

WORKSHEET

VALERIE LEMME INTERVIEW

Valerie's work is impactful. Her work has not only improved the lives of her clients but changed her life for the better as well. She is an author who co-authored two books, *From Agony to Ecstasy* and *Falling in Love With You Future*. Valerie is also a FutureVisioning Practitioner who works with her clients to empower their lives with positive outcomes. She is down to earth, caring and extremely knowledgeable about people and how to help them. When I sat down and talked with Valerie I can tell you she is genuine. Her years spent healing her body, mind and relationships provided first hand experience and empathy for helping others improve their lives. Also, I answered Valeries questions about my life as a nomad and what is happening with Power & Balance Fitness and Nutrition.

In this, more than an hour, interview you will get to know Valerie Lemme as I did.

- Some takeaways from our conversation:
- Visit Valerie's website: <https://valerielemme.com/>
- Contact Valerie Lemme for your 45 minute consultation: valerie@valerielemme.com, 201-681-9240
- Couples' relationship challenges: Learn how working together helps to resolve those challenges.
- Weight loss: Learn how Valerie lost 20lbs. using methods in the "*Fucking Truth Diet*."
- Expressing emotions: Anger and joy must be expressed not suppressed.
- Symptoms of illness and disease: They are the messenger for you to receive and resolve.
- Let go of anxiety, pity and other negative emotions to heal with FutureVisioning.

Valerie Lemme CHT Interview

Stephanie Stierhoff Interviewee

Master Future Visioning Practitioner

Date of Phone Interview: 26 March 2019

List of acronyms: SS = Stephanie Stierhoff

VL = Valerie Lemme

[Begin transcript 00:00:00]

VL: Where have you been or uh going?

SS: I'm uh, right now I'm uh sort of a nomad in many ways. I moved in July to uh California and uh in the process of relocating and finding my landing spot there. Been all up and down the coast and I am finding that after doing all that traveling up and down the coast, I'm um much more suited for the southern areas of California, so um yeah, but I'm here um for a number of reasons. I have a lot of business to finish up, I'm house sitting right now for a friend with, for an aged dog that um she and I have been friends forever so um he's uh special dog and uh it gives her great comfort to know that I can handle things should something go wrong. Um, yeah so I'm doing that...my Dad's not well so I have been back and forth seeing him in Lancaster, Pennsylvania uhm just a variety of of work side of things, some business side of things as well, I've got two products that um I've gotta you know kind of touch base with and um the markets that they're in, update inventory, stuff like that...just this uh is my basically been my home for many years so it's just a lot that a lot of uh still moving pieces going on here.

[00:01:44]

VL: mmhm, (unclear voice) You're in transition.

SS: I am yah yah.

VL: Yeah. yeah, yah, I am too actually.

SS: Oh!

VL: Uhhmm, but my transition's just starting

SS: Well tell me about that.

VL: Uhhmm, well I'm not sure how this is all going to fall out yet, but uhhh, I've been living in my home for about 20 years and right now my husband of about 22 years or so... tells me he is not enamored with the work that I am doing right now and so he doesn't see himself as completely on board. So now we are having negotiating stuff happening.

SS: Oh!

VL: Yeah.

SS: Well, ya know, it is funny that you say that. I've got a friend who, who was listening to a podcast that I was on and she said...and part of what I said really inspired her umm with her husband. She, her practice is with her wellness and her health were kind of in a lot of ways parallel to what you just said with her husband. And she told her husband listen, this is very important to me, uh this is my life as well and I, I am not going to um, y'know devalue my life to compromise my health and wellness because it doesn't agree with you in some way. So she kinda told him that and he now is just saying well, well in that case...cuz she was ready to do that very thing, go into a separation uh and he said well let's think about this. So...in her case that tension actually made him realize how valuable she is uh to his life and so he wasn't will to go that far. But, boy is it a test isn't it? Really.

VL: uhhh

SS: Wow

VL: Yeah, yeah, so it's uh that's, that's what's happening right now...so anyway

SS: Yeah! That's um...well life is like that isn't it Valerie? (light chuckle)

VL: (unclear audio)...history doesn't repeat itself but from time to time rhymes

SS: From time to time it does what?

VL: It rhymes.

SS: Rhymes, ah okay, hmmm

VL: Yeah, I like that.

SS: I do too, it's really uh very nice

VL: Yeah, I like that a lot.

