

## **The Limitless Life Experience Podcast**

### **The Convo about Rising and Healing Together**

#### **Transcript**

It's up to us to start owning that space. And I think before now, maybe we just didn't believe that was a thing but it got to a point, like at what point do we stop asking you things, when do we just start doing it?

Welcome to the Limitless Life Experience Podcast with me, your host, Suzy Ashworth. I'm a mum of three multiple six figures, serial entrepreneur, business strategist, Hay House author, speaker, coach and believer in miracles. I help female entrepreneurs like you and go from confusion to clarity when it comes to creating messaging that converts browsers into buyers so that you can build a business that makes a real difference in the world and helps you live a life without limitations. This is the Limitless Life Experience.

#### **Suzy:**

Hello, you gorgeous human being, I am so excited to have you listening to this episode because I have invited my friend, Jazreena Harlow, and co-creator of the rise and heal retreat that is happening this Sunday at time of recording Sunday, the 16th of August. And it's going to be absolutely incredible. Jaz is... well she's multi faceted, and you need to listen to the rest of the episode to hear how she doesn't like to box herself into any particular cage. There are so many different ways that she is here to serve and support and help uplift and motivate. We talk about really what it means to be a black woman in the wellness space right now. We talk about how important it is for us to be running events like we have running and what it means to really be a leader and take ownership of what the next step looks like. This is such a beautiful conversation, and I hope that you love it as much as I enjoyed having it.

Say hi, Jaz.

#### **Jaz:**

Hi. Hello. Hello.

#### **Suzy:**

I am so happy that we get to chat in this format because we've got some special things cooking up where we won't really be talking to each other. We'll be talking to all of the peeps, but I thought because we have these special things, I don't know why I'm being cryptic actually. Um, Jaz is co-creating with myself and four other incredible human beings, a virtual live retreat that is going to be happening on the 16th of August, called Rise and Heal. And because we've got all of this specialness going on, I wanted to bring Jaz on because she's been instrumental in making sure that the world knows about this event. I wanted to bring her on so we can get to know her, or you can get to know her a bit better before we listened to your dulcet, dulcet sounds. So Jaz, would you say that you're most well known now as a sound healer or not?

**Jaz:**

Hm, interesting question. I was kind of sharing this yesterday. I have a funny thing about labels. So sometimes I'm like, what do I introduce myself as? Cause I think, like most of us are very mostly multifaceted, but, yeah, I am a sound therapist, I'm trained in specifically crystal Sonic therapy. I'm trained as a life coach, and also in an NLP, so neuro linguistic programming, hypnotherapy and timeline therapy. So it's a combination of those four things that kind of lead me into what I call sound wisdom coaching. So yeah, I'm known for sound I'm known for some coaching. Um, so yeah, it's a multifaceted place to be in.

**Suzy:**

All of that sounds incredible. Especially did you say it was the crystal Sonic thing?

**Jaz:**

Yeah, so I'm trained in crystal Sonic therapy, which is obviously, most people have heard, sound baths before but I also do one-to-one healing treatments, which is basically working on someone's biofield. So everyone has an electromagnetic field and then working on them individually, looking for where there are variances within their energy fields and helping to bring them back to their harmonic frequency or harmonic state of being. Cause we all have our own signature frequency and sound healing helps to do that

**Suzy:**

It's interesting because obviously the therapy is sound therapy, but can you tell just by looking at someone, if they are not in alignment with that natural harmonic frequency?

**Jaz:**

I would say I'm a bit more of a feeler. You know, probably identify with the word empathic. So I can sense if someone feels out of balance, so to speak, but more so through obviously talking and then kind of them sharing their story with me. When I'm working on one to one, I have like, like a download, I receive information. So sometimes I see things quite clearly or the times I see things and kind of like shapes or feelings. And then the sound assists me with kind of, yeah. Okay. Giving someone the breakdown of where what's kind of going on with them. And in most cases they agree a hundred percent with it or, or it kind of like brings up to the surface for them things that they knew were kind of like underlying, but I guess having that confirmation through the treatment really helps them to become more aware of what's kind of happening with them. So, yeah.

