

The Limitless Experience Podcast  
The Convo About Staying Open to the Universe with Lana Shlafer  
Transcript

Lana:

It was a breakdown that led to a breakthrough, a series of breakthroughs where I had already been dabbling with yoga and meditation. I dug deeper into that. I did a 10 day silent meditation retreat that completely changed my life and allowed me to experience, like, inner harmony and peace for the first time in my life ever.

Suzy:

Welcome to The Limitless Life experience podcast with me, your host Suzy Ashworth. I'm a mum of three, seven figures serial entrepreneur, Hayhouse author, international keynote speaker, quantum transformation and embodiment coach and believer 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? Hello. Hello. You gorgeous human beings. It is Suzy Ashworth here, quantum transformation and embodiment coach and you are listening to the limitless life experience podcast. And I am really excited to maybe introduce you to a friend, a peer, a mentor, all of the things, actually. Somebody, a conversation that we're going to be having today is with a gorgeous human being. Her name is Lana Shlafer, and she first came into my life right at the beginning of my entrepreneurial journey, actually. We were both in a programme together called B school, and I would see her doing some mad dancing on her videos, like giving it all. And I was like, wow. And then she'd be doing her yoga poses and I was like, wow. And then she was talking about manifestation and mindset and all of these magical things. And I was really quite enamored with her.

And as it turned out, we connected, we connected to through the, through the group and through her work and actually Lana's day mastermind (I'm not sure if you do days anymore) was the first mastermind that I ever invested in. And I met up with her and maybe like six or seven other women. One of the women I connected with just two days ago, an incredible woman called Tina Divine (you'll hear a lot more about her soon) and we had the most incredible day where I envisaged and envisioned what my life was going to look like with the help of Lana's guidance. And what was so magical about that day is that so much of what I tuned into, I brought into my physical reality. And so I always feel that I have a lot to be grateful for, to Lana who took many of the things that I already knew and helped me ground those practices into my everyday being in my everyday life. So Lana is a, maybe the queen of manifestation, introduce yourself, but take it away, baby.

Lana:

Wow. What an intro. I'm just chuckling at the dancing and the yoga. And we had the mastermind in London, I think it was about 10 women total. And it's been amazing. It was in 2015. So I was just reflecting on, you know, that's all five years ago and right after I got pregnant with my third baby, and then you got pregnant with yours, right. So we had so many, so many parallels in that way and it's been amazing Suzy to watch you. Cause I vividly remember like I remember, I think you were wearing like a gold or yellow kind of dress. Like I remember so many vivid details about that day. Cause I really feel like I hold everybody in my heart after, after that intimate experience of stepping into our future together. And then you getting your book deal with Hay House and then the third baby for you and the amazing birth you had, like all of these things that we had envisioned, to see them blossom from seeds, into, you know, these beautiful trees and fruits. And now to see you shining so bright and sharing so much of what we discussed and co-created and a vision with so many incredible people. It's just such a joy. I really can't imagine a more meaningful co-creation than that. And just so thrilled for everything that you have going on and just a joy to be here.

Suzy:

Thank you lady. Thank you. Receiving all of that so much, but enough about me. Let's talk about you. It would be great. Can you give, how do you introduce yourself now?

Lana:

Ha. I love to do a new introduction each time I sorta challenge myself cause I, I just, I'm not a repetitive person. I don't do anything routine. I believe in flow and rhythm, not so much in a routine. So I introduce myself in a new way each time though, lately it's been easier and easier. Now that finally my book Manifest That Miracle is easier. I usually lead with that, that I am a mindset coach and law of attraction expert, and author of Manifest That Miracle, learn why you don't have what you want and how to get it.

I come to this work from an interesting perspective because I grew up in Russia and I came to the US when I was 12 and I did not grow up with any religious background. I mean, religion was banned in Russia. I grew up atheist. My dad's a mathematician. My mom's a chemist. There was no new age anything, even remotely upbringing. So I feel like I came to this work through, as Michael Beckwith likes to say, I was pushed by pain until I was pulled by a vision. So the pain that I had was essentially living out the immigrant dream and pushing myself to perform academically and then getting my dream job in investment banking and achieving a level of success by like 25 that I had been dreaming about that would sort of be the solution to all the inner pain that I had been experiencing but I had this hope that just getting to this place, of course I'd be happy. And I was the most miserable I'd ever been and I've been pretty miserable, up until that point at eating disorders, my parents got divorced, I felt like I was just lost and didn't belong anywhere.

And so it was a break down that led to a breakthrough, a series of breakthroughs where I had already been dabbling with yoga and meditation. I dove deeper into that. I did a 10 day silent meditation retreat, completely changed my life and allowed me to experience inner harmony and peace for the first time in my life ever. And it was completely earth shattering to realize maybe I don't need all these things that I thought I needed. Maybe I didn't need a partner and a husband and a job that, you know, sort of had a level of success that I thought would be the achievement that would make me happy and that would make my parents proud and all these other things and slowly but surely I began to make a series of choices and really courageous ones at the time that chose the path of discovery versus the path of sort of certainty and achievement.

