

## The Limitless Experience Podcast

The convo about connecting to your divine power with Caro Gomez

Transcript

Caro ([00:03](#))

I think I had separated my creativity from being part of myself. I thought that was something that came from outside. Yeah and the motherhood sort of spark, that was from within. So there was no question, there was no doubt in that because it was inside of me all along.

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 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: ([01:12](#))

Hello hello you gorgeous human being. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast and I have got another amazing interview to bring it to you today. I am speaking with the incredible Caro Gomez. I actually first came across your work on Instagram, giant Volver jumpers all over my Instagram feed, but you are not only a fashion designer. You, I love the way that you described, past clients have described you as a neon wearing spiritual weaver of magical energy and dance. And your superpower is seeing other people's gifts before they even are aware of what it is that they hold in their field. And I love all of that deeply. So talk to us Caro, when did your story, or at least this chapter begin, like take us back.

Caro: ([02:16](#))

Yeah firstly, thank you so much. So exciting to be here. And I was like, totally like just loving the podcast. Cause you know, every time you say that I'm like, yeah, I'm there, I'm with you. So yeah, so I'm originally from El Salvador and I moved to London almost 17 years ago now with a dream of becoming a renowned fashion designer as you do, you know, I was 19 at the time and it all seemed pretty possible because in El Salvador there really wasn't a huge design industry really. And I just knew that I had to my country of birth in order to chase after this dream of mine, which, you know, we're, there is a small country of 6 million people, so it was a big dream. And I came here with that kind of vision and very quickly. It was, you know, the rug was taken from under my feet as they say, because it wasn't as magical as I thought it would have been.

Caro: ([03:24](#))

And very quickly I lost this whole kind of magic and dream I had, I kind of let it just disappear by, you know, allowing people, you know, teachers, tutors, you know, being rejected from central Saint Martins, the Mecca of fashion design, you know, to kind of say, actually, no, you're not good at this, maybe you should think of something else. And I believed that, I believe that to my core for probably 10 or so years, you know, that I was like, oh no, no, no, I, I got it wrong. You know, my whole life up until I was 19, I got that wrong. So I need to figure out what I'm meant to be doing now because that's not it that's not it. Yeah, obviously it ended up being it and then some, because as it happened, I had my first daughter when I was 22, I was just finishing uni. I was in my third year of uni and I ended up studying textile design because as I wasn't accepted to the St Martin's course fashion design women's wear course, I was like, okay, well I'll do textile design. That sounds like a good compromise. And when I had my daughter, I really thought, oh shit, oh yeah, we can start. Right. Yeah, it's fine. When we're with Suzy, it's cool.

Caro: [\(04:49\)](#)

I had my, uh, my daughter and I was pregnant with her. I was like, oh, I really, my life is about to change and I don't really know how much. And so I really need to make use of this moment in time. And I started going back into my roots, really into my, you know, where I, where I was from, like where I was born. Like what's the magic in that land that I left and how can I bring that into my work here? You know, even though I'm going to start doing a life for myself and now for my daughter in a land across the ocean, how can I still keep connected to who I am, even though I'm so far away. And so I started to bring in some of that indigenous traditions on colors and print, and magic into my textile work.

Caro: [\(05:37\)](#)

And that's what I did for my degree show, which was all based on those almost like patterns that I would see in my head. And then I would just like find a way to bring them to life through in the case of my degree show, makeup sponges. And that really planted the first seed of this connection of mine to my indigenous roots, which I'd never really paid attention to until that moment, even though I've known they were there since I was 12. So yeah, but even then, you know, I did that degree. I finished it on then, a whole bunch of years went by, I had my second daughter and I still thought, oh no, I'm not good enough to be a creative and have my own fashion collection. And even though, you know, I knew now, I know now that that's really right where I really wanted to be.

Caro: [\(06:31\)](#)

And so it wasn't until about four years ago when I was sitting watching Netflix drinking wine on a Friday after I ended my day, my week in this job in property that I hated with my entire being that I was like, fuck no, this can't be it. Like this cannot be, you know, like I didn't leave my sort of country and came across here, not knowing anyone, you know, set up roots and just to come home and feel miserable about my life. So that was kind of like the lowest point, I guess, on the point where fellow site, no, something's got to change now. And I haven't looked back since, so

I did launch my fashion collection. I've been through a spiritual journey that's been as magical as almost that 17 year old that came here in the first place I've reconnected with that. I re-gained something that I buried so deeply, you know, and now it's out on, there's no way it's going back in. And it's coming out from like fashion collections, working with women who are in the same or a similar journey that I was four years ago. And all of that, connecting to something that is, that is my soul, which is connecting to spirit, which I was so afraid to do for the longest time, because it's so much bigger than me, but it's really scary.

