

The Limitless Life Experience Podcast
The Convo About Wholeness with Edita Atteck
Transcript

And I think the key really to shifting and reprogramming ourselves to feel more fulfilled and to feel more successful is to bring this wholeness into the picture and constantly keep optimising our mindset, and constantly keep reminding ourselves that what's happening in our mind is also influencing what's happening in our gut, and it's influencing what's happening every nerve fiber in our body.

Welcome to the Limitless Life Experience Podcast with me, your host Suzy Ashworth. I'm a mum of three, seven figure serial entrepreneur, Hay House author, international keynote speaker, quantum transformation and embodiment coach, and believe in miracles. My superpower is helping female entrepreneurs like you create six figure breakthroughs in your business fast, so that you can expand into limitless living and create an incredibly positive difference in the world. In this space, you will hear me talk all about wealth, yourself, spirit and impact. This is the Limitless Life Experience Podcast.

Suzy:

Hello you gorgeous human being. I am super excited to introduce you to the lovely Edita Atteck from editaatteck.com. Edita is a transformational coach who works with successful female entrepreneurs, on unlocking that in a power. She is a neuroscience geek and she loves looking and investigating how stress impacts the nervous system and helping women move beyond the intellect. Move beyond those mindy places that we go and tend to allow our life to be controlled by and really tune and tap into the wisdom of the body. I really enjoyed digging a little bit deeper with Edita, and I hope you love this episode too.

Edita. Welcome to the Limitless Life Experience Podcast. How are you doing?

Edita:

Great, Suzy. Thank you so much for having me here. I am super excited.

Suzy:

You are extremely welcome. So let's just get straight into it. The reason that I wanted to invite you onto the show is because you talk about how people can access their inner power and really unleash that in a leader. And I absolutely believe that when it

comes to making the impact that my listeners want to make in the world, it's all about being able to unlock the gifts that you were born with. And so I am really curious to know what was your journey, what was the journey that you took into really unlocking your inner power?

Edita:

Okay. I will do my best to do the short version. Otherwise this may be a long podcast. So, I think, you know, the biggest, impetus or the biggest influence on my journey was an experience when I was 16. And that experience included a massive accident that I was involved with which completely changed the trajectory of my thinking process and just looking at the world and like many women, like many ambitious women who want to create a lot of good in the world. I also got stuck initially on the path of being really connected and very identified with my intellect. So I did a lot of schooling. I excelled in school and that was probably also some form of hiding, I think, because when we sometimes pride ourselves in our intellect referring yet, so many other parts of our being.

So let me needless to say, my journey included many years in academia, both in my home country, in Europe in Slovakia, and then in Canada. And then I got myself into the corporate world and then I looked really at the possibility how I can contribute more. And I started my own business, but really my biggest calling to, to do the work that I do today, which is helping ambitious women/entrepreneurs started really with that experience earlier in my life, when I was 16, that really made me understand or really wanted me to explore to as much depth as possible, what lies within us as human beings, because even as entrepreneurs - and no matter what ambitions we have - I believe we are humans first and we have such a massive power and potential inside of us, but we often focused on only what's happening on the outside or what our intellect is telling us. So I think in a nutshell, I just want to say my journey was a very long one, a very complex one. But it's also a journey of self discovery and really wanting to contribute to humanity and to, to a better world.

Suzy:

So I am really curious as to what was the accident and how do you think that the accident contributed to the changed the trajectory?

Edita:

Sure. So, very briefly, not to sort of take the listener too deep into this. I was on my way to school. I was 16 and in the city where I lived, the city is situated in a beautiful basin. And so it's a very steep hill going down from the suburbs area to the historical

downtown. And we were on a tram that have carried about 200 people. Many of them were high school students, people who went to work and the tram at the very high speed loss control and derailed and flipped over. So it was an absolutely horrific scene of, of, of massive tragedy for many people. But I was literally saved because I was just in a very lucky position where I was standing when I was situated in the tram. And so that really opened up the door to me. I mean, years later, I really took a long time to grasp the actual impact of this event. Because first we just kind of go into this mode of kind of automated mode of, you know, you survived, you're lucky, you didn't have any physical injury, but the impact of that emotional experience has really lasted for four decades. And that's what really got me into the work that I have added on top of my additional, um, you know, research that I have been doing and wanting to be in business is really understanding the human nervous system, the power of it and, and how it changes us, how it influences our thinking, our behavior, what stress does to the body. And, uh, it just also changed the way of my thinking.