And it's been amazing. I've done incredible things. I ended up going to grad school for transpersonal psychology and studying mind, body psychotherapy. Before that even, I became a yoga teacher and I lived in Mexico with my mystic of a teacher. And I just really did a lot of crazy things from my parents' perspective and from my upbringing and all of them allowed me to dive deeper into not just the nature of reality, because I wanted to understand, like my question from a very early age was why, why, why does it work this way? Why do I feel this way? Why does this happen? And I feel like I didn't stop until I got answers and recognized that really we create our thoughts. We create our reality, I should say with our thoughts and emotions and beliefs, and that we have far more agency in our life that I had realized up until that point.

Then I started really playing with it and exploring it. And I've created so many incredible miraculous experiences, which is why I talk about miracles. The birth of my twins at home, they were born 33 hours apart, so they have different birthdays, that was a really sacred vision quest of an experience. Just the relationship I have with my partner that seems so impossible to me because I grew up with so much dysfunction. My parents did the best they could and they love me deeply, but I can't say that I had a lot of great experiences of relationships that I wanted to emulate. Being able to follow my passion and share my message and create a business around it. I still look at it more as a practice and a mission than a business, to be honest, but it is something that I just didn't dare to imagine. And a couple of years ago, we moved to Puerto Rico and started homeschooling our kids. And I retired, my husband, or at least temporarily, and had a chance to write this book and start a podcast. I mean, I am living the unbelievable, and that's my message is that you can explore and stretch your limits and discover all of the ways that you can really do the impossible. And that maybe there isn't such a thing as impossible.

Suzy: ([10:38](#))

So I am really curious to go back to your childhood and I am curious to hear what it was that you were dealing with that caused the pain. So I hear you when you said that there was a lot of dysfunction at home, but what, was that it, or when you kind of reflect as an adult, what it was that you were either running away from or trying to step into, what was that story?

Lana: [\(11:14\)](#)

I think that it's hard for people to understand, unless they've been in an environment where poverty is the reality where the government is oppressive and has total control and where like quite literally things are gray. There weren't a lot of choices of colors for clothes, for example, where you'd have to be in the queue for three hours to get toilet paper, sugar and a lot of times I didn't even have toilet paper. We would take newspapers and mash them up and use them as toilet paper. And like all of the physical struggles of just living in that environment and having young parents who really tried their damnest and eventually, you know, my dad got us out to the US and we came here. It was just an environment where struggle was so much a part of life and survival. And on top of it, I was destined to come in with a very strong personality.

And my dad worked around the clock and wasn't around very much. And my mom really struggled with such, as she called it strong-willed child, and was really a child herself. I mean, she had me when she was 21. So, it created like from not having space, they had to live with my dad's parents for a while. And my dad's mom had severe bipolar. And, you know, she went through the war. Both of my grandparents went through the war. They had so many psychological challenges from that. And my mom having to raise kids in that environment. And then we moved out, we literally lived in one room, one room, no bathroom, no kitchen up until I was nine. We were in like dorm housing essentially. So there was no room for anything. Everything was very much on the surface. I saw all my parents' fights.

I saw all of their struggles. I had a very, like, I want what I want, I'm going to speak up personality, and down to, you know, I'm half Jewish, my dad's Jewish and my mom's Ukrainian Belarusian. And every year on Hitler's birthday in April, my parents, well, actually they would just tell me around the year, like, don't say you're Jewish because there were hate crimes and other things say you're Ukrainian or Belarusian. And I refused. And so my mom tried to talk to me, I'm pretty sure at some point she tried to smack me around and get it into my head. And I just wouldn't, I was proud to be Jewish. And so there was a lot of emotional strife. And then when I came to the US and now I lost my grandparents, my community, and I was a foreigner, had to learn a new language.

We were poor and it did not bode well for middle school let me tell you that. I had a lot of struggle early on just from survival, like had to, you know, eat and have clothes and be able to have a sense of comfort in life, having warm clothes and things, and down to, I just didn't know anybody around me who was as intense and it brought pain to my parents. And I had worked with his belief system for a long time now, that what I essentially felt on consciously unintentionally was that just by my existence, I could bring people pain.

Speaker 2: [\(14:38\)](#)

So that's some deep sh\*t that led me to a lot of these existential questions. Why am I even here? And what do I want to do with my life? And, you know, it went from all of the emotions. I describe emotions as an emotional keyboard. And in my book that you have the lower notes that are the powerlessness and the pain and the anger and disappointment. And then you have the higher notes, which are the, all the pro-social emotions, you know, the freedom and the love and empathy. And I feel like I, unlike most manifestation teachers that I know, I very much embrace all the notes because I am not somebody who could be a happy go lucky person, period. I don't even know what that would mean. I'm intense in every way you can imagine.