**Suzy:**

So how long have you been the type of person who receives downloads in that way? Has this common since you trained or has it been something that has been with you for a long time? If not forever.

**Jaz:**

Yeah. I'd say it's been with me for a long time and I definitely suppressed it. I would have moments like I remember when I was pregnant with Zane, so that would have been 2016. And I remember walking through, I forget what tube station it was, but it was on the commute to work and a lady walked past me and I literally had this like magnetic urge to say, to share a message to her. And I knew exactly what I needed to say, but I was so like, Oh my God, I don't want to say this to this lady because she, I don't know her. I don't want to be perceived as crazy and I let her go.

**Suzy:**

What was the message?

**Jaz:**

It was just to tell her that she was beautiful and that, you know, everything that she's looking for is within her. It was, it was probably something that she really needed to hear that day. And I was just so like, no, I can't, I can't say that. And I have these moments, you know, I will send a message to someone or just kind of check in with

someone and be like, Oh, how do you, how, how are you doing today? How you getting on? And especially if I haven't spoken to someone for a long time and I would have a message for them and share it and they'd get back to me and be like, Oh my God, I have been dealing with that today. How did you know? So, yeah, I've always had the ability to tap into, but I suppressed it for a long time. A lot of my spiritual kind of journey I suppressed until probably four or five years ago. So I can look back over time and just think, wow, I really wish I embraced that more then, but it's all part of the journey, it's helped to shape me with what I do right now.

**Suzy:**

So why do you think you suppressed it?

**Jaz:**

Out of fear. Fear of the unknown, not understanding, not really having anyone to talk to about it and commune with. If I go back to... 2012 was a time where I had like a proper awakening, in fact, it goes a lot earlier than that. When I was 17, I got hit by a car. So I had like a near death experience and I was really, really lucky. I only had a few broken bones, but it could have been a lot worse. Um, and I wasn't raised as someone... we didn't go to church, my family, my parents didn't raise us, you know, going to church and stuff, but we were God-fearing. So we understood that there was like a higher power. We believed in the concept of God. Um, but I was an, um, an attendee of church and when I turned 17 and that accident happened, I remember waking up and thinking, Oh my God, I remember thanking God, this being, I just knew that I was protected. I actually felt like there were angels around me. And again, I feel things a lot. When I was in hospital, I remember seeing these like flashing lights, go pass me all the time and people would come and visit me in hospital and I'd be like, can you not see these lights? And they'll be like, I don't know what you're talking about. So I then kind of started on this spiritual journey then. And, my closest friends were raised in church. And so I got into Christianity and ended up getting baptized. I became a born again Christian, I think I was 18 at the time. But I never really resonated with a church environment. I felt like I was really in tune with the spiritual side, but I wasn't connecting with the messages within the environment that I was within. And I felt a lot of guilt. I felt a lot of shame. I felt like I'm quite stifled. I understood the message of spirituality, but I also felt like there was a lot of talk about sin and doing the wrong thing, just really disheartened me. So I really kind of tapped into having my own spiritual journey with higher source, outside of myself. And I think that's the reason why I suppressed a lot of spiritual things. Well, because I didn't think people were talking about certain aspects of spirituality in the church environment. So I stepped away from church in that sense, but I kept my faith in God, so to speak.

And then in 2012, when I had Remy, I like most mothers kind of have this new awakening in any way because you're discovering yourself as a mother now. So that opened a lot of kind of questioning and curiosity for myself, and then also had this experience of writing a different language. So I just didn't think I was going to go into this today, Suzy... I can speak and write light language. And in 2012, that was not a thing I'd ever heard of. I didn't even know what it was called at the time. I just knew I could write something. It just came to me one day and I started writing and also drawing. And these words have come up my mouth and I did not understand it. So I pressed it, or I didn't even look into it that much because it was like, what do I type in Google? Like, I don't even know I can even Google based. So I kind of just left it and didn't really tap into it that much. And then I started seeing numbers. I saw 111 all the time, and this was also around the time my grandmother passed away. So two significant things happened in 2012. My grandmother passed away four weeks before my son was born and then Remy was born. So there was obviously lots of, I guess, new awakenings in that moment. And so, yeah, that's, that was kind of like the kicker, the real kicker of like, what is this and how to sort of tap into it a little bit more.