Cause when you go through an experience like that, it opens up something inside of you that otherwise probably would have not happened. So I do believe everything happens for us. And when we take it in an empowering way, we can use that experience as something that we can then later on create and contribute to the world and to our mission that we pursue. So it has been a huge opening in me in terms of understanding how our mind, how emotions, how our nervous system are all interconnected and why we must understand this, especially as ambitious women entrepreneurs, how this impacts our work and who we are being.

Suzy:

Did you feel lucky or guilty at the fact that you were 'saved' from some of the destruction that other people experienced at that?

Edita:

That's an amazing question. I don't really feel I ever, I don't believe he ever felt guilty. That problem never crossed my mind, but I had this deep yearning to create, to contribute, to give back. So guilt was never there, but also in terms of the nervous system, what happens when we go through such a situation, we often also experienced something - we shut down that experience, where we kind of a little bit shut down inside of us, shut down our feelings and we try to move through,, especially when we are very intellectual. We try to move through our thinking process to move ahead.

So it really taught me later on as well, how important emotions are in our process of self development and in our way, we live our lives and heal and grow and create

what we want to do. But to be a brief answer to a question, I don't really believe I ever had that feeling of guilt. It was always a sense of massive desire to contribute.

Suzy:

Amazing. And so when you went on to study, did you straight away into the science of the brain and the biology of the body? Like what happened after you?

Edita:

No, funnily enough, not at all. I went to study law so far away from that because I was always very good in school. I had no idea where I wanted to go. And so I just, you know, all of my teachers encouraged me, some wanted me to go to study science, but for some reason, I don't know why I wanted to study law. I think there was sense of, you know, justice, whatever that was, but I really wasn't who I was. And after I moved to Canada, I studied political science and history. I just kept going from school to school to really find what I wanted to do. And then I did some work in business and economics, and I ended up working - funnily enough - as a credit analyst, looking at the financial statements, I was a very good at analysis, but the work that I have done in terms of the science and brain science and nervous system health, that was my own passion.

I never really thought that was something that I wanted to study in a school because the work that I was doing was so deeply personal. I didn't want to - I wasn't really looking at gaining any kind of formal education or another diploma. That was something that I wanted to understand. And I had this, like this voracious drive to study everything that had to do with what's happening inside a human being. So I actually never really studied science, but I did a lot of personal research into the area of the nervous system health, because I wanted to understand myself.

Suzy:

What was going on within you that you were looking to understand at a deeper level?

Edita:

I really had more questions than I had answers, and I really wanted to understand what breaks people down inside, what makes us thrive. What really makes people heal? I had these massive philosophical concepts inside of me. So I was going in so many directions in terms of really wanting to have the answer. And it really took decades, to be honest with you Suzy, to piece all of this together. And it really came together when I wrote my book in 2016, *Awaken Your Inner Leader*. And I think that

was the culmination of all of that. I needed to put it together. But you know, in the meantime, I also needed to find my new way and then your country, I to pay bills. So I did many things that were practical, but what really kept me inside fired up was this deeper understanding of the human psyche. And then specifically, you know, women entrepreneurs, because we are also mothers, we are trying to do so many different things. So that's where I finally put it all together. And now this is, this is what I do. I help women who are very ambitious, very often are very intellectual and I help them to really understand there's so much more about them than just their intellect.

Suzy:

Yeah. I'm really interested in exploring this because I think that as many of my listeners will identify with, I am a very heady person, so will power and thinking my way out of problems and trying to anticipate the next step was the way that I lived my life for a very, very long time. And I'm not sure at which time exactly I started to let some of that go.

And I still - in inverted commas - battle with letting go of the mind and allowing myself to tune into my heart and my intuition, but I am so much better at it than what I was. I am curious to hear, like, what do you mean when you say there is so much more to us than just the intellect?