Suzy: [\(08:02\)](#)

Mmm you said so much in there, the thing that I'm curious about when you talk about spirit and you talk about that dream that you had from whenever you were old enough to first allow it to come through, and then that desire to move to London, move to the UK, Was that spirit? Did you know that that was spirit speaking through you at that time?

Caro: [\(08:31\)](#)

I wouldn't have known it back then, but seeing what I've sort of lived now and know now, yes 100%. And the crazy thing is that for the longest time I rejected this idea of connecting to my ancestry in this way, because I was like, who am I to do this? You know, I know inside of me, I have this deep connection to the point where, when I was 12, I remember reading about the story of colonization and being in tears after school, because I was like, how is this possible? How did this, how is this even okay that it happened? And I remember feeling like this total drama queen or something, because my peers were all like, what I mean? Yeah. Okay. It's, it's tough, but you know, it's not like it's history, it's fine. It's gone. And I'm like, but it's not gone.

Caro: [\(09:27\)](#)

You know, it's so real. Like, it felt so real. And I didn't have anyone to talk to about it or, or like, feel it with anyone else. It was just something I felt deeply in my core. And so the fact that I ended up coming here and now that I'm here talking about all this stuff that was shut down, you know, at the time of colonization that my ancestors weren't allowed to speak about these things. So they were considered crazy people for even talking to the trees and you know, the moon and the stars. And now I'm here talking about it. I mean, you can't, you can't make it any better than that. Like it's like, it was meant to be, you know, we're still here, you know, we're still here. I think that's the message for me is like, no matter how hard you try to shut it down, magic and spirit and the things that we don't see, they're still here, you know, we're still here.

Suzy: [\(10:24\)](#)

I think that it's really interesting that it was your first pregnancy when you got the calling. And for me, each pregnancy has brought through a new level of integration, I suppose, with who I am, a new level of creativity and a new level of inspiration. And so I just think it is really beautiful that as a young mom, 22, you had that switch, you had that, that feeling that something had to, that there was something new to

come through. Can you talk a little bit more about how it felt at 22 to be pregnant in a different country and still doing your degree? Like what about that?

Caro: [\(11:15\)](#)

So it's pretty crazy in that sense where at the time it felt like the scariest thing ever, because we've been told that, you know, having a pregnancy when you're that age, especially in our generation, it's like, oh no, no, you know, that's, that's the worst thing you're, you're going to ruin your life. Like, these are the stories, right that we get told. And so I believe that, you know, that fear around it because I was like, oh my gosh, my life is going to end now, you know, that's it and my boyfriend, who's my husband now, he was just like, you know, I'm here for you, you know, like all these, like things that you're supposed to say, and you know, he's still here. So fair play, but yeah, I was really scared. Like I, and I, and the thing I remember is like, even before I took the pregnancy test, I knew I was pregnant.

Caro: [\(12:10\)](#)

Like that is just a feeling that I cannot describe, but I knew it, you know, and I didn't even have to take it. And then I took it just for like, okay. Yeah. But I knew it. And I was like, okay, so what does this mean? And, you know, in this country you have options. Right. And I did consider my options and I, and again, I knew like, you know, terminating a pregnancy is an option, but for me it was just like, no, that's not really an option. Come on. Let's be real. And I was like, okay, you're fine. You know, fair enough. And having to speak to my parents, you know, on the telephone and be like, so I've got some news. I know I'm meant to be studying and finishing my degree, but yeah. You know, this is happening. And my dad was like, well, you know, this is life, you know, the things like this happen and, you know, it'll be okay.

Caro: [\(13:03\)](#)

And, you know, like, it was totally cool about it. My mom was cool about it. My brother freaked out because he was like, what, oh my God, you know, what are you going to do? Like, this is crazy. I can't believe, you know, he was freaking out. And then at that point, once my parents seemed to be cool about it, I was like, I mean, but I always knew that it's fine. Like, it's okay. I can, I can do this. You know, I can do this thing. And it felt like the perfect thing for me, you know, like I look at it now and especially with, so my eldest she's called Maya and I called her Maya because she's like that seed that started my reconnection back to my ancestors, which are the Mayas. And so I tell her this, you know, I say to her, like, you know, you are a lineage here.

