention to come from that place, to see the best in others and just to relax in my place of love within. So it makes it really easy to see the very best in others. You are just a beautiful, beautiful, beautiful girl, beautiful soul. So, again, I'm so happy that you're able to take some time out of your very busy schedule, to hang out with us today. So thank you from the bottom of my heart and I also wanna thank you Brian, you are such an amazing producer. Thanks for coming in early today. And Brent Carrey for this form called Empower Radio, you are again the rock star, the highest order, I adore you. to my listeners, thanks for taking some time to hang out with us. I know you've got some really good information here and you're probably inspired to go and open your heart and step more fully into the life of your dreams and maybe swim with some dolphins. Go to Hawaii with the dolphins. Thank you so much for hanging out with us. If you have questions or would like to connect with me, please go to tammibphd.com, that's spelled with an 'l', tammibphd.com. We'd love to hear from you and connect with you. Take good care of yourself. Love to you from our heart to yours onward and upward. Bye for now.

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