**Suzy:**

Can you share some of your light language with us?

**Jaz:**

Oh my God, I have never shared it. I've shared it once in a guided meditation, one of my lovely friends, Katie Jane, who runs &Crystals on Instagram and she is an amazing, amazing woman. And the reason why I found out it was like, language was because of her. Actually, she went on her Instagram and started talking it one day and I was like, wow, I speak that. I literally was like, flabbergasted. I was like, Oh my God, somebody else is doing this. And yeah, it's one of those things that I am still tapping into myself and it sounds really strange, feeling uncomfortable not wanting to say it, but I will share a bit of light language for you Suzy, because it's you. Okay. You just need to give me a moment.

**Suzy:**

Do you want some music?

**Jaz:**

No, no, no, no. I just need to breathe.

[inaudible]

That is light language.

**Suzy:**

Beautiful. I literally feel it soothe the soul. My introduction to light language was one with one of my mentors that I still work with Regan Hillyer. When I first heard her speak, I think I was in a retreat actually. And we were so open and I'd been doing lots of physical work and just lots of so much energy. And then all of a sudden she opened her mouth and it was just like, [inaudible], I was like, what the fuck? I did not know what had just happened. But I felt, and I spoke about this, I don't think I use this language on the podcast, but I certainly use it in my courses, the energetic architecture around me, and more importantly within me, changing. And I just want to course where for the first time I shared my own light language and it was really interesting feeling everybody feeling into the response of knowing that we are souls because we all connected and can have that conversation soul to soul without a logical mind. Yeah. Getting involved and change, transform, soothe, heal... all of those beautiful luscious things. Thank you so much for outing yourself.

**Jaz:**

I needed to do that as well, because one thing that has really been kind of very present recently is how much I need to start sharing now. And when I've spoken to friends and those who consider themselves as healers as well would always say to me, it's very powerful and you have to find a way to introduce it. And I think again, it's just kind of stepping into that unknown and it's very soothing for me. Like even in writing form and art form, you know, I've done a couple of light language readings. Actually. I haven't done it for a while, but I did a couple last year. And when I shared it with those who wanted to receive it, they both were like, I have no idea what this is saying to me, but I feel it in my soul and there's this instant connection. I know exactly it's going to the right place. I don't need to know what it is, but it's going to the right place. And it's definitely healing and soothing. And so, yeah, we're always expanding. We're always growing. And I just, yeah, I love this kind of constant stretch of stepping out- actually not stepping outside, stepping into who we really are and allowing ourselves to tap into that so much more and embodying it.

**Suzy:**

Yeah, I adore that and I'm interested to explore a little bit more deeply. What do you mean when you say who we really are? Because it's a phrase that I use. I definitely

think it's massively overused the personal development world, and it's not because there's anything wrong with the phrase as such, but I think for people who were just on the start of their journey, or not deeply entrenched in their own inquiry and spiritual work, they don't really know what that means. It's like we live our whole life as, you're seen as Jaz, you have two kids, you have your partner, you do, you know, you do a scene as that individual and really they, that identity is who you really are. And so I'm curious to hear, what do you mean when you say that?

**Jaz:**

Yeah. Yeah. That's such a good question. Um, it's interesting, like, as you were kind of X age, just sharing their, their concepts. I think for me about who we really are actually really understanding that we are all connected. I say work who I really, I know that I am connected to you Suzy on a deeper, deeper level than we'd ever be able to understand. And, it's, I guess a lot of it, on a sort of 3D level is unlearning all the things that we've been programmed and kind of, the way that society shaped us to be in stripping all that back and just coming back to a place like your heart center and coming back to a place of love, like that's the highest frequency. I feel like that's who we are, like understanding, like we are a whole spectrum. It's like, you know, the spectrum of all the emotions that kind of come from love and from like, love all the way down to sort of depression. We are all aspects of that and we can embrace all of that and we can choose to be it or to step away from it. And I think it's just embodying that, that we are, um, connected to each other. We are connected to source. We are the definition of source, but expressed in our own individual ways. I feel like it's hard to put it into words sometimes. Like a lot of the time it's just that I feel it, because language can be so restricted. Yeah. Yeah. And, and that's why I think I have such an issue with labels and kind of calling myself such a thing because I just feel like 'I am'. I am trying to find the words, but then I know I'm kind of talking myself out of what it really means, but I genuinely just feel in my heart center that connection with like everyone and my connection to source. And just knowing that I am, I am at being that can create absolutely, you know, anything. And this lifetime is just, yeah, showing me the journey of how to do that and unravelling, and it's all very, it's all very exciting. But also sometimes a little bit scary at the same time.