SS: How do you say your last name?

VL: Lemme

SS: Lemme, okay.

VL: And I was going to ask you the same thing. I'm think uhh, Stierhoff?

SS: Very, very good! Stierhoff. That's exactly right. I get a lot of versions of that but you, you nailed it!

[00:05:11:04]

VL: Oh, cool because I was looking at it before and I was like, hmmm, let me see if I can guess it. How long have you been doing this now?

SS: I've been doing this for, since 2012, uh formally, I mean in a formal way in a professional sense of it. My research dates back to um 1986...

VL: Yeah you said right here 30 years.

SS: Yup, so

VL: Awesome

SS: But then uh uh I just turned it into, well, I mean it just became after my, my serious um brink with, with death I decided that if I am going to survive this, I've gotta, in fact if I'm going to thrive through this I'm going to um share how I did that and um and it's a value to other people because there's so many people that fall into um the serious illnesses and don't know see a way out a lot of times so I decided that um I would turn this into a profession and not keep it all to myself.

VL: Yeah. How did you, how did you uh, uh did you heal your Lupus? or are you just uh managing Lupus? Because I know there is a difference and I think you know there is a difference too right?

SS: mmm Yeah, managing is the word because uh it's not going to be something that is erased from my DNA. It's, it's going to be there and it's always going to be uh something that I need to be in tune with, y'know, and be alert to any symptoms that come along uh but what I have done since then, I mean I was on incredible levels of medications just to get my immune system from freaking out but now, I am uh I'm medication free which is astonishing to me because it's the first time since I was diagnosed since 1986 that I have been medication free.

VL: Wow, how long ago was that you are medication free?

SS: It was, it's been now...I would say a year and a half, yeah, yeah. So, pretty remarkable uhm and, y'know and I can't say...there's no silver bullet what I have discovered over the years through experience and research. It's not a silver bullet, it is a, very much a combination of lifestyle and awareness and how you feed yourself. So, yeah, um...

[00:08:17:25]

VL: So, um, (unclear) you wanted to interview me for your blog, blog interview.

SS: Yeah.

VL: And I would love to know where I could go umm is it on your website? That I could go and see? Uh, and uh...the blog interview?

SS: Well this is uh, what I'm doing is um since the first of the year I am completely redesigning my website and uh this is something my website guy has been after me for...probably a year now. Get your blog going y'know that is so critical. And I decided that putting the stake in the ground and I'm going to put the fire under my feet by way of asking for, getting interviews and so the redesign uhm is happening in the next month, I mean I pretty much have it all done but the relaunch of that and the content for the blog are these interviews, I've couple of lined up so...the blog page right now is not even populated and uhm I decided how am I going to really...I've gotta just, y'know sometimes you just have to force yourself into a situation? And I thought the New Media Summit was such a valuable, amazing collection of people and uh this is a wonderful resource and I need to share that as well so rather than put my own monolog on the blog for starters I'm going to bring value to those who come to my website and my relaunch with people like you Valerie. So uh...You're not going to find anything up there right now.

VL: uhmmm cool!

SS: ...but when it's up there...

VL: So I was just wondering if there was something, y'know, that I could do to get to know your work better. And if there is anything let me know and I will but...it's kinda funny (unclear audio)...today I have someone come to help me (not clear)...write letters to persons redoing my website going okay let's get this up there and that up there...because since the summit let's see I think I've lost another 6 pounds. So, I've actually (unclear audio) away from my goal and now I'm done. Then what I have to do is what you have done which I really admire in you, is to get in shape so cuz you look like you are really in great shape. I'm starting to do weights now y'know?

[00:11:31:21]

SS: Oh! so, what, what um, what like inspired you since the summit to, and what have you done differently to make this weight change?

VL: No! I haven't done anything differently...

SS: Really!

VL: I've just been just continuing...

SS: Really?

VL: Oh yeah! The last like 20lbs have just really come off like uhhh like 3 months. And that is the point of the f'ing truth diet. There's the French version and the politically correct version and ummm it's really understanding that struggle is part of the victim complex and get out of victim. Once you do that you are not struggling any longer then it is empowerment and everything in your reality or anything in your reality can respond. So, umm, yeah so it's actually really getting...once I got out of the punishment and also looked at the addiction part of eating for myself and, I think for a lot of people, y'know the wanting to stuff down the emotions to (unclear audio) with food or with drinking or anything actually, right? that we do. So as I have looked at that then I'm making choices I found that I eat very little food. Much less than I ever imagined to live and function quite beautifully. This morning I did a double yoga class and I, y'know, I lost weight so, it's and I had plenty of energy, y'know, it's not like I'm depleted or, oh my God I can't move I can't y'know, no I'm functioning quite well.