Erika:

Yeah. Yeah. Beautiful question. So, yeah, we pride (and I think our culture is kind of leading us towards a glorification of) our intellect, but there's really our human body, which evolved over thousands and thousands of years, which carries so much wisdom. There is our emotional energy, which we are just beginning to understand, like this whole emotional intelligence and people being more open to feeling and processing their emotions is relatively new in our culture. And so that's why I always talk about wholeness. And when I started to understand what is really the impact of how my stress processing apparatus, how my nervous system functions and how it's connected to my immune system and how it's connected to my hormonal system and how it's connected to my emotions and how it's connected to my thinking. I realised like everything inside of us is interconnected, but we kind of, for some reason, we sort of ended up in this place where we have glorified the intellect, intellectual intelligence, but there is so much more inside of us and we become whole and so much more happy and so much more open to feeling gratitude and success when we connect all of those individual components inside of us.

So especially habitual thinking, habitual feeling and how we are able to reprogram how we typically think and feel on a daily basis or what do we think and feel the first

thing when we wake up in the morning, because that ultimately is constantly sending message to every cell in our body. So today I am a huge proponent of this wholeness concept, how we really need to understand ourselves as humans first, and then whatever else we are trying to pursue in our life, and really dig deep into this inner power, which lies exactly - and all of these individual components, I call them our internal inventory. So these are, as I mentioned, habitual thoughts, habitual feelings, or moods or attitudes, the way we process stress, the way we habitually behave, the way we act habitually, the way we make decisions. And all of these things really comprise our, our wholeness. And I think the key really to shifting and reprogramming ourselves to feel more fulfilled and to feel more successful is to bring this wholeness into the picture, and constantly keep optimising our mindset and constantly keep reminding ourselves that what's happening in our mind is also influencing what's happening in our gut. And it's influencing what's happening in every nerve fiber in our body.

Suzy:

It's interesting, as you were saying that, I sometimes get clients who say to me, when does it stop? Like when do I have to stop working on myself? When am I going to get there, because this feels overwhelming. What do you say to those people?

Edita:

Oh my gosh. You know, when do you stop eating to nourish yourself? When do you stop breathing to really feel every cell inside your body? Like our inner work, doesn't stop and challenges constantly show up. So if we look and again, he probably comes to the mindset point of it. If you look at the inner work as a burden, as something you must do, not something that is inherently empowering you and nourishing you and, and changing you for a much better version of you, you will probably have those kinds of thoughts, but once you switch that, we come back to habitual thinking and what we perceive on a daily moment to moment basis. I really encourage everybody to do think, would you ever want to live without breathing? Would you ever want to live without eating nourishing food? Our inner work is the nourishment that we provide to our entire being. And I think it's also the key to changing the world and how we perceive ourselves. And just to really create massive changes in the world to really support us as human beings.

Suzy:

Do people come to you who feel sad?

Edita:

Yeah, I mean, usually people have something, women have something going on. The pain point is at a certain threshold where they're looking for answers and they're not finding them. They have invested tons in coaching programs, especially in business coaching programs, because they are really smart. Like the women that I typically work with, they're very intelligent. They're very smart. They know all the strategies and techniques and how they run their business, but something is still not connecting inside of them. And they're trying to balance the motherhood and, you know, running a successful business. And now we're being told so many messages, you know, we can do it all. And we don't need to decide between, you know, running a multi seven figure business and being moms and, you know, we can be great partners and it's all great. It's all positive. But unless we learn how to process all this information on the level of the body inside our nervous system, we are probably putting too much pressure on ourselves.

And that's what I was talking to a woman about a couple of days ago, who was telling me, I just didn't like this, no matter how much I achieve, I'm not feeling successful. I just don't have this internal feeling. And now, you know, I'm seeing some first signs of minor chronic like health issues. And my sleep is not all that great. So eventually when women have those moments where you just don't know where to go next, that's when they often reach out because there's something is missing and they can point their finger.

Suzy:

Do you recommend that people let things go that I'm just interested in this concept of being able to have it all. And you talk about that being very positive and at the same time, this pressure, can we have it all or not?