Speaker 2: [\(15:27\)](#)

And when I started really embracing that and doing some therapy work, healing work, shamonic work and the mindset work, that I've been doing for two decades now, and unlocking some of these inner beliefs that I had taken on and recognizing that, that belief that I could bring people pain by my existence, still has roots and it still comes up. I believe healing is something that we are always going to do as humans that we're inherently going to break open and go deeper and further. And instead of evolve, involve, go deeper into ourselves and really uncovering that pain and, and creating an inner harmony within the little girl that felt this and welcoming her, I also discovered that I could bring people joy just by my existence. So it's always both. And, you know, there's the flip side of pain is the incredible power for joy and capacity for love and inspiration that we have. And it was really like writing those ways, you know, becoming a master surfer of the ways of life that I feel like is our purpose, ultimately, and as the only path to fulfillment, because it's not going to come from achieving a bunch of things or creating such a controlled life, that everything is according to expectation.

Suzy:

Yeah. Good luck with that one.

Lana:

Yeah exactly, the joke if you want to make God laugh, tell him your plans. Yeah.

Suzy:

So I'm curious about what happened on your 10 day silent retreat. I really would love to do a silent retreat, it's yet, it's kind of, one of the things on the list I'm yeah. What happened? Tell me about that experience.

Lana: [\(17:15\)](#)

Yeah. So I had quit investment banking and decided I'm going to move from San Francisco to LA kind of on a whim. My parents really thought I was having a breakdown and should be committed. And on my way, literally on this big move where I didn't have a job lined up, I just had like a little apartment lined up and I was like, well I'll figure out what I'm going to do. And it was really terrifying. A friend actually in investment banking had suggested I do this retreat and I found this

center that did them. And I showed up without really knowing what to expect much besides the fact that I'd been dabbling with meditation for a few years. And you literally are told on day one that, you know, we are ending our speaking now. And we are going to have all this kind of structured environment where we started meditating at like five in the morning and that we had all of these breaks and everything was structured, but essentially you meditated and ate and slept.

We were even told to not do physical movement, which I actually find one of the most challenging things I had realized I had been using my body as a form of release, sort of unconsciously. I had been a dancer when I was younger and I just loved dance and movement. And one of the hardest parts for me is that they were like, don't work out, you know, like just go within and sit. And I was like, what do you mean? You're even taking that away! So the first couple of days were like, okay, there's some interesting things to look at, and the meditation wasn't too bad. And maybe between day three and six or seven, I was in hell. I was like, literally in hell. All of the thoughts that I had, had just started, all of the like biggest worries and fears all came up.

I had nowhere to go. I had started to not be able to sleep, and I even broke the silence at one point, went and talked to the teacher and I was like, I don't know. And I actually watched people leave. There were some people that just couldn't take it, right. So they would leave. And so I was like, wow. Okay. And my friends had made fun of me thinking, oh you can't not speak for 10 days. And I had kind of a commitment, like I'm going to make it through. But I ended up talking to the teacher and breaking down and saying like, I'm going crazy. Like, am I going to have psychosis? You know, am I going to just have a breakdown? And so they gave me some suggestions for how to adapt the practices. So I started going back to the more somatic, um, breath work instead of just watching my thoughts.

And it was really incredible because about day eight, I had just this experience of my thoughts stopped. I have never not had thoughts. And I didn't know that until I had it. And I experienced this kind of oneness that I just have no words for. And it was completely unconditional. It had nothing to do with where I was, what I was doing. It was... I touched presence. And as I went deeper into it for the next couple of days, I had a series of these evolving experiences where I thought, wow, I really could do this for the rest of my life. I quite literally lived out the experience of what would this be like for the next 20, 30, a hundred years? I could live as a monk. I don't need anyone. I don't, I don't need my family. I don't need a job. It was just such a radical experience. It took me a long time to even process it, but it was a real palpable visceral experience that I am not the world and the world isn't me. And I have a connection to oneness, to source of all things, to love that I don't need anything for, to access.

I wish for everybody to have an experience like this and in my work now, I make it a huge part of the programme. And in my book, you will hear me talk about that. It's about experimenting and creating this for yourself because that's when the

perspective shifts on your day to day. That's when your identity is no longer your identity, or it's not so rigid and solid. That's when the decisions you're making and the sort of more limited perspective that most of us have about, Oh, I gotta do this. And I gotta, you know, create, I gotta buy this house. And I got to show up at this job and I got to take care of these kids. And I got to, you know. It's so mundane in many ways and the word they used as a householder, we have this householder perspective and that during the retreat, it quite literally invited us to step out of it for just a moment. And I also realized very clearly that it is not my path to be a monk in this life. And I did have some, you know, sort of mystical experiences as well, where I sort of traced into different lifetimes in the past and did some regression on, again I didn't know what was happening at the time, but it felt very natural and very safe to do it. And I had remembered or experienced living as a monk. And I realized, no, in this lifetime I really I'm going to live life full out. And I'm going to see if I can keep this connection in as Zorba the Greek calls it the full catastrophe of life. You know, the three kids, the partner, the business, the everything, like I want to keep this connection in the dynamics of life, not outside of the dynamics of life. So that's what I've been experimenting with since then.