**Suzy:**

I like that when you said I am a source and we are all source and we are all individual expressions of source, I think that that is a pretty good description of who we really are because most people are not operating from that space of knowing that they are limitless and to have limitless power. And I am curious to know from your

experience, what do you think it is that is holding most people back from knowing that?

**Jaz:**

Yeah, I mean, again, it goes back to fear a lot of time. If I just talk from my own experience, the fear of the unknown is a massive blocker for a lot of us, stepping outside things that are considered normal. Like even having conversations with people about spirituality like five, six years ago, would've just, I would have been looked at like, you know, a bit crazy talking about light language... I didn't know how to express that outwardly, you know, in a comfortable way, without feeling like I'm going to be judged about some things. And I think, you know, we have a lot of preconceptions about who we are supposed to be and stepping outside of that is just so scary to an individual. It's not common for, it's not often common for us to be completely honest with ourselves, to really be vulnerable and to be curious and question things, because we are set up in a world that is, everything is sort of delivered on a plate for us. You don't even have to critically think about much.

So when we don't do those things a lot, you know, fear comes into action there because it's not considered normal, but as soon as people start sharing and being vulnerable and opening up about the things that they're experiencing... Like even within my family dynamic, right, it was only like a year ago or two that like my mom expressed certain things that she experiences on a sort of what you would consider a spiritual level, but she never shared it because she just thought that, well, it's taboo well, it may be it's like something evil or demonic, or we don't want to touch that because no one talks about it. So yeah, it's really hard to open up about these things when it's not a common conversations, but, you know, we are moving into a space now where we, there was more of us holding this space confidently and assured in ourselves and being able to express it. And I feel like the more that we talk, more ears are opening and also, you know, people are also voicing their opinions on it and also questioning things, like curiosity is such a beautiful thing, because it allows us to explore deeper. It allows us to be more receptive. It allows us to be open and share. So, yeah, I think fear is the biggest blocker in it. It sounds cliché, but it kind of always is like, you know, that concept of things are driven by love or fear. But there is a lot of truth in that.

**Suzy:**

Where do you think that you are holding yourself back right now because of fear?

**Jaz:**

I think visibility is a big thing for me still, I'm still kind of dipping my toe in kind of sharing more. So I find that I share in like small doses and then like test the water and see how that goes. And then I'm like, okay, I should try and do that again. But actually, I think where I stop myself more is if I am concentrating too much about me and fixating on the bigger picture, like my purpose I believe is to help raise the frequency of this planet. And that, again, sounds really cliché and that's very kind of on trend at the moment, but I genuinely mean that from my heart, like, you know, any individual person that I can help really understand that they are limitless and they can, they can, um, heal themselves as well and, and work through the things that are blocking them. Like if I can help that one person then like, I feel like I've already sort of done that mission, but obviously I want to keep on sharing and keep applying, expressing myself and opening the doors for healing, growth and for us to be constantly breaking those barriers down that always seem to be in front of us or, or the illusion that they are. They're like breaking the illusion that they are there. We've put them up ourselves and it's for us to break it down.

**Suzy:**

How important do you think that it is for you to be sharing this message as a black woman?