Caro: [\(13:52\)](#)

That's connecting us ancestors from the Dawn of the day. And having been through stuff that has been difficult, you know, in life for me and for her and seeing her, you know, she's really someone who's mending wounds from our past, like much more than I could ever. And so that connection is just magical. Like there's nowhere else to describe it. And I, at 12, I did an ancestral tree, you know, as far back as I could go. And I go back to my great, great grandmother who was a healer in her village

and the resemblance between the two it's quite, it's, it's there, you know, it's like, you can see it. And I mean, that's the kind of stuff that no story, no, you know, no kind of like mental thing kind of explain because that's just bigger than, than, you know, than our brains could comprehend in some ways. So yeah.

Suzy: ([14:53](#))

I'm curious, it sounds, when you talk about the pregnancy and mothering your daughter, it doesn't sound like there was much doubt, whereas when it came to your design, you said, you know, I lost the dream. I came with a big dream and I lost it and I buried it for many, many years. What do you think the difference was in your self-belief around knowing that you could do a great job as a mother versus being a designer?

Caro: ([15:24](#))

I think I had separated my creativity from being part of myself. I thought that that was something that came from outside. You know, I've got the goosebumps literally just saying that. I thought it was something that came from outside and that had to be validated from central Saint Martins, from the tutor, from the degree, from, you know yeah. And the motherhood sort of spark that was from within. So there was no question. There was no doubt in that because it's like it was inside of me all along, but creativity felt like, oh, only those very special people can have it, you know, and someone has to tell you and give you something to acknowledge that. And now I get that it's actually inside of me as much as the motherhood spark or anything else, and to take it to another level, really it's me being a vessel for mother earth, you know, and it just comes through me and I'm just kind of like, I need to empty myself. And then that comes through.

Suzy: ([16:30](#))

Yeah, I was journaling on that this morning actually, my willingness and speaking about it in my group, in the freedom experience yesterday. My willingness, our willingness to be empty. And I think that in the world that we live in right now, and maybe it has always been this way, maybe, there was just a lot of distraction and distraction feeds the mind. It stops us from the emptiness and the feeling that arises when we are in the void, when we are in the not knowing when we are in the emptiness, can feel so alien and so scary that we will do anything we can to avoid that sensation. And it's just, it's very interesting to me that the more people that I speak to who are really in their power when it comes to their creativity or their ability to manifest or their healing, everybody says the same thing around our willingness to be empty.

Caro: ([17:49](#))

And, you know, what's really crazy that I was talking about this yesterday with one of my teachers that is to be empty is almost the polar opposite of what, in my case, my inner child wants, which is to be seen because I have that thing I want to be seen and I want to be acknowledged and I want to be recognized. And at the same time for me to work with spirit in the way that I do, I have to be almost like almost like

blend with nature on the trees and become one and not be seen and not be, you know, you know, that feeling of like, see me, you know, pick me, choose me. It's like, oh, right. So we're working with that thing. And as a designer, I want to be seen, you know, I want my, my work to be acknowledged and to be, you know, all the things that we've been told is important, you know, in the creative world, but as a shaman, as a healer, as a mystic, you know, it's actually, it's about being empty and about allowing whatever needs to come through to come through you.

Caro: [\(19:00\)](#)

And it's actually not about you at all, it's about this higher power thing and the person that you're working with so far that, that like, just like, you know, how do we even, like, how do we do that? You know. And so it's a journey. It's definitely a journey.

Suzy: [\(19:16\)](#)

I think what your, the language that I would use to describe what you just said is it's the little eye versus the I am. And the little eye is ego-based, the little eye is the mind. It's what the mind wants. And we're dealing with programming from a, from being a child, you know, good girl, well done. Top of the class, have a gold star. You're the best, you want to be the best. You want to be top of the class, because if you're the best, if you are top of the class, if you succeed, then you are valid. You are worthy, you are successful. And we're fed that. And I, and I say, and I say it not from a place of resentment, nobody knows. Or even when you know better, like you say, it's very difficult to step out of the, but I do want to be seen, I do want to make an impact.