Suzy:

I'm interested in what was, what were the first few days like after the retreat, when you returned back to "reality"?

Lana: ([22:57](#))

Yeah, really great question. Because this is why integration is such a huge piece of my work. And if you remember, even after the mastermind, the one day mastermind in London, we had a few calls after, and some people continued on to work with me privately, but it was mandatory. I do a mandatory pre, during and after for all of my events, because coming back was quite difficult from that. All of a sudden they're like, okay, go forth and prosper. You know, I get in my little car and I'm like, what just happened? There was not a whole lot of processing. I didn't know one soul that was there. I did end up being a number with one girl and sort of processing a little bit of it with her on the last day. But it was a really, you know, in some ways incomplete experience from my perspective, like I needed to digest it to really sort of integrate it into my daily life.

So I did go back. I, I would already have been vegetarian off and on for years before then, but I really was vegetarian quite strictly, for the next, I think two years. And I was meditating an hour in the morning and an hour at night, but it slowly sort of faded. But even then I realized that everyone has different learning styles. And in my book, I talk about how everybody is different. And so for somebody doing just the pure meditation is fabulous and great. And for people with a lot of trauma, PTSD, complex PTSD, it can be contra-indicated. And in my grad school training, I'm so grateful that they presented to us a very non-linear and very dynamic version of healing. And so for me, verbal processing and then having a container to process was really important. And so I, threw the discomfort of not being able to live this in my daily life, I started seeking out more experiences, which eventually led me to

doing the yoga teacher training and then living in Mexico with my teacher who lived in a tree and was like one of the most theorial beings I've ever met and, you know, sort of wanting to see what else is possible, how do I live with this knowledge? Like, how do I break this still my day to day relationships and directions. Because, you know, when I gave down from that mountain top, I was still just this triggered when my parents said something. So I had a taste of it, but just because you have a peak experience or just because you have, as the same thing with Abraham Hicks' cruises I actually have a video on this, that I've been onto so many of Abraham Hicks' cruises, I've been in the hot seat, how many times, six or seven times, had amazing interactions and my sort of challenge with it, as I would go back into my day-to-day life, I would have to create all of the integration. And I found that a lot people go on the retreats and cruises and workshops, and then they come right back back and they feel like they did not make a whole lot of progress.

And they start needing like, as a crutch almost, that hit of alignment from those workshops, cruises and retreats. And there's a whole, a lot of people that really need that outside experience to create that environment for them. And for me, I seek to create it in my day-to-day life, so again, that this informed my work, so everything that I do has an integration piece, and it's about making it your normal reality, taking that peak experience, taking that simulated life reality experience like we did, um, in the London mastermind and then integrating it into your life. So it becomes something that drives and inspires your decisions about whatever it is that you are focusing on that day, that week, that month.

Suzy:

So it's funny because after the mastermind I had, what do you call it when you, I was really sick off the mastermind level and it looks like your body, what do they call it?

Lana:

Yeah, I mean, it's just, I call it a clarity hangover nowadays, because it feels a little bit more like a clarity hangover, but in it's bigger pieces, it can manifest in the body and when you realize that you can really support yourself and soften it. And I frequently tell people like, you don't know how it will come up for you, so create the room for it. But since our time in 2015, I have quadrupled my integration after all of my events. As a matter of fact, my masterminds are no longer for people outside of my mastermind programme. So you have to be a part of the programme. You can't even come for a two day event like, that I just learned that I would want to support them and help them digest the entire experience. But that's very common, right? You will get sick, like all sh\*t falls apart, all hell breaks loose, you know, where you will go back and your relationships all appear to you differently, your job or your work situation could be different because you've just had an incredible journey into a different identity, into a different parallel reality. And there will be a natural tension between where you are and where you've just gone to that's essentially your future. How you manage that tension, how you really digest and integrate, and assimilate this new you in this new level, into your day-to-day life will really



determine how much ease you have through the process of becoming what you've just experienced. Right?

Suzy:

Yeah. A lot of people backslide because it feels hard to stay aligned to the vision that they had for themselves because everything else has remained the same.

Lana:

Yeah. And I feel like the backsliding, you know, it's natural. It's like the expansion and contraction during birth. I mean, you're not meant to just expand, expand, expand, expand, expand. The difference now, I feel, from everything that I teach and I'm sure you do too, is that the contraction is sacred. It's not backsliding. It's not two steps forward, one step back. It's two steps forward and one step to really digest and receive. It's not like you want to be eating, eating, eating, eating around the clock. Don't you want to have an amazing meal and then really have the opportunity to digest it, to enjoy it, to integrate it, to receive the nutrition from it. And that is a different season. That is a different wavelength of a vibration and experience. And all of it is a part of the process. It's like people who want summer, all year long, which I laugh because I'm in Puerto Rico I really do have summer all year long, but I respect the seasons. I value all the seasons. There's a planting of the seed season. There's the watering the seed season. There is a harvesting season. There's, you know, we have the seasons for a reason and to honor the entire process instead of glorifying the one part that other people see, right. Or the one peak experience that you have. I think our culture can be very sensationalist in that, that we just want the highlights, but really there is a beauty to the entire process. It is incredibly impactful a lot of times in the moments that are the contraction. That's where a lot of the seeds are really grown and nurtured.