**Jaz:**

Oh, yeah. Really important. It's so important. I think the last two months, well, the whole of 2020 is amplified so much for us, but specifically the last few months has made me realise the importance of definitely sharing my voice. I felt like my throat chakra was really activated in June. It felt like a lot of us who were normally sort of maybe more quiet around the topic of racial injustice were more open to expressing. And I would get DMs and messages from people say thank you so much for sharing because I feel like I'm being heard through your words. And that really impacted me. I was like, I'm, I, like, I just didn't realise it, that would have that effect on others, um, that they felt that they could express themselves. And so by me expressing myself, they felt like they were being heard.

And so that made me realise how important it is to really, you know, stand as a black woman in this wellness space and speak up. And my throat chakra is something that I've been trying to work on for a while. And it really kind of opened up in June and I'm actively trying to make sure that I stay on top of that. Obviously being a mother, of three, sometimes it's hard to get on a Facebook live and IG live. I'm understanding the magnitude and the power in using your voice to help others express themselves and for others to feel like they are heard as well. So there's loads in there.

**Suzy:**

How have you been working on your throat chakra?

**Jaz:**

I use sound quite a bit, so I will pick a bowl and we'll set an intention for myself and play and work around it that way from an energetic point of view. But within just day to day stuff, journaling writing, I started a blog on my website. I haven't been that active on it recently, but that's where I share a lot of what I want to talk about, also the membership that I have, the Sistaship membership, where I'm kind of of, you know, offering content to help women on their self development, self awareness journey. I express and share a lot of my story. So I think talking about myself helps me to open up my throat chakra, like communicating and constantly sharing that. Um, but also listening as well. Like it's not like, I don't know if that sounds odd, but you know, really listening to others, reading books that resonate with me, following certain hashtags on Instagram, immersing myself in topics and subjects that I resonate with allows me to express myself more.

**Suzy:**

How does somebody know? Cause I think that this is really, really common and I think that people who have visibility issues often have a blockage in the throat chakra so not wanting to be seen or heard would be one sign, but I'm interested in from an energetic perspective, what is going on if somebody's throat chakra is blocked?

**Jaz:**

It typically is coming from a place of being shunned from an early age. So I think my, a throat chakra issue was related to feeling like I was seen, but not heard though. And that can obviously come through like education as well as like a home environment. So when you want to express yourself or your emotions and you might be told, you know, what are you crying for? Or, you know, why do you know it'd been asked questions like that very young age, you, you learn to just stop yourself from saying how you really feel, and that becomes repetitive. You know, the way that our minds work, you know, especially around the subconscious, that you will pick up a pattern and we'll keep on repeating it... because 1. It's either keeping you safe or it's protecting you and making you feel comfortable. So we don't even realise we fall into these patterns sometimes.

So you might have an experience in school where a teacher shunned you or told you to be quiet when you just wanted to express how you really feeling. And it's kind of tug a war with emotions and that's a big thing in men as well, you know, not being able to be allowed to cry and share those emotions. So I think for a lot of people it's around that, and not having space to be able to express themselves freely and then not be reprimanded for that. Specifically for women as well, obviously, women's rights. We kind of fall into a position a lot of the time where we are, you know, seen and not heard. So that then kind of becomes a societal pattern. We do what we see don't we, we don't do what we told we do what we are shown. And so you then kind of pick those things up, you know, naturally as well.

**Suzy:**

You've said so many juicy things. Where are we, where do we go? Actually, what I did want to ask you is I think obviously the work that I do the work that you do, it's really important for black women to be in this wellness and transformational space as the model for what is possible.

Why do you think that there are so, and I don't, and, and even as I ask this question, I don't even know that that's true. I was going to say, why do you think that there were so few of us, I think these conversations, is that a valid question, or do you think it is more about visibility rather than these conversations not happening?

**Jaz:**

I think it's both, I'll be honest. I do think it's both. Definitely a lot of it's to do with visibility, not being seen, that then plays into our lives in the sense that if we're not seeing them, we don't talk up either. So that's kind of reciprocated. And then, yeah, just being in spaces where we can hold more space together is it's kind of a new concept, I think. Or maybe it isn't, maybe it's just these things kind of happening in smaller rooms. And it's just about that, that platform. So then it goes back to visibility. One thing I will say is that, in June, when everything kicked off, I felt like community became a big focus. I'm talking from a kind of Caribbean background as well, that it's quite common that we don't support each other.