SS: mmm, so you're eating less you're doing more activity with plenty of energy.

VL: Right! Exactly! Isn't that cool? I think that's so cool!

SS: Are you eating differently?

VL: Yes, yes. Uh how I eat now is much more (unclear audio) smaller bites and really savoring the food and um I like logging because it sort of just gives me, that part is optional on the program, whether you log or don't log it just seems like it just almost like a preference right? But the tenants of the f'ing truth diet is half your food to (unclear audio) half...see how you feel. If you get hungry eat a little something. Or take a couple of bites and see if that sustains you. We have found that eating frequently is better than going long, long periods of time. And there's, if you want to over eat, the why is very important. Why do you want to over eat? And then we ask these questions: Who do you want to punish? What emotions do you not want to feel? That person has to do some self exploration. And, it's amazing, I have this one client who's a personal trainer...and she's was like 'I don't know I went to college...' and I'm like I know, I know...and it's going to fly in the face of everything you've learned. And it was her! She was one of my most adamant people who said 'I just want to give up whatever I want (unclear audio) eat small amount and see what happens. So, she was pretty much losing consistently. And then she had this friend call her out of the blue and she had a big falling out with and she was like 'I don't know...do I really want to go there' I was like oh it wouldn't hurt to just see. She actually got (unclear audio) and called the person had a conversation with her x friend said y'know let's do this let's do that, listened. And the next day she got on scale and she dropped 5 pounds. She went 'I

cannot believe this' I know right? Isn't it like mind blowing? That holding on to anger, resentment can actually stall your body from just releasing the weight. So that's what we've got the emotional component as well as...

[00:16:49:00]

SS: (Kodi the 100lb golden retriever dog pants in the background) Oh, it's just so uh absolutely...you were asking me previously y'know my practice and my coaching and one of, that's just a key point of my coaching is just to be so mindful of what you do. First, recognize if you are even hungry before you go reaching for food...

VL: Absolutely! Oh my God, yes.

SS: Uh, cuz if you're not hungry then there's an alternative reason why you're seeking food. And then you'll want to find out well what could it be? Y'know? And that is exactly what you're finding and so many times either we are eating to the clock...oh it's 12 o'clock time to eat! or we're eating because for some other reason and it's not typically, for many, I'm just purely hungry.

VL: Right, right, yeah, yeah

SS: And so that mindfulness is so key!

VL: Right, right, right, yeah, yeah, I actually have been trying to uhmm and again, what you are talking about Stephanie is choices, the value of making choices and listening to your body. And there's another thing too it's like my body could be sitting there and it could be telling me I'm hungry and I can say...this is what I tell and it's very funny, and I notice that a lot of people who have extra weight on their body also have a...it's weird...it's a depravation consciousness. Like 'I've got to have food with me all the time.' Because, like one person who has like 50 lbs. to lose. Says to me 'I've got food with me, what if I'm somewhere and there is no food!' And I went, do you live in the same world that I live in? Because I don't think I can go 50 yards without a place to eat! It's everywhere! And you've got 50lbs of food reserve on your body! So you can actually be hungry and go all day, because your body has reserve. So she was like 'oh, I never thought of that.' I'm like, yeah. So it's just quite comical the beliefs that we have about life and how that has to be addressed too. And one of the things that we do with Future Visioning which is the over arching success program is teach people how powerful they are...my goodness gracious we so powerful. We create our reality. And to embrace that and then to work with it so that being happy and being fulfilled and having integrity is above everything. It's above everything.

SS: uhmmm

VL: That's actually what's going on now with this whole y'know testing of the marriage. I came into my power and my integrity and now my husband is fighting and doesn't want to let go of...

SS: Yah, that's very...y'know so you have...I was looking on your site and, and your statement of you are extremely powerful you create your reality by 100% by causing or allowing everything.

VL: That's right.

SS: So, how do you, so you're having a real life umm, um real life experience with your husband right now. How do you apply that to what you're going through?