Suzy:

It's about your level of intention and self-awareness during the contraction. Because without the awareness that, okay this is a natural part of the growth, then you end up on the hamster wheel repeating the same things that you've always repeated. Whereas I knew when I came back from the mastermind, it was okay for me to lay in bed for two days, there was nothing wrong with me as such. It was just part of the process. And I think that the awareness piece is super important.

Lana: [\(31:11\)](#)

It is. And the beautiful thing about awareness is that it's a one-way door. Once you know, you can't say no. So take it at your own risk, right. But it is incredible. Once you start opening your perspective to understanding the process of growth, the process of healing, and ultimately the process of manifesting cause manifesting is growing and healing. You know, it is the inner and the outer, and then you can enjoy the entire process. And before we started this interview today, I let you know that we had a series of transitions, a series of deaths. We had a friend of our family unexpectedly, actually being murdered a few weeks ago here in Puerto Rico. And it

was sort of a freak accident. And then my husband had one of his closest friends die of a heart attack yesterday.

And before this would have, I don't even know, I can't even imagine what would have happened before in how we process things, but it was such a beautiful, difficult breaking open yesterday and into today. I've cleared my calendar. I'm making room for the grief and for the sacred process of life and death. It's been really coming to the surface, obviously globally, and personally for a lot of people and I feel like everything that's happening in the world and in my life personally is here to serve me. And so I slowed down to receive the value and the gift of this entire experience. And it looks different than me having dance parties and shouting how fricking grateful I am for this epic view and the fact that I get to look out at the Caribbean ocean every moment of every day and I've manifested my dream home.

All those things, these are still very much true, but now I look out at the ocean and, Oh my God, I could just cry. The ocean is loving me and holding space for my tears. You know, it is, it is beautiful. It is meaningful. It is sacred as tender. It is a different, I guess note on the emotional scale and all the notes are beautiful and I am creating a true masterpiece with my life, not just playing really high notes. I'm truly creating something that is rich and deep and meaningful and fulfilling.

Suzy: [\(33:47\)](#)

I feel that what you are talking about is acceptance. And without acceptance, you can't appreciate all of the notes. I think that that is one of the most challenging things that we all have to expand into because we grow up with so many conscious and unconscious stories about what is and what isn't acceptable about us, about society, about the world. And what is so interesting to me now is observing the new layers of stories about what is, and what isn't acceptable in the world and what that means about any individual. And I'm thinking about this in relation to what you said about touching grace or having grace touch you in the meditation retreat when you talked about oneness and what does that actually mean?

Lana: [\(35:02\)](#)

Yeah, well, in a practical sense means that I can be present and celebrate birth and I can be present and celebrate death and I can be present and hold space for one of my relatives who has an autoimmune condition and is fearing for life and being very much into immunizations and vaccinations and mask squaring and having, you know, the panic and the fear and I can relate to and hold space for that person's experience as much as I hold space for parts of me and the friends that I have that are really concerned about the censorship and the oppression and the lack of support of data and sort of concerned about other things that are happening, right? You have sort of polar opposites for me. One is that I can hold both and not make one right, and one wrong.

And that is really the work that I do now. The people that come to me are the ones that have done years of therapy that I've done a lot of manifesting work and

self-growth work. They have been to the Tony Robbins events and they have done a lot of work on their business or their career and their mindset. And they're like, there's still parts of me that I don't know how to be with. I am still not able to embrace what is happening. I'm still finding myself really struggling. It usually manifests in one area of life, right? Like, why can't I get it in this area? Why is it either in my health or my relationships or my money or in some way manifesting, why can't I create this? And almost always, it comes down to, there are polarities and parts of themselves that are at war.

And when you fight any part of you, you lose. No matter who wins, you lose. And so to be able to hold the parts of me that are fearful and both the parts of me that are, um, cognizant and excited about the transformation and evolution that's happening in the world, it's both and instead of either or. Oneness is not found in absence of diversity, oneness is not unity in a homogenous type of sense. And, you know, we see that even with black lives matter and everything else coming up, and I've done quite a few videos about how it's a hundred percent in alignment with the law of attraction and spirituality to have the black lives matter movement and why I'm in full support and my perspective on it. And I feel like people still find themselves in the dichotomy and either or, and that is not oneness and that will bring tension by definition. So how do you remove the tension, is embracing both and that is some real work.

Suzy: [\(37:56\)](#)

So you said it, there's a huge amount. I mean, there's a lot that you just said in there. So the thing that comes up for me first is that there is a huge amount of fear in the world right now. And we have witnessed things globally that are wrong. And so how do you hold, and at the same time, what I'm hearing is, and also what I believe to be true, is that how does that sit with no judgment and acceptance? That question is one of the things that many people of color have a real issue with when it comes to manifestation and co-creation and creating your own reality.