Edita:

I guess it all depends on the definition. You know, we can have what we believe is the right thing for us. I wouldn't never tell anybody what, you know, what they should do or what they should be aiming for. What should you believe? And that's why I so much believe in working on these deep internal beliefs. Sometimes I personally, I let go of some of the things in order to, in my situation to really feel successful as a mom and really be present as a mom, I made choices, and I'm not saying these choices are necessary for other women to do because you know, you and another woman will come from a totally different angle, totally different life experience, totally different support system. So I always go through this process of the women that I talk to, to genuinely connect to what they truly desire inside themselves, what their priorities are, what they believe in. I help them shift their internal reprogramming

inside their body. So they really know what they want. And sometimes letting go can be part of the process.

Suzy:

I think that that concept is really interesting because we are programmed our entire lives with a certain definition of success is.

Edita:

Yeah.

Suzy:

And so being able to tune in, so what if you are the mother who loves her children dearly, but the idea of mothering in the traditional sense, which you are really, really attached to and the world has told you that you need to be this kind of mother in order to be a success. How do you pick that? Or how do you help your clients, unpick what they truly desire versus what they are told they should desire in order to be perceived as a conventionally good person or a conventionally successful person.

Edita:

First of all, I always encourage them completely let go of what other people expect of them. I was just recording a short video on confidence and funnily enough, I was just uploading it to LinkedIn a couple of minutes before we started talking. And one of the things that I defined there is, you know, really be connected to your self worth and not just what you consciously say to yourself, but what's your subconscious programming is also telling you, because I think for many women on the surface, we say to ourselves, yeah, we're worthy. We are good enough. But our programming because of, you know, generations and generations of different programming that we were receiving, we often feel not good enough and not worthy enough deep inside. And when there's this clash between the subconscious programming and conscious thinking, it's going to often sabotage our efforts. And it's going to make us feel really unpleasant to say the least inside. So building that deep, inner worth and making the alignment between our conscious thinking and our deep subconscious programming is absolutely essential, so we come to our own authentic self.

And, you know, because you mentioned women who are ambitious and they also have children. One of the things that I highly and strongly believe in, and I teach it to my client is you really need to understand the power of your nervous system, because the way your nervous system patterns are functioning are going to be

deeply influencing your children's patterns because your pattern is a blueprint for them. So if you're going to do all of these different things, and you're completely unaware of what's happening inside your nervous system, very often to these ambitious women entrepreneurs happens that they're physically present, but they can't really be emotionally present when they're with their kids, because their minds are running in a hundred different places.

So one of the first things I do, I teach them how it's absolutely essential for them to model this healthy regulation inside the nervous system to their children, because they pick it up non-verbally. It's not what we tell them. It's what they feel. It's what they pick up from us energetically in terms of how we process stress, how we go into the excitement, how we are able to release what I refer to as activation energy and how we go into a relaxation mode. And once they have all of this information available to them, then they can make choices. And I will always honor the choices they want to make. And I want to support them in their own definition of success. But first, we all need to completely release what others expect of us and what the society is telling us what we should do as women, because we are not robots, uh, you know, for us to be performing as, you know, sexy, beautiful partners and amazing mothers and absolutely ambitious women, entrepreneurs and influencers and whatever, that can be a little bit too much, especially living inside of our head. And we don't even know what's happening in our body and how it's affecting us internally.

Suzy:

I'm wondering if you have any like one single strategy that our listeners can start to implement with regards to that tuning in or understanding more about their nervous system so that they can be more present. What would you say?

Edita:

Sure. Before they would even go there, I would just tell them to open up to the belief that there's such an incredible inner world inside of you, such incredible inner power that lies inside of you open up to that possibility and be willing to learn and to reach out and cultivate that, the changes that come from that, and I'm saying from my own experience - are beyond incredible. And the second thing I'm going to say to address specifically your question is really pay attention to the sensations in your body. Our body cannot speak words, no matter what language we are speaking. It only speaks sensations. And it's our first language is sensations. And I often use this as an example for people who are trying to just explore this whole idea, listen to very active, energetic, upbeat music, or sometimes maybe even music that is a little bit too energetic and notice what's happening in your body. And then listen to music that is very soothing and calming and notice what's happening inside your body. Our

body is constantly responding to everything that we have in our environment, and we are constantly involved in the response to our environment. And our nervous system is constantly responding to our thinking to our feeling states to our moods, to our attitudes. And so are all of ourselves. So if there's one thing that listeners will take away, listen to ACDC Thunderstruck or any other song they may choose to listen, how your body responds to that, you know, energy that is building up in your body. Do you feel scared? Do you feel excited, energised, you feel like you're really nervous and anxious and just observe that without attaching to it, and then listen to something really soothing, What a Wonderful World, Louie Armstrong and notice how your body's responding to that. And keep in mind, your body is responding to everything that you say to yourself, to you, what you do, what you say, what you think throughout the entire day. Begin to respect your body. And that will be a gateway to create that beautiful wholeness that we are all talking about.