VL: (unclear audio) actually, um, maybe that's really issue what I recognize because I'm a coach and I have clients and I also have a coach my mentor (unclear audio) is my mentor. And from time to time I will say to my husband do you feel it's time for us to have a (unclear audio) and he will just balk and create all this great problem and it just becomes worse, worse, worse and I start to go down because I feel scared and feel hurt and angry, um, so then I need more help it's a vicious cycle and he's not addressing his part over there that he needs to address and so then he's concerned about money or whatever. It (unclear audio) the whole time if he had just said 'okay let's do it' the whole cycle would have been circumvented. So, really this is about. So, now I'm looking at and going...hmmm is this the paradigm that I...because I work with the future...so I look at my future and say...do I want the rest of my life to be this way? Will I be able to be happy? Will I be an effective practitioner to my couple clients? If I have a husband who's unwilling to function in the modality that I'm in and the answer is NO. That's going to...and why have I not come to this so far?...well, because I love the man and I wanted it to work. So I've been...and Stephanie...so fascinating...as the weight came off...I had to look at the issues...

SS: Okay, interesting.

VL: ...and notice that a lot of times when people get married the weight comes on. Why? Because they don't know how to handle the emotional issues that come up in a relationship and so they tend to eat because there is no mechanism. They don't have the tools and skills to deal with some of the more dysfunctional parts of, what I call, male chauvinism in our culture which is the need for us to feel and to have equal status not only in the work place but in our homes as well. So this is the time of what, I call, the return of God is energy and the only way that can happen is when the man and the woman are both equally willing to have access and to honor the feminine side of both of them.

SS: Yeah, I completely agree. I made a decision a number of years ago to divorce. And it's nothing that...likewise my husband and I, actually, are still great friends we get along great. We get together for holidays and meet...in fact he's treating me and my son tomorrow night. We have a wonderful relationship. Together as a married couple it wasn't a healthy place. Because, at that time he had work to do on himself and I had to work on myself, I had my health issues and we were very distracted. So it just made sense. It made sense that I've got to take ownership of what I need to do and being in this relationship was not an emotionally supportive place for my goddess-ness, if you will.

VL: Yeah, yeah, yeah, yes...and that's another thing that we talk about the ultimate relationship with, umm, the divine part of ourself that encompasses the spiritual, your higher self, the part of you that knows you are divine. Oh, but you asked me the question about creating reality, I'm sorry...but I guess this is actually about that because the whole tenant of metaphysics which is a little beyond the spiritual because it goes from a relationship with the spiritual, like our relationship with, what I call God, Goddess, all that is...or the higher self or whatever you call the higher powers. Who are in the universe, everyone has their different name. You go beyond that. And then first you are to be partners with the divine. But in order to co-create with the universe, first we have to be a hundred percent responsible of our reality creating. That's a great question right?

SS: Yeah, yeah, tell me about that!

[00:26:55:23]

VL: (laughing) Tell me about that...well each human being has to look at their life. And make choices but there are 6 components that are universal and one of them is getting out of self pity. Self pity is the root cause of all problems in reality creation. And there are no negative emotions at all. But any suppressed emotions is danger. I used to love to say suppressed joy can actually kill you. (unclear audio) Joy is supposed to be expressed but the most dangerous emotion to be suppressed, Stephanie, is anger. Because anger is active it needs to be expressed to be released. And most of us don't have the techniques and tools for doing that. So future visioning and the work of (unclear audio) and we work with the future to healing. All healing comes from the future so we work with your future self who is healed. And I know this is (unclear audio) for you a little bit of what we've been talking about so far but what if you didn't have to manage your Lupus. What if you actually could heal your Lupus. Because I believe you can.

SS: Well, well I do as well because at this point in time and for the first time being off medication and being symptom free. Give me that...kind of I'm looking inside of a crack into a new future there...for hmmm...I can see myself now not having to be at all concerned with the even the thought of the Lupus coming back. Out of remission.

VL: Right, I love the way you say that 'coming back.' Which means it's now gone. the door 's closed, it's gone and it has packed its bags. And its a choice, and its a choice whether or not you...one of the other components of the work that I do in teaching my clients that their symptoms are a messenger, the pain or symptom or illness or disease, is the messenger and once you get the message the messenger goes away. So, instead of fighting...with (unclear audio) even with vitamins, whatever, if you just go into the symptoms and find out what the message is you're supposed to be learning and you actually get it, lock it, understand why created it for future self and change. Incredible, spontaneous feeling happens. I had someone here last night, pregnant, having pelvic pain because she had a cesarian her last delivery and we realized as she was talking that pain was increasing as she increased in size in her pregnancy. So we went in and healed the trauma of her last delivery she swung her legs around and sat up and said 'oh! usually there would be pain there, it's gone.'