Lana: [\(38:56\)](#)

Yeah, because the vernacular in the manifestation world is you create your own reality and you can do anything and be anything. And sort of the under belly of that is what if you created this and it's sort of on you, right? And it doesn't give room traditionally, which I disagree with, for the fact that it's both. And of course you have a lot of influence over your reality. And there's a purpose. I would use words like purpose and meaning versus you did this. There's a purpose and meaning, and the current experiences that you are having, whatever they are, AND maybe a part of that purpose is to be the change you want to see. And acceptance does not mean I want to be, In grad school, I learned something, about acknowledgement does not mean acceptance. So acknowledging something and saying, this is what it appears to me, or this is how it feels does not mean that you say it's okay, and this can keep going.

It does not mean being a doormat or just allowing whatever is happening to continue happening if you prefer something else. So for me, the perception of what you prefer is different than judging one to be good and one to be bad in absolute terms, because you can look at any situation and say, what is the value in this? What is the meaning? I feel like the quality of our life depends on the quality of the questions we ask. And so if you ask questions, like why is this happening and how could it go so wrong? And how could a police officer do this to a person and how could this happen? And those questions could only get you to a certain level of answers. And I guess, the questions that I am suggesting I'm inviting people to answer and to ask is what is the meaning and the opportunity here for me.

Lana: [\(41:02\)](#)

So I can say I 100% believe that police funds should be reallocated. And some people use the term defund the police, for example. I don't particularly resonate with that term. I feel like they should be funded in a different way, and other things should be funded. And I believe that there are public health hazards and COVID is real. I'm not going to deny anybody's reality that has had COVID as a very real, very, difficult experience. And at the same time I can honor and respect people's freedom to choose and then have consequences. So for example, Puerto Rico, if you walk around without a mask, you will be fined and people can choose to not wear masks and they could choose to pay the fines. And they can, there are consequences to everything. So I can disagree with someone and say, this is not how I see the world.

And I can, at the same time, not make them the perpetrator and somebody the victim, or vice versa, right. That there is a bigger sort of theatre that we are living in where terms like right and wrong and more binary ways of looking at things are never going to be able to give a real view of the whole picture. And so my work around all of this has been, how can I deepen and elevate the conversation and how can I continue the conversation? It's difficult to have these conversations. I mean in one of my videos, I straight up said like, I am white. I am ignorant. In many ways I have white privilege. You know, I'm married to a brown person. My kids are all brown. That doesn't give me anything. I am learning. I want to have these conversations. I am willing for somebody to share their pain with me. I want to understand, I feel like it's the opening to other perspectives that will be the solution, not the somehow getting others to agree what is right and what is wrong.

Suzy: [\(43:13\)](#)

Yeah. I think, you know, and this is a struggle for me, honestly, because I think that up until this year, I would wholeheartedly be able to say that that is my position. And I think that, because that is how I have grown up that there is a part of me that believes that to be true. But I also, and I'm really, I'm talking about this from a space of being a black woman who has taught manifestation and talks about co-creating with the universe. And I think that the biggest piece that needs to be spoken of, you talked about acknowledgement and I think that the acknowledgement of context impacts the way a person is able to show up. So if you have been born into a

situation, so for example, you were born in Russia and you spent the first 12 years of your life there. And then you moved to the US and you were put into a different context. You presented with different opportunities and some of those situations and environments were equally as damaging, equally as hard, and some of them, you got to see something different. And we know that you've got to see something different because of the fact that we're having this conversation today. If you'd have stayed in Russia, the context of which you grew up in is more likely to have stopped you from, from us having this conversation today, stopped you from going to grad school, stopped you from becoming an investment banker if you'd have stayed in that context, this is like, of course I have no idea of actually whether that is the actual truth, but I feel that when we talk about right and wrong, there are things that have happened in this world. Slavery is wrong. Old school slavery is wrong. Modern day slavery is wrong, you know, murder. And again, the context of a murder. Sometimes we can justify it. And other times it feels in unjustifiable. Boad strokes, we're going to say murder is wrong.

Lana: [\(45:54\)](#)

I think it's about defining what wrong means, right? I think that again, elevating and deepening the conversation. It is painful. It feels unjust. It feels unnecessary. It feels so I'm of the thought and this is exactly what you're saying, if people are telling you they're in pain, believe them. And what has been really painful is to see, especially my friends of color and especially African American, because America is going through, God knows what right, to have them share their pain and people just straight up denying it, just being like, nope, that's not what you feel. You shouldn't be feeling this way. So it is making the pain that's been coming up has been underlying like the fabric of this country and really in the world it's been there. It's just now coming to the surface, everything that happened politically and now with COVID, you know, there were already health challenges that we're having as a population, really around the world and the developed nations and now this is coming to the surface. The conversation I hope moves more and more towards how do we develop immunity? How do we develop stronger systems so that things like viruses impact us less and less? How do we develop ways of interacting with our environment that cares for the earth and cares for our bodies. So it is wrong in a sense, oh my God I mean, like it's hard to think of a wronger thing than slavery, right? And that we are at a time when the wrongness of it, the pain of it is what I'm saying is coming to the surface and I, for one, I'm going to honor it and I'm going to hold space for it in the best way that I can, and I don't see that in any contradiction with manifesting my dream reality. I see it as a part of the process. And I offer that to anybody who wants to take on that perspective and just having these conversations is the change we've been waiting for. It's a part of the healing.