Suzy:

I love that. Thank you. How happy would you say that you are?

Edita:

Not really sure. I like the word happy. You know, happiness is a feeling that brings us up on an activation energy and we can only feel happy for so long, before we something else happens. So happiness to me is a momentary sensation. It's just beautiful to experience. I would say that I feel grateful most of the time, and I do lot of inner work on that. Every single morning, I had a very dedicated practice and I also create customised recordings for my clients, because we need to work on this inner programming, all day long. I would say I feel inspired. I feel most often I feel fulfilled and grateful. I don't feel happy all the time. And if I were to feel happy all the time, that would also mean that maybe I am stuck in that excitement, in that activation energy. I also just simply need to come down lower from that happiness and enjoy like a state of joy of inner peace, which to me are far more powerful than momentary feelings of happy, because there's no bad feeling. There's no negative feeling. It's only information.

Suzy:

What are you working on in terms of - and I hear you when you say we were working on our inner peace and our joy all of the time. Is there anything specifically that you're like this is my next area of growth, this is the area that I'm focusing my attention on right now?

Edita:

Okay. No, that's a great, great question. And I just wanted to make sure that I understand it clearly. So I wouldn't say there's one specific area of growth that I am working on. I do have my vision, my goal setting in my business, in my family and relationships in my health, in my personal development. And I just bring it all together in my regular morning practice, where I constantly keep shifting my emotional states and I work on my rewiring of the brain and the entire system. And I have a dedicated hour practice every single morning. So I generate the feelings and the thinking States that help me to move forward no matter what happens, no matter what challenges I will face in my family, in my personal life, in my business, I can really process them.

I can release all that activation energy from my nervous system and find a solution to move forward. So I think at this stage, in my life, I work on my whole being. There's no one specific area of my growth, that I am focusing on specifically because they're all interconnected. My health is connected to my business. My family relationships are connected to my business and my health and my personal development, my desires to travel to certain places or to explore creative projects. They're all interconnected in one whole me. So I hope this is making sense.

Suzy:

Yeah, completely. So do you still get triggered?

Edita:

Of course I get triggered, but because of the practice of self awareness for so long, I am able to quickly say I am triggered and I am not reacting. I am responding for the most part. And even if I quickly get triggered, let's say, you know, my daughter says something and I quit and I will just tell her right away, Oh, you know what, that really triggered inside me something, because you will have not done this, you know, the last few times, and that bothered me, but you know, this is my problem, not yours. So let me just work on it myself. I even tell her if I'm angry - always remember, this is my problem. Not yours. My anger is my responsibility. So there are for sure there might be situations where I'm triggered, but the time between the trigger and my awareness to really simply respond and be aware of that today is minimal. It wasn't like that 10 years ago, 20 years ago or whatever it may have been. I am now my self awareness practice has deepened to the level where I am so comfortable. And believe in my never ending personal growth, and I will not stop it until the day that, you know, it will be my last day, but that comes from my dedicated commitment every single day to work on myself. To me, it's like food. It's like water. It's like breath.

Suzy:

And have you built up an environment where everybody has those same shared values around personal development?

Edita:

Well, certainly people who are, you know, in my circles, the women entrepreneurs, they do. And it's not a massive environment, but any time I talk to somebody, who no matter how successful their outwards, they still have these deep inner yearning to feel successful, to feel fulfilled and to have a sense of contribution and to feel well inside. So some of my past clients have become my friends and I am constantly in contact with other women entrepreneurs. So I do believe that this number of - specifically on working with women - but also men, they are growing, because we know that there is something and want to, how much we experienced or achieve externally. If we don't have the sense of internal fulfillment or we don't feel successful, that external success doesn't really mean that much.

Suzy:

Do you think when you're on this journey, that it matters if your partners or your family understand the path that you're taking?