SS: Yeah, that's huge.

VL: Yes, huge, huge...

SS: I can identify with that...I had 36 stitches down my belly and I continued to exercise, regardless. The human body is an amazing, just remarkable and you have to give credit where credit is due. This machine can do...we don't even know to the depths of how our brain operates. It is beyond what are able to learn up to this point. And so to put limits on our body's capabilities is putting limits on ourself. So, okay! Y'know the the body is able to heal and the body is designed to exercise and move. So, I'm going to do that. I'm not going to put a limit on my movement due to previous scars or operations because I have full confidence...

VL: Right.

SS: in how amazing the human body is.

VL: That's absolutely correct. That's why I have so much fun when I talk to people who don't know that yet or know that because then it is so much fun to expand someone's understanding or to celebrate someone who does know...

SS: The thing is Valerie...sorry to interrupt but I just wanted to insert a little bit that you're telling this client kinda like just maybe she knew it but maybe didn't internalize it truly and you telling her this confirmed what, probably intrinsically she knew, but you don't really have full confidence, so you gave her this, you handed this to her...and then it was like — yeah! — it's powerful because I don't think we give ourselves full credit where credit is due.

VL: Yeah, yeah. And just imagine a world where everyone knew how powerful we were and also knew and cared about every other person what kind of world would we be living in? It would be a very different world. I don't know. Maybe it would be...I think a lot of what is happening is wonderful and it would be like 'are you kidding?' 'are you in the real world?' I'd say yeah! The old systems are breaking down now we're going through the demolition part of the building of the new world. And people like you and I are helping other people to move into that powerful way of living life. And the person last night who was able to do this because of her own odyssey because of her own willingness to ask herself questions go back and to relive and also have the hope of the future to make change of this first process into a very successful process. In order to do that you have to work with the future because she didn't have anything in her past.

SS: uhmm.

VL: Her past experience was tremendous, sad (unclear audio)...and by the end of the process we even changed that and she actually gave herself, set it up for a so that she will have a successful birthing experience.

SS: That is remarkable, what a gift, what a gift you gave her. I want to back up just a little bit because I don't even know your story!

VL: (laugh)

SS: What brings you to do this work?

VL: Well...uhmm...I think it happened when I was around 15 or 16 years old and I looked around and I said to myself could I be more like (unclear audio)...there's got to be more to life...and so I started pursuing that through self help...and I was searching my whole life. Actually, kinda like what you said 30 years of my life...it was 39 years search. But what happened is as I was going into these modalities I became a certified fitness therapist; I became an accredited practitioner...I started to getting sicker and sicker and sicker. How odd is that right? (unclear audio) So here I am with my healing skills and then I started looking around and others were getting sicker too!

SS: What sickness would you?...

[00:37:13:03]

VL: Well, different people had different things, for me it was excruciating back pain that wasn't ever getting worse. Then I went through menopause and so much started happening...high blood pressure, gaining the weight, emotional roller coaster, um what else happened, and the despair...my marriage, that was the point when we had the first when we really did questioned point...and then I started working with someone who was an addict with the journey work and we got to a certain point and it was through a work program. So then it was okay, he's great, his wife is happy that he's back, and we see improvements so we're going to stop the work with you now, so he said, 'okay great,' and I love this client he was wonderful and 2 months later, after I stopped working with him, I got a call from his sister's secretary telling me that he died of a quote, unquote accidental overdose alone in a hotel room estranged from his 2 young children and his wife.

SS: mmmm

[00:38:29:11]

VL: And my...It was the last straw. And I said, I cannot take another stress until I find...something. I didn't even know if there was something (unclear audio) Enough, I cannot do this anymore and that is when I met Ti (Caine) at Future Visioning so that's actually, thank you for asking that wonderful question because that gives me hope right now in my life. I know that whenever I say, stop I cannot do this anymore, I know that because I'm co-creating with the universe that I take responsibility and I say I want happiness in my future, that my future is bringing me something I need...I know along the road to something quite incredible coming my way. So, yeah, for the first time hearing Ti talk about having worked with clients for over 30 years and he was having fun the first time I heard him on a talk seminar. Are you crazy? What the hell is he talking about? Fun?