I'm not afraid and ashamed to say that like typically, when you have people who feel marginalised, and you going to these big spaces and you become the token person, and when you understand that, that then you kind of want to be able to hold that to yourselves because, it's very rare to sit in a room, um, for black women, and everyone be successful. It's not a thing that hasn't been a thing. And I think we are stepping into spaces now where we understand that, you know, we don't have to all be in the same lane. We are so unique. We offer so many different modalities that

there is room for us all. And I think it's getting to a place where we really believe that now. And we're having to take that stance ourselves.

It's up to us to start owning that space. And I think before now, maybe we just didn't believe that was a thing, but it got to a point like it reached a peak where it was like, well, at what point do we stop asking for things? When do we just start doing it? And that's why the retreat next week is going to be so amazing, because we did that ourselves off our own backs. And that maybe that's not something we commonly do because we typically think, well, we need to go to a bigger platform and showcase that we are here, but actually it's okay for us to do that together. We are here.

**Suzy:**

Yeah. I would say that every single milestone in my business has come from me not being bothered to wait for somebody to say, you're allowed to do this, or shall we do this - every single thing. And for me, the retreat feels and felt so important to put on because I think that for many, especially women of color and the retreat is open to everybody, but especially for women of color, you're right, there are not rooms of people having conversations about where they have come from, and where they are, and where they are going to - with this vibrancy and sense of hope and possibility and success and all of the beautiful things that are available for us. And part of that is because so many women and people of color and women of color are still in pain. They are still suffering injustices. They are from the inside out, when we talk about creating our realities, from the inside out have been wounded and need the opportunity, and the space and the tools and the strategies and the space and the holding and the space and the holding nearly feel those wounds and then move through them.

**Jaz:**

It's really important. It's the moving through it part as well, you know, really acknowledging, not seeing it for what it is, and then not accepting things as they are and stepping into bigger spaces, bigger rooms. And like you say, not having to ask for permission anymore, and it really does come from not seeing it done before. So until we step into spaces and show people that it can be done, I keep it's a lot harder to sort of fight and you're right, it is so important for the space to be held for healing specifically, because now many of us kind of like, know what we're trying to work towards, but we don't always recognise those that's things that we need to align within ourselves to be able to it, to be able to achieve that. Um, and yeah, these are the steps that we have to take. These are the steps that we have to embrace and continue to embody. And for it not to be taboo I think a lot of people steer away from the word healing, because it sounds horrific, doesn't it, you know, the concept of

healing feels like, Oh, it's going to be such a drag, but then once you've done it, once you've gone through the process and obviously it's constant, you know, no one's just healed overnight, you know, life is always throwing curve balls at us, but it's about being able to recognise when something's coming up for you, then you're in a place where you can transmute it quicker rather than sitting in it for maybe like, you know, two, three, four years, and not noticing that it's really having an impact or an effect on you.

**Suzy:**

I think that one of the stereotypes that many of us embrace is the strong black woman as well, and so there isn't the space for vulnerability and healing and saying 'I hurt' and 'I feel vulnerable and I feel emotional' within that stereotype. I think that even with all of the work that I have done, that has been one of the biggest barriers for me in terms of allowing myself to be supported the way that I desperately desired, but didn't think that I was allowed because if I did acknowledge that I felt more emotional that I might fall apart and never be able to get back up again.

**Jaz:**

Yeah. Yeah. I resonate with that a lot. I really do. You kind of brought me back to a moment actually, when I was sort of, kind of sharing a lot more on Instagram and just talking about how I was feeling, you know, a lot of people were messaging saying Jaz, are you okay? Like, I think I had a moment when I cried on a story because no one someone didn't put a trigger war warning on the George Floyd video, and I just caught it. It was like a second wave of this video and I caught it and just instantly those emotions of came up for me and I was just like, can people please just trigger warning because it's actually like really highly emotional right now than a few people. So many people were like are you okay?

And there was a part of me that wanted to be like, stop asking me if I'm okay. It's actually fine for me to cry and not for me to be vulnerable, I can express tears and not be falling apart, but it's okay to fall apart too. So this is kind of like really trying to showcase that strength of a woman. So it's really acknowledging that it's actually okay to just have moments where you're not okay, and it not be seen as a sign of weakness.