Suzy: [\(48:11\)](#)

I don't think that it is in contradiction to you manifesting your dream reality. But I think that people of color would argue that it can be in contradiction to them being able to. And when I say them, I really mean us. And I think this is where the contradiction that the conflict is for me as a black woman who has manifested her

dream reality. And the context that I have been gifted with is very different from the context of many other people of color that don't feel that they're in that position to. So really, I think we're just talking about, well, I was going to say that we're just talking about language.

Speaker 2: [\(49:04\)](#)

I feel like we're talking about something deeper than language, and that is that both are true and that context determines content and that there's a place for anger and saying, this hasn't been true in my life and there are real limits that exist in my life. I think there has to be room for that, and it is real right? And not either or, and there is value in mindset and the kind of the spiritual or manifesting techniques and practices, but that the fact that you are a bad manifestor for example, or any kind of that shame or blame that sometimes happens where I guess I manifested poorly if I had this challenging experience, or if I grew up in a family where there was abuse or, you know, I stand for none of that. I feel like I don't know how we choose our purpose on this planet. Like I'm not going to tell anybody else and I really don't know, in some absolute terms, how we decide to come into our body and, you know, be in this life with these parents and these conditions and these circumstances. And I feel like I honor the path that each of us is on and acknowledge very, very deeply that they are not the same path. They are not like even paths. There's privilege. Privilege is real. There are painful conditions. There are disadvantages, there are advantages. All of it is real. All of it is something that we get to explore and decide how we find meaning and purpose in it. And all that I have been sort of wanting to add to the conversation is I hope that these conversations are happening more so that each of us can uncover, you can uncover your purpose in this work, which will be different than my purpose in this life and in my body. Right. And to unlock that unlock, that is really what I feel is our destiny.

Suzy: [\(51:36\)](#)

I a hundred percent agree with you that not everybody's purpose is different. There's a great meme that showed you have the activists, the people on the front line, you have people on the back line, you have the scholars, you have the teachers, you have, everybody has a role to play. And I think for me, I was interested in exploring the idea of oneness, because when I think about oneness, I think about unity. I think about, you know, this podcast is called the limitless life experience. And you came on to the beginning of the show talking about moving beyond limitations.

I think that the work that both of us are doing is so, so important when it comes to breaking through stories, beliefs, and experiences that keep people in a fixed position. And I think that the work that we all have to do in this particular field is you said it when you talked about trauma, you said it when you talked about meditation, and if you have experienced some kind of PTSD or trauma or whatever, that sometimes that practice is going to be going to provide a contraindication for me, it's the same, like our work in this field is to understand how we get to use and share these tools with a much deeper understanding of context and how trauma and

experience impacts the way somebody is able to look at life, engage with life and trust life.

Lana: [\(53:34\)](#)

Yeah. Because if you don't have trust in life and that is a tall order for almost everybody. I mean, I have not met a person who was just born with trust in life, but developing a relationship with yourself and then with life that is symbiotic. That is beneficial in some way, and feels like there isn't going to be pain at every corner, either you versus you or you versus life. That is, like I said, that is difficult. It is not something most of us are born into. And I think it's sort of the opportunity of this new day and age that we're stepping into, because without it you're going to inherently be in pain and with it, no matter what happens, you feel oneness. And you know, I love this conversation because I feel like, I hope that people don't take oneness to be some one dimensional like non-dynamic, but I think that's why it's hard to put it into words because the point is go discover what that is for yourself. Right. It's like, it'll be different for everyone. And we can hear other people's stories and experiences that we can learn from each other. But a huge part of my message is say, don't just listen to what I do or what I say, or what Suzy does or says the opportunity is in you experimenting and uncovering this for yourself.

Suzy: [\(55:09\)](#)

Yeah. I, for me, I don't, but I hope people don't take oneness as a one dimensional thing, for me, it's the everything. Yeah. And what's been interesting hearing your perspective is, and I agree with this, that all feelings start with self-healing, you know, we hear the kind of platitudes, you can't give someone else to drink from an empty cup. And so it all starts with self. And some of the biggest traumas that humanity is facing right now is our inability to look beyond one self. And when I think about oneness, I think about unity. And I think about connection with the infinite life source. I think about the fact that I am made of stardust. And so are you and I look at the trees and I just, I am the same way as when you look at the sea and in awe of all of the magic of this planet and knowing that I am part of that magic, that, that connectedness. And I believe that it's that viewpoint, which is one of an infinite number of viewpoints, but it's that viewpoint that helps me be such a master manifester, because I believe that I am part of that magic.