Edita:

They don't necessarily need to understand, but I do believe they need to respect it. I'm not sure my husband understands everything that I am doing. And maybe even sometimes wondering why he sees me every morning with my ear buds in listening to music and going into my practice, or I go to the back yard. I'm not sure he understands everything, but my perspective is we need to respect what the other person is doing, what they're choosing to do. And when we come from that place of respecting and letting go of the need to understand, we can also release some of our own frustration from what let's say, our partners are doing that we may not necessarily understand and wondering why they are doing, um, that, um, and that is a great way to reprogram our belief systems so we can have also better relationships.

Suzy:

I'm asking these questions, because I think that one of the things that comes up a lot with my clients is my partner doesn't get it. And sometimes it doesn't feel like the

partner is respectful of the new path and the new ideas and the new growth. And sometimes they feel threatened by that.

When somebody is dealing with that and they feel that their journey is not respected and they get triggered, they get triggered by somebody being dismissive, or they get triggered by somebody saying that they are living in a dream world.

Is that just an opportunity for them to dig deeper into the work? Do they ignore that? Or is it a sign?

Edita:

You know what? It's just an opportunity to dig deeper, to evaluate themselves because we can't change anyone else. You know, anybody who has lived long enough, we know that, um, that we cannot change anybody else. The only people we can change is ourselves. And this is something that I have experienced with some of my clients who brought up a similar issue that you're mentioning in three, four months into our work. The first thing they told me, my partner changed. And I said, he changed because you changed, and you persisted on the path and you are now being triggered less. So he has less opportunities as well to get triggered by your past responses. You are changing. He's changing now, of course, when the lack of respect is so deep, but you know, it's definitely an opportunity to have a very open conversation, but I would just encourage every single woman to just keep doing her inner work, because once we change the lens through which we see the world, our perceptions change, but people around us will respond to us differently. And that's pretty much every single woman I have ever worked with. And even men in the past that used to work with men executives from the corporate world, the first thing they told me, people around me are different. And I always laugh at that because it's true, but the way we respond, the way our nervous system is projecting our energy is going to impact others around us, because we are energetic beings, right? We respond to other people's energy. We can say something with nice words, but the tone or the energy we exude from our body is contradicting our words. So we will, we will see that we will feel that, um, you know, that dissonance. So we will really go with the feeling and the energy that will be the primary indicator to us. And our own nervous system will respond to us. That's what I always say, people talk to each other and their nervous systems are communicating as well, just as you know, their brains are communicating. So every woman, please dig deeper, work on yourself, trust yourself, don't ever take other people's opinions on what you should be doing, how you should be living your life. Connect to your authentic truth. And your life will unfold in completely new ways.

Suzy:

I think that from that, I think, um, um, from what you've just said there, what I am taking from that is when you dig deeper and tune into yourself, especially when you are not trying to change somebody else, you get clearer on what your own personal boundaries are. And so then your job, when you continue to do the work is to honor that boundary. And so you then, from that place, get to operate from a sense of truth and knowing that this is something that I tolerate this as something that I don't tolerate, this is a space that I choose to hold, this is a space I don't choose to hold.

Edita:

It all comes from a much deeper place of truth and really believing that we are good enough and we don't ever need to question our worth. And we don't ever need to question our boundaries. And this is almost like an energetic space inside us or around us, inside us and around us. And what do we allow to enter that space? And what do we not allow to enter that space? So that's beautifully said, Suzy,

Suzy:

Amazing. Um, uh, thank you so much for joining us today. It's been a real pleasure and I would love to be able to direct my lovely peeps to come and find you more. So if they want to dig deeper into the magic of the nervous system and really awakening their own inner leaders, where can they find you?

Edita:

Thank you so much. Yes. So my website is editaatteck.com, and if you put forward slash community, you can access some of my free training that I do, with the workshop topic, Rewire for Success From the Inside Out. And I have one upcoming, at the end of July, last week of July, and people can feel free to email info@editaatteck.com. I will be absolutely happy to chat with anybody who wants to dig a little bit deeper into this.

Suzy:

Perfect. Thank you so much.

Edita:

Thank you, Suzy, it was a pleasure.

Suzy:

You are very, very welcome. And thank you so much for listening and please remember that...

Faith + Action = Miracles