**Suzy:**

When it comes to- we've kind of touched upon it earlier on, but it feels important to go a little bit deeper with it, to just the work that you do around sound healing. We've got Dion Holder who is going to be doing womb medicine. We've got Alisha

Carrington who's also going to be doing sound healing and DJ Melody Kane who is going to be talking about food and fitness.

Why do you think that there are less women of color doing things like sound healing and why are there less women of color engaging in these types of activities?

**Jaz:**

Again, I don't, if it, if it's perception, I've been in, I've been in spaces online, specifically less kind of like in person where there are a lot of black women who understand healing, like womb healing has been like a big topic that I've kind of delved into over the years. There is this taboo kind of subject topic around spirituality. And I can only go from my own experience when it comes to, you know, a lot of black women are raised in church environments. And there is this conflict around spirituality when it does it include going to church. That's where I feel. There's a fear around that as well. It's like, what is this spiritual stuff that people are talking about? What does that mean? And, you know, until you start connecting and having this conversation, and you're actually talking about Source and it's essence... It's just, everyone expresses it in different ways. And also it's tapping into things that we have suppressed for a long time. Like I'll use Beyonce is a prime example. There's a lot of African spirituality messages in her movie that she released on Disney. And there's like a massive opera of people saying it's demonic and all of this. And it's also like people aren't asking, what was spirituality before Christianity? Like, where did we come from? What were we practicing? What are we holding space for? And because we have told those things are wrong, and every single faith and action has elements of good and evil. And in fact of comments, because again, they're just labels, but yeah, it's the fear of tapping into something that's different. It overrides the actual power of what we're talking about here.

And again, it goes back to energy, and frequency where things reside in the body and really understanding who we are even on a human level, like we are spiritual beings in having a human experience. That's my belief. And so therefore, can we start to understand how our bodies work and then kind of like connect the dots back to our spirituality. It's a lot easier to sort of resonate with them, but yeah, I think over time, the more that these conversations are had, the more these type of events are kind of more open and people have access to it because a lot of it is through social media as well. Those who aren't on social media may find it through other avenues, most likely through yoga, for example, because that's more commercial.

**Suzy:**

Yeah. It's true. When I started hypnobirthing, nobody knew about hypnobirthing at all. And now - I had a friend the other day say that she had more friends that had done hypnobirthing than hadn't, and it's about again, the creating of the spaces. I'm curious to know, what do you think the biggest healing journey is that you've been on?

**Jaz:**

Hmm. I think the thing that has had the most impact is me really going through like in a childhood stuff, like going deep into the things that have shaped me and where they came from and really meditating on that. And it wasn't an overnight process, that's taken years and will take even more years. But the unraveling of things that have happened or haven't happened, or do you know what I mean? They're just kind of working through how that shaped me, acknowledging it, seeing it for what it is, accepting it and loving it and being grateful for those moments because it's made me who I am. I think that's the biggest thing because I can quickly identify when I step back in time a little bit and something triggers me. I can see that for what it is straight away now. And without having done that work, I don't think I'd be in this space where I am now, you know, acceptance is a big, big thing. And I think a lot of that is working through in a childhood stuff for sure.

**Suzy:**

Amazing. Um, just what does limitless mean to you?

**Jaz:**

I feel it more than the words. I'm just like, I just felt that like hit my heart center. It just means overflowing abundance and knowing that whatever you walk into it will be okay. You know, there is room for us to make mistakes. We're not here to live perfectly. Otherwise we just wouldn't get the lessons. Wouldn't be able to share the messages. It's really embodying just kind of living freely and being grateful and having ultimate gratitude for everything around us that is of love. Even just like, I'm looking out my window now and I'm looking at the grass and you know, the little plants outside and I'm just like, I'm so grateful for the fact that nature shows me that I don't need to worry about anything. I really don't. Those plants outside, no one is really nurturing them, but they were getting water. They're getting nutrients and they're getting sunlight and we have access to the same thing. And sometimes it's very hard to really embody that. But meditating on that for like the last few years, it's been an absolute blessing to really step into it. And there's more for me to do. I know

I'm not, you know, probably 80% in living limitless, but I know what it means. And I constantly have to keep on checking myself to make sure I'm stepping into that zone.