Suzy: [\(20:13\)](#)

You know, I talk about it all of the time. I do want to have a legacy. I do want to be remembered for doing great things, for being part of the tidal wave of positive, you know, positive change across the globe. And I can jump my little eye can justify that desire because it's good. And yes, it involves me, but it's for the good of everybody else. It's still coming from that, I will be better. The reason I say that very slowly and I'm kind of pausing is because I'm playing around with knowing that material success and achievement, outward achievement, is okay. It does, but it doesn't define you and it doesn't make you better. And I think that that's how we have to all get to traverse this material 3d existence, which we have chosen and honor the deeper I am. And I think that that is the paradox of this entire universe is that we think that we are singular.

Suzy: [\(21:21\)](#)

We act as though we are disconnected. We act as though the creativity is outside of ourselves. When we are the creativity, we are the trees, we are the stars. We are the moon. We are the sky, you know, we are all things. And when we are, when we allow ourselves to be the conduit, all things, all abundance, everything that you can ever imagine gets to flow through us because it is us. But yeah, but there's a gap.

There is, there is a gap, which I think is, is the emptiness that we have to be willing to reside in to be the embodiment of that, or to be the vessel for that.

Caro: ([22:13](#))

Yeah. And, and I think that that's where us as creatives can really, you know, and creatives, I don't just mean like painting or drawing because we have a very limited view sometimes about what creativity is. And actually it's, it's, it's huge, you know, there's creativity in everything and everyone has it, no matter can you draw or can you not draw? You know, that's bullshit. And, and I think in those moments of flow it's when you become empty. I mean, that's emptiness to me is when I'm in the flow of, you know, drawing my spirit animals, or drawing a collection or dancing, you know, that's another way for me to empty is when I dance, because there's no ego, there's no kind of like, oh, you know, I look silly or I look really good with doing this move, you know, it's, it's literally, yeah.

Caro: ([23:03](#))

That's kind of like ways to empty yourself. I think it's what I've sort of arrive to, you know, because it's in those moments that you can really channel, you know, the higher power or mother earth or Pachamama whatever, you know, you choose to call it and that's magic, you know, and it's not even at that point, it's not even about the hitting the 20K months, hitting the a hundred K months or that, you know, that's just like lubrication, but the other stuff, you know, that's where you just kind of, I mean, like you can, like, you can cry out of joy out of some moments that you've had in that respect where you come up with a program that feels like, oh, this is going to be brilliant. You know, even if only one person joins, it's fine. You know, because it came from that place of brilliance, that you are allowed to access because we all have this access to the spiritual world.

Caro: ([24:03](#))

And I think, you know, for the longest time it's been like, oh, that's woo woo, that's weird. That's like, oh, you know, no, no. And it's actually like, it's, our ancestors would all have them, not just indigenous cultures and latin America. I mean, here in the UK, you know, the Druids, the Celts like, oh, man going to Stonehenge is like such a trip because you can feel like what happened there, you know? And, and we have access to all of that and it's not separate from, you know, the email campaign that we need to send, you know, it's, it's, it's all possible to integrate. And I think that's where I like to dance, you know, in that integration,

Suzy: ([24:46](#))

What is it? Because I have been in places, even in Canterbury cathedral, I live just around the corner from Canterbury cathedral, going into the grounds of the cathedral, you feel a certain way. What is it that we are feeling when we go to Stonehenge? When we go to these ancient places, what is that energy?

Caro: ([25:12](#))

I think it's the joy, the pain and the magic of our past, you know, and we can't separate ourselves from it. And because we're energy beings, and energy cannot be disrupted or created. It's just connecting to that, you know, to that frequency of you're right. You go into a church or cathedral, or these grounds where, you know, you'd have ceremony happening, ritual happening. And it just feels different. Like, even if you're one of like someone who doesn't believe in any of this and thinks, oh my God, you are, you're all totally bullshit here. You can still feel it. Like, you know, you can still have a sort of a quiet sense of like, Hmm. Okay. That's interesting. And I think for me, yeah, it's just like where that frequency aligns with the past. And you're like, oh yeah. So we're really not that separate from one another, you know, no matter how many oceans we cross to try and, you know, get away from some of it, just in a way, a bit of what I did, but, you know, the truth is I think I had to leave in order to be able to speak about this in the way that I do now.

Suzy: ([26:24](#))

I think you had to leave in order to come back home to yourself.