SS: (laughs)

VL: No, no I have fun because I have the solution. Oh my God! That's amazing! So yeah, it is so much fun. And I have been having a lot of fun with my clients. Miracle, miracle, multiple miracles per person.

SS: That's powerful. I like to look ahead. Always look ahead. Know where you want to go and the future visioning is a very uh...it puts in a picture that you can actually envision and see that picture. What does that mean? It has a very nice descriptive that you can always call up as you're...in the case of

having the situation that, I cannot do this anymore...and you look ahead into that future and that vision and your like, wait a minute, this isn't matching up, time to change.

VL: Right, and make it their choice to get there. The most beautiful thing that I tell people, Stephanie? Is not just to see in the future, but to reach, to stretch, and to actually go there...and how rapidly enter it. So have it be a live hologram that you enter in and what is your brightest, future self doing and how is she feeling? What has she accomplished? And what we also do...take people all the way to the end of their life. See their live old self, their 100 year old self, still vital, still loving life, but also knowing...I think it's time to graduate. (laughs) I think it's time, maybe in the next 4 years or whatever, to go back home. Because we are eternal. There's so much hope in understanding, this is temporary. Having a physical body — temporary.

SS: Yeah.

VL: You're eternal. That means you go on forever. It changes the perspective. So...yeah.

SS: Yeah, I love that. I think that is a really...just so helpful for people to in a hard moment and struggle...it could be health, it could be relationship...when you are in that place that feels like muck. Y'know, where your feet are stuck. You can get their feet out of that and they can move and go forward.

VL: Yeah, the bridge to the bright future there is always hope.

SS: Yes, absolutely.

VL: And not the kind of hope like well, I hope it will change...because that's like...but empowered hope.

SS: Right, not the idle hope where you just talk about it and don't act on it.

VL: Right, right, right hope. Falling from the sky and come rescue me...not that hope.

SS: So, now that you're well into this and you are making a commitment, regardless of whether your partner is onboard or not umm that's huge Valerie!...so, overall what in your life lights you up the most, either personally or professionally what would you say that is?

VL: I would say that it is LOVE! to love and be loved...

SS: Oh, absolutely, that's beautiful.

VL: ...and accepting the love of the universe that I have all around me and making that my standard lights me up. (laughs) I love my me time, as well as my time with my clients, my friends and my family. I totally enjoy hot yoga. I love eating consciously. I love talking about (unclear audio)...I love watching my clients get their dreams...

SS: Tell me more about the metaphysics aspect.

VL: Well, that is always looking at how am I creating, always coming back to this is a reflective reality... what am I doing? How can I change in order to change my world?

SS: uhmmm

VL: That always leads to empowerment for me.

SS: uhmm, Kind of looking in a non-tangible...kind of conscious way of asking the questions over and over again just to make sure you are on point to your future self?

VL: Yeah...but not just questions. Also, but also talk about mindfulness... or observing...the thing about losing the weight that finally clicked it for me...is that it is a metaphor. It's a metaphor for all the other areas of my life but it is the one that I have the most control over. Right in front of my face the one that I have to do to take care of myself 24/7, except when I am sleeping right?

SS: Even then though, I mean, Your sleep plays a huge part in losing weight.

VL: Absolutely, absolutely. And really resting and getting nourishment for your brain, your body, your spirit, yes. The actual choices...like sometimes I will look at something and go, hmmm, I could eat that right now. What will that do for me? Where would that lead me? Okay...I want to eat it because...I'm feeling sorry for myself right now and I just feel like that would make me happy temporarily. But what's the end game? Ah, I'll have eaten in an inappropriate way. I'm not actually really hungry right now. I'm just eating, like you said before, to excise the self pity. So, I could choose not to and drink a glass of water. I make the choice. The next day...the scale or appropriately or it stays the same...it's these kinds of choices that give me empowerment to look at every activity I'm doing and going, I know that every human being is connected. Everyone sort of know that, we have that intrinsic feeling on some level...that we bring ourselves to the world. We all have to ask the question...what am I bringing in to the world? If I'm sad, if I'm scared, if I'm desperate...what am I bringing into the world?... but if I'm enthusiastic, if I'm loving, if I'm really empowered...everyone else in the world has access to our physiology and our approach. We could be. What if there was one person who has the power to feel the whole world? What if that person was you?