**Suzy:**

What does that look like for you in two years, five years time? Like, what is the dream when you fully living into your purpose, or raising the frequency of the planet? And I say that I don't mean that that's outside of yourself. You do that every time you step on Instagram right now. And I also feel that there is volume, that it goes even deeper than where you are now. I'm curious as to what does that actually look like? What's the vision?

**Jaz:**

It's a crazy one, because also as you were saying that to me, I'm like, I'm not a hundred percent sure. All I know is that whatever it looks like will be right and I will be aligned with it. I have always tried to live in a way that like, whatever happens happens, and not having any direction, just more of a knowing that everything will all be okay. I think the position that I would like to be in is being able to help so many more people than I am right now. Um, I think includes a level of financial freedom because in order to help others, I need that leverage to be able to do that. So stepping into bigger arenas, bigger spaces, being able to help others, that may not be able to access this house right now.

Just being. Just being in those spaces where I need to be and whatever that looks like, I'm just so happy to be there doing it. The thing is the last year for me, it's kind of like moved and molded and shaped in so many ways. I can never see, I never could have anticipated. I'd be here where I am right now. Like the journey that I've been on so far, it's really, sometimes it's really hard for me to step into that space and see what it looks like, materialistically that in that sense. But I just know that whatever I am doing, I am always on this journey of just helping others help others too. So that one person I help or can hopefully help another 10 people to keep on spreading this message that we are suffering. We are limitless. And just to keep going.

**Suzy:**

Mm, I hear, I hear you. You did just say one word that I need. I need to question you on, you said 'I think that it involves some level of financial freedom, why do you only think that?

**Jaz:**

I knew you were going to say that because as soon as I said it, I was like, Oh my God, that is the one word, you know, that's, that's still my thing. That's, that's still the thing that I am working on, around sort of financial freedom. And it's a process. It really is a process. I'm a lot further than I was definitely like two, three years ago. It's ultimately a journey, just keep on pushing, keep on stepping into it. And it also comes from a place of practice as well. Like I understand where my money block has come from and working through that a lot at the moment is quite challenging for me. So even kind of being able to catch myself saying, I think in knowingly, I'm like, I know it needs to be that. Yeah. But yeah, we can't act in progress.

**Suzy:**

I can't let it go now. So what all the money blockers?

**Jaz:**

When I was younger and this will be very common for a lot of people, but specifically in Caribbean backgrounds, it'd be like, you know, the concept of money doesn't grow on trees, you can't attain it. It's very hard to attain, that barrier is there, but I can't reach again. And also this concept around what people will think of you when you have this type of money. And yeah, that's just, it's a constant thing for me that I'm kind of like going back and forth on that. I'm not really sure why it's a thing, but I'm still working on it. And I think the more that I step into more abundance, it will just obviously we'll keep on going until I sort of crack the code. But I know that this mindset that you have right now, we stumbled from being into that base.

**Suzy:**

Yeah. Well, I'm like, you've got some specific work for the bowls to be working on it. Yeah.

**Jaz:**

Yeah. It's not working on the throat chakra now and can work on me and stuff.

**Suzy:**

Thank you so, so much for your time today. Where can my wonderful listeners find out more about you?

**Jaz:**

Well, you can find me on Instagram @jazreena\_harlow. I also run a membership called The Sistaship. Um, and yeah, my website [www.jazreenaharlow.com](http://www.jazreenaharlow.com). You can find me in those three spaces right now.

**Suzy:**

Perfect. Thank you so, so much.

**Jaz:**

Thank you for having me.

**Suzy:**

You are very, very welcome. Thank you so much for listening, you gorgeous human being. Please remember that if you loved this episode to share the love on Instagram and give us a tag and write a review on iTunes, because if you write a review on iTunes, iTunes say that this is a great podcast and share the wealth with way more people. So with all of that being said, you know what's coming. Please remember that...

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