Caro: ([26:28](#))

Yeah. Yeah. There's that really beautiful quote from Maya Angelou, which is, you know, about home that you belong everywhere nowhere, but you belong to yourself. And that's something that has recently sort of really landed for me. You know, it's not about where I live and where I kind of, you know, make a home or this or that. It's like what's going on inside. And working with spirit animals has been like such a, like something has just fallen into place because I'm like, yeah, they're always there. So I can be on my own. But always there's someone, something, some energy kind of watching, you know, and keeping me company.

Suzy: ([27:13](#))

It's reassuring. I think a lot of people go through this world feeling alone and feeling like they're on their, feeling like they have to hold it all. And knowing that energy cannot be created or destroyed knowing that you are completely supported at all times, not only by your lineage, but by all beings, you know, that is reassuring, I think. Yeah. Yeah.

Caro: ([27:44](#))

So it's one of the things I teach in my programs with the women I work with is look, you're not alone. And I know that that piece really resonates with them because even something super simple, which I love doing, which I did obviously as a child, never for the longest time, not as an adult, but I've started to do it again. And it's like hugging a tree, you know? Like it feels so good. And I told my daughter the other day, I said to her like, cause she was going to go to the forest for like a school trip or something. And I was like, you know, if you can have a go at hugging a tree and she was like, I'm not going to hug a tree. And I'm like, I promise it will feel so good. Like really, really good. And she did. And she said, actually, yeah, it felt like it was hugging me back. How long is she? She's 13. Okay, good job. So she's always



saying that age of like, oh my God, no people are gonna look at me weird. Yeah. It's so embarrassing. Oh my God. Yeah. Okay.

Suzy: ([28:45](#))

Can you talk to me about the big Bush energy. How did this come to life?

Caro: ([28:52](#))

So big Bush energy is really all the pieces that, you know, that have come into my life. And then like, what is almost a philosophy that encompasses that idea that when you either wear one of the pieces I design or go through this process that I lead women in, in reconnecting to their inner goddess, like, what does it feel like when that connection happens or when you wear something and you feel like, I can take on the world on, there was this phrase called big Dick energy, you know, which was that energy of a man who supposedly well endowed and he would walk into a room and they would say, you know, big Dick energy. And I was like, no, no, no, there is, there's something in there that we can play with. And I was like, yeah, big Bush energy know, like being fully in the power of your Bush without having to trim it without having to do anything on it. And just fully embracing your natural, powerful self. And what does that get to be, you know, in either the clothes that I do or the, the courses I do is it's that inner goddess reconnection, you know, so that when you were like one of my robes that has vulvas printed everywhere you go out and you're like, yeah, I'm wearing vulvas. And?

Suzy: ([30:12](#))

But I think what you just said there is really important because it takes a level of courage, I think, because the vulva and I know most people refer to it as the vagina is not a celebrated part of a woman, unless it is in relation to birth or being sexualized. It takes real courage to say that this isn't, it's not about my sex even though it might be about my sexuality and my sensuality, it's not about birth. You know, it takes a level of yeah, courage, depth, understanding to really step into that. Like the story behind your clothing I think is really important.

Caro: ([31:04](#))

Yeah, absolutely. So I started drawing vulvas as a way of reconnecting with that part of myself, because I, like you say, it was either a motherhood thing or it was either a sexualized thing and it felt like it needed, it needed its own alter and it needed to be spoken about in like juicy, colourful, vibrant, bold, fun ways. And I didn't see that. And I think the thing that was really healing for me is that as a survivor of sexual abuse, I'd kind of, again, hidden that away a bit, you know, like it's shameful. Let's just not really talk about it too much, unless it's about motherhood or sexuality, you know, in some ways, but how do you reclaim that when, when it's been abused, you know, how, how do you regain that power that was taken away in some cases for some of us, without us even agreeing, you know, in any way shape or form not even understanding.

Caro: ([32:12](#))

And I'm talking about when you, when you're a child and this happens. And for me that thought doodle, I started doodling them one night. I was, I guess, processing the fact that I wanted something to change in my life. And that doodle has not only created a healing path for myself, but also for the women that can recognize their story in my clothes, without me even saying it. I mean, I've had it where clients have said, actually this happened to me. And now that I am wearing this hoodie that says big Bush energy and has vulvas embroidered on the sleeves. And I wear that, I actually feel really powerful, you know, and, and joyful because they are joyful and they are colorful and tactile. And yeah, so it's been, it started as a personal healing journey for me, but obviously us women can connect in such ways that it doesn't mean that we even have to say it, you know? And some women might see them and they think, oh, they're leaves or feathers, but those women that get it, they know like straight away, oh my gosh, these are vulvas and they get it. And, and that's like, wow, I didn't know that that was possible.