[00:49:04:17]

SS: Yeah, yeah, absolutely. Is there any client you ever had who was so down low that was almost that one client that you felt, no matter what you did couldn't find their way to this way of thinking and empowerment and what did you do?

VL: Well, there are some people who are more wetted to their self pity. They are filled with anxiety. Because anxiety is always seeing our future. A lot of it goes back to faith, life,...God is going to punish me or the shoe is going to drop somewhere along the line despite my best efforts...something's going to happen. So, changing that...and yeah, I did have someone who, I thought was kind of like, I guess my wonder client and in, I would say, a year and a half completely changed her whole life. (unclear audio)...on food stamps and unemployment...have just broken up with the father of her child, a single mom, and couldn't sleep through the night because her pelvis pain was strong because an accident where she was whipped in the air and landed down and cracked her pelvis...

SS: oohh...

VL: ...so she came to me and I met her at a medication evening. She went home and slept for the first full night ever, called me the next day...I was actually sitting on the couch talking I my husband going 'I met this woman last night, I hope she'll call me, I will call her but I love it when people call me, because then I know that they are really reaching out the way...shows committed...shows intention'

SS: Yeah, uhmm, absolutely!

VL: ...and she called right when I was talking to my husband about her...and started telling me about how she slept for the first time in about 9 months and we started working together. She created a job that doubled her last jobs so she was making well over 50 thousand and with bonuses, and doing very well...and then within 9 months met another, man got married, and is now beginning a new family. Her whole life changed.

SS: Oh my gosh! Y'know stuff like that...

VL: Yeah, oh and got a new job and a better job! I mean it just gets better and better!

[00:52:25:09]

SS: Yeah, I feel like, y'know that is that whole...we are changing one person at a time...handing the the gift of 'you can do it' - of empowerment - of look into the future, you can change that. You've got your choices. Bring all this to them and see the transformation.

VL: Yeah, yeah. So what is your big plans?

SS: I've got a lot of long term plans and the short term plans. The short terms plans are more aligned with getting my message to a broader audience. To redesign and repackage my two products Nut-Nola and Seed-Nola...

VL: Yes, I noticed those!

SS: Uhhh, I will be going through a crowdfunding effort to redesign in terms of a smaller package, a more impulse buy, it will be easier and wider distribution. Because I have a smaller package I can put it into coffee shops, and smaller mom and pop health food stores at the counter. Just be more in front of people...these are nourishing foods...they are nutrient dense foods...my whole approach to food is the food you eat should really feed and nourish you, not just fill you up but nourish you as well. Make every bite count, that's what I say...the majority of bars on the market low in nutrition value but more...just to fill you up.

VL: Uhhmm.

The flavor, in my opinion, isn't there. Flavor has to come forward. If you're not going to like it — the taste of it — then you're not going to eat it to begin with...

VL: Yah, ya.

SS: So, anyway, I have got the products, I will do more podcasts, I have a book in the works as well. More online classes for nutrient-dense cooking and lifestyle — how to approach a lifestyle. Do you have best practices that you follow for your own lifestyle?

VL: I practice what I preach (laugh)

SS: Yeah.

VL: ...and I use metaphysics that I teach. I have a mentor and coach as well. Those are my practices. I submerge myself and I teach...I believe that the most important thing is honesty. That was one of the things I really started looking at. That is why I call it the fucking truth diet. Out of the addiction of lying, cheating, manipulating, and punishing. So I had to look at those four parts of me!

SS: Oh, interesting...So is fucking truth diet? Is that what it's called?

VL: Tell the fucking truth diet.

SS: Is this one of your products? or one of your...

VL: It's a program I created. I was one of the guinea pigs for the program.

SS: I see, I see

VL: ...and applied it and did it. So that really, we could see that losing weight is not only successful but effortless...there should be an ease to it. Because most people think there is going to be a suffering. Oh, it's terrible and I can never do it...oh, why not? So easy, so straight forward when you make the right approach.

SS: And sustainable. It has to have sustainability if it's going to something that is short term then you will just go back to the old practice.

VL: Well, don't you think it is sustainable? I do.

SS: Yeah, well that is what I'm saying I completely agree with you. that what you've got there is something there that is completely sustainable.

VL: Right, yeah and that is the fun part. I know I will never be that way again.

SS: Because it is a lifestyle.