Lana: [\(56:48\)](#)

Well you're whole ocean is in the drop of the ocean. So it seems paradoxical and it's both, and you are everything and everything is you. And there isn't everything there is an everything outside of you and it is in you at the same time. You, you get into some of the doubt to, and, and sort of the poetry of Rumi and it's the both, and into words that you really can't contain it, you know, all that is, is all that is, it's hard to, put into words because it is all that is. I feel like more and more, I see people reaching for these questions, whether it's because the circumstances in their life have shifted quite significantly, or they are seeing things that they haven't seen before globally and personally. I see, as you called it, that we are magic stardust.

Lana: [\(57:54\)](#)

I see people being touched and recognizing that more and more. My message from 10 years ago when I started this work with so much on the fringe. And now it is mainstream, you know, that is exciting, that is transformation at work. People waking up to a direct relationship to source and recognizing that they may not be the creator of everything everywhere, all the time in their life, and sort of an absolute way that some of these philosophies can be interpreted, but they are a co-creator and they may not change their past, or what has happened in this country or what is happening outside of their sort of realm of control. And they have a lot of room in what they can control within themselves. And that this will have a significant impact, not just on their own life, not just on their own mental health, physical health, financial health, and the impact on their family, but will also be something that overflows and spills into their communities and the world at large, that we really can be far more powerful than we recognize. And at the same time, we are the drop in the ocean. It's both end.

Suzy:

Really beautiful. And I am curious for people who want to manifest more miracles in their life, what's the first step?

Lana: [\(59:39\)](#)

Get my book! I feel like the first step is actually saying, I am open to, I read the word miracle to be something that hasn't happened yet. When I used to run my huge manifest miracles challenges, that was always, day one is to recognize that there are lots of things that have existed in the world, like flying to the moon. That seemed totally impossible until it happened. And in our own lives, there are things that we may be seemed were totally outside of the realm of the believable until we've lived them. And so miracles are things that haven't happened yet, and it's being open to what is beyond what you have experienced and what you have believed so far. And I feel like when you are open, seekers are finders, you know, you look for it, you will be drawn to, this conversation, this podcast to, to a book, to a course, to an experience. And as long as you stay open and you are asking what else is possible? What else am I capable of? What else can I create? What else can I receive when you ask those questions, you will get those answers.

Suzy: [\(01:00:53\)](#)

I agree. I agree. Thank you so much for joining us today, Lana, especially when you have so much going on in your personal life, just sending you a huge amount of love and yeah.

Lana: [\(01:01:16\)](#)

I'm going to add to that this is something that I think people think is uncommon, but it's so normal to us that with all of these transitions that have happened, we include our kids in the conversation. Very openly we talk about when mommy transitions, when daddy transitions, what will happen, like really including the entire family. So for us, this time it's been obviously very tender and a lot of tears and loss.



And at the same time, it's like hugging each other tighter and it's launching new desires and making decisions. I made a big decision this morning that I've been waiting on because I just feel the preciousness of life more than ever. And so there are so many gifts that come at times like this, and I wanted to do this podcast and have this conversation because I adore you. And I find that at times when I'm so broken open, it actually leads to these incredible discussions that maybe wouldn't have happened if I wasn't in a different vibrational space.

So thank you for welcoming all of me to this conversation and having such a leading edge discussion. I really appreciate it. I'm so glad you are doing this work in the world, Suzy. I'm so proud of you. I am so thrilled for everything you've created and everyone who you're impacting. I just love seeing all of your amazing, posts and videos and the joy and the, you guys did a similar move of moving to another location and really exploring all that life has to offer and living full out. And I think that the more of us that are living this loudly and proudly, it creates more of a path for others to also do that in whatever way that feels right for them in their life.

Suzy: ([01:03:04](#))

I agree. I agree. And I think that it's, quite often people are dealing with the fear of, if I take it, somebody else is not going to be able to have it. And I think that the brighter any one person shines, the more permission we give the other people to shine. And so I am hugely grateful for the light that you shone in this world, and continue to please continue to do the work that you are doing. You have a vote so much since we first hung out five years ago, I'm just excited to see where you continue to grow and mold and change and evolve and do all of the magic things that you're doing. So thank you.

Lana:

Well, I'm just imagining us having this conversation another five years from now. Let's see, let's see where we're at then.

Suzy:

Well, I can obviously you've got the book so manifest that miracle, but if people want to find out more about you, where do they go?

Lana:

lanashlafer.com my website, you can connect to me on Facebook, Instagram, YouTube, my YouTube channel just crossed a million views last month, which was very exciting. Manifestthatmiracle.com is where you can get the book. And I just, the audio book just came out, which is very exciting that it's such a personal project and narrate your own book. So definitely grab that and connect with me. I love to continue this discussion in DMs and PMs and conversing with each other.

Suzy:

Beautiful. Thank you so much. Gorgeous. If you enjoyed this episode, please do me a favour, tag me on Instagram tag Lana on Instagram, and don't forget to leave us a

review so we can spread this magic far and wide and remember faith plus action equals miracles.

Faith + Action = Miracles