Suzy: [\(33:25\)](#)

Well, as I'm listening to you, I'm like, it's a celebration of self, it's a celebration of yourself. And I think that still, there's a lot of shame around that. There's a lot of shame when it comes to, so just celebrating yourself, just because, yeah,

Caro: [\(33:44\)](#)

Just because exactly. Yeah. I think because there's always been this thing right of like, oh yeah, you got to do something to earn the celebration. You got to achieve something to earn the celebration. You know, it's not just because I woke up and I feel fab and, and I'm gonna wear my, you know, power sleeve and put some red lipstick on. And even though, you know, we weren't gonna see each other, but I guess if you're listening to this, I am, you know, we are seeing each other and video on. It's like, actually I'm celebrating because, because I want to, and, you know, speaking to Suzy and I thought that was like worth dressing up for, even though I didn't know, we were just gonna be talking.

Suzy: [\(34:27\)](#)

Caro was like can you put the video on. And I was like, whoa, I felt like you dressed up for me. You didn't even know that you were going to see me and she looks amazing. And I love that. And for me, the thing that's really landed is that we normally feel that we have to earn the celebration. I definitely, so celebration and play and joy are themes that run through my life, run through my teachings. Like I'm always encouraging my clients to celebrate their wins, but the win comes from that place of still earning it. But you've answered it. You should be celebrating, you've answered it. I love this idea of you don't need to do anything in order to justify celebrating yourself. That's so important.

Caro: [\(35:19\)](#)

Yeah it 100% is. And it's about that emptying in a way again, you know, and I think the thing that really brought that for me was when I had my first daughter, I was like, oh, I don't have time to dress up or do my hair put makeup on, you know, I use that

as a very noble cause I know, you know, it's super tiring to be a mom, obviously, if you have kids, you know. But I use that as a very noble excuse to not look after myself. And I'm not saying like, in the sense of like eating healthy and exercise, I'm just like, like in the clothes that I wore, I was just like, anyway, I'm just too cool to care how I look anyway. So like why bother? Right? Like, and that was one of my agreements, personal agreements.

Caro: [\(36:05\)](#)

When I started this journey, I was like, I'm going to start dressing like I care. And like I'm celebrating myself all the time. And so yeah. Sometimes of course I wear, I dunno, t-shirts and joggers or whatever, but I do it with intention, you know, I would do, I would wear something that I've done creative for myself or some lipstick or put my hair in it in a certain way, you know, because it's my inner goddess loves it when I give her that, so when she's celebrated just for being, we have a generally a good day.

Suzy: [\(36:39\)](#)

Yeah. I love that. How does your inner goddess relate to, or with your inner child?

Caro: [\(36:49\)](#)

I think there is a crossover for sure. My inner child used to like dress up and grab like this pretend microphone. She had an UN saying lip sync to all these like pop artists, Latin American pop artists. And she would do her hair and she would like fix her clothes and do that. And I'd be at home, you know, kind of like putting the radio or, you know, was it radio at that time, cassette player or whatever, you know, at that time I'd just like going for it. And I give my inner goddess now that today, you know, I, that's why I do my dancing videos because those are the two of us, like having a ball, having a dance, having a, you know, you deserve to play this song and like, pretend that you're like this kind of light, you know, bringing in the movement and the funny faces because you know, it's not, it's not about like looking a certain way where you're like looking like sophisticated artists or something performing it's about having fun. And so I get to do that and that's on the one hand that's where they merge. And then on the other hand, and this is the part where I'm like, I guess navigating my way through is the, the emptiness of it. You know, the one that says actually it's okay if you're not always seen and paid attention to, and the one, and the top and the best and that, you know, so yeah, I'm navigating that.

Suzy: [\(38:22\)](#)

Would you say that that energy of needing to be seen and number one, that's your inner child?

Caro: [\(38:30\)](#)

Yeah. I think that there is an element of wanting to be seen and acknowledged as a, I was the second child and my brother was a very high achieving swimmer. So there was this, I always felt like I wasn't seen because I wasn't achieving something.