VL: Right! The fact that I'm here now blows my mind! Because I just had this box of clothes in the attic that had the...I'm not getting rid of this until I down to my ideal weight...and have been up there for 20 years. And I took some of them, and they were good enough clothes and they are classic enough and still fashionable today. Really nice designer clothes and they all fit.

SS: Oh my gosh! Don't you just love blowing your own mind? I mean wow!

VL: And as I was trying them on Stephanie. As I was working with my future self, part of me was in disbelief!

SS: You literally practiced the whole future vision 20 years ago. And here you are!

VL: Exactly. Exactly. And in order to do it and get to the end of it...for me to be able to tell people so I can say...here is the before the heavier me and the lighter me. But that also here is the before, the obsessed about it, wringing my hands, the oh my god, the going up and down, the yo-yo-ing, the despair then the empowered woman.

SS: Dancing around with new clothes! (laugh)

VL: Right, exactly! (laugh)

SS: That is a wonderful vision and a wonderful example of what you live! Unbelievable!

VL: Thank you.

SS: Yeah!

VL: So, I'm not really quite sure...are we doing the interview now? (laugh)

SS: Yeah, this is the interview! I'm recording it and um going to put it in transcript. And will also keep it up on the website as audio as well.

VL: Yeah! I think audio is wonderful! It is a great option for people.

SS: So yeah! We are doing the interview right now!

[01:01:55:20]

VL: I would love to tell everyone to go to check out my website or contact me at valerie@valerielemme.com. If they want to transform their life from the emotional point of view...what you're doing is really wonderful. I just want to give you kudos and thumbs up. Thank you for also being out there helping people to see that they can have a bright future. That's really amazing.

SS: You and I are a part of the effort to take what we have and bring it to whoever is willing to for eyes to see, ears to hear, and a heart to listen. And take it on to be their best future self

VL: Right! Right!

SS: Is there anything in particular that you want to mention what you offer in terms of services or anything in particular that way.

VL: Yeah, I do offer a 'Let's Get to Know Each Other' 45 minute consultation. They also visit <http://ticipaine.com/> and look at the 2 1/2 hour video on the website. Anyone who comes and speaks to me will get access to my story, which is going to be published very, very shortly...and also free future visioning worksheet which they can start to design their future and also what do they need to get rid of...in order to have that breakthrough. This is not just positive thinking. We have found just positive thinking really does not work. You have to have realistic, optimistic thinking.

SS: Yeah, you also have to have skin in the game.

VL: That's right. It's actually positive and optimistic being. Not just in your head. A whole body experience.

SS: It's an action.

VL: Yes, it is an action. exactly. Wow! This is so much fun!

SS: I have to ask you one last question.

VL: Sure!

SS: What do you see in the world, that just blows you away right now Valerie?

VL: In a good way or a bad way? (laugh)

SS: I'm thinking in a good way. We can always come up with the negatives. What do you see in a positive that just blows you away right now — in the world — anything?

VL: Yeah, yeah, I will have to go back to the previous election that happened and the fact that we now have a hundred women in congress. Oh my God! I thought that was amazing! Because everyone predicted that it would only increase by only 5% and that was not what happened. It went up by 10, by 12%! So, women. I am so moved by women today getting out there and making a contribution.

Because this is what it is going to take. Valerie long stated that western women are going to heal the world.

SS: Let's do it! Excellent, excellent, fabulous! And it's going to be...the women who listen to this and the men who listen...

VL: And we do to! Women have been accepted! For your good and for our good there needs to be equality. There needs to be synergy, collaboration, cooperation. Domination needs to go out and dominion needs to come in. Not taking over but shoulder to shoulder with men. Is what I see as an empowered future.

SS: A collaborative team. I completely love that! That is a wonderful way to land my question. Well, I will be letting you know when I will have this up on the website. I am very excited about the new website coming!

VL: And I will send it out to all as well.

SS: Alright! It was fun to learn more about you. You inspired me at the New Media Summit. I am so happy that you were able to come and interview with me.

VL: Thank you so much Stephanie. I want to stay in touch with you and see all the fabulous things you are doing.

SS: I would love that. I would love to stay in touch. I am on your Facebook. I will do my best to tap you once in a while say "hi!" and let you know what's up.

VL: Okay great!

SS: Have a wonderful rest of your day!

VL: Okay, you too!

SS: Okay! Bye.

VL: Bye.

[End transcript 01:09:08:06]