Suzy: [\(38:46\)](#)

How does your inner goddess soothe your child when she's feeling like that?

Caro: [\(38:52\)](#)

By doodling, we get to doodle our thoughts away. So a lot of people journal, which is brilliant and I do it myself, but to be honest, my main sort of tool is doodling. So my desk is full of doodles because it's a wooden desk. So I just, whenever that starts to creep in, I just kind of put it pen to paper. And I have, you know, papers all over my wall with just doodles. And also because there is power in that, knowing that that's what started my journey with designing vulva fashion. So I'm a very big proponent of doodling.

Suzy: [\(39:32\)](#)

Yeah. I love it. Outside, and it's interesting because a lot of the time when I talk to people and I ask this question, they immediately refer back to their work. And what's interesting about talking with you is that I see and can feel how much joy comes through your work, like being creative gives you joy, but I'm still gonna ask the question. I'm curious as to what brings you joy outside of work?

Caro: [\(40:04\)](#)

Being in nature, swimming in the cold water, which works that I live in the UK, being in the ocean fills me with so much joy. I have huge respect for nature in that, in that way. And I'm in awe. I think of what nature can do. I was, I've been in two earthquakes in my life, coming from El Salvador, which is full of volcanoes and earthquakes and tremors. And there's something so humbling about that, you know, like so humbling that I'm just like a quiet sense of joy comes in when you're in a situation where nature can just do its thing. And the whole thing that we've created as human beings can come to a still, and nothing compares to its strength and its power, nothing, not even the highest building, the rockets that are trying to be sent to the moon. You know, all of that becomes like nothing in comparison. So it's something like a very quiet joy that I experienced from being in nature. And yeah.

Suzy: [\(41:10\)](#)

How much time do you make for that on a weekly basis?

Caro: [\(41:15\)](#)

I try to run or walk or be in nature every day. Yeah. At least 12 minutes a day. I don't know why 12, that's just the number that I'm sort of like put in my mind and that, that works. So breathing in nature. I live near the Heath, so I get to be around big, beautiful trees and go there and running in nature when it's raining, oh, there is like nothing better. And I'm not a huge runner by the way. It's not like I'm like, you know, like fricking doing 10Ks or whatever. I run for 10 minutes, 12 minutes and that's it. But it's just, especially when I do it with like in a forest or in a tree or something, again, I go back and I think wow, you know, my ancestors would have

been running as well in the middle of the Amazon or something like doing their thing. Um, so yeah, I, every day, yeah.

Suzy: ([42:11](#))

I love that When you think about the future, what are you most excited about at the moment?

Caro: ([42:16](#))

So, I'm excited about creating my first collection of ceremonial gowns. So this is bringing my love of ritual and ceremony to a kind of a experiential sort of way where, you know, where I work with someone on a one-to-one basis to create a ceremonial gown. And this is not talking necessarily about weddings, but like celebrating moments in life that feel really important, like going from your queen stage to your wife's woman stage. So like going through menopause, you know, and why don't we celebrate that? Why don't we have a ceremony around stepping into your wise woman phase? And what does that look like? You know, so I get to create a beautiful gown that goes in celebrating that with a ritual, you know, drumming by Lasanta burning, dancing, and capturing that moment in photography to celebrate you basically. And so that's a really exciting sort of development that is happening.

Caro: ([43:24](#))

And my first one has been creating a Jaguar goddess gown for an artist in Canada, and she's going to get married in the forest and she asked me to design her dress and I'm like, yes. And this just opened up a whole, like, why aren't we celebrating all of these other parts of ourselves? You know, like when my daughter, you know, got her period, like, you know, I was like, I'll make this for you. And I made her something and we went out for dinner, you know? And I'm like, there's so much more here that we, like you were saying about celebrating us for just being us, I guess. Yeah. What are your ceremonies so important? So I think that the ceremony and ritual is a way of opening up sacred space. So it's a way for me to having the veil between this world and the other world thinned, and they get to come and dance with us as well.

Caro: ([44:26](#))

So I have a, one of my spirit guides is my grandmother who I never actually met because passed away before I was born, but I always had such a close connection to her. And so when I opened ceremony, that is, you know, calling upon the four directions and burning Palo Santo and doing a little bit of drumming, I can feel her presence, you know, and, and she loves that because that's how I have a relationship with her. You know, even though we never met. And I guess it's a way of saying, even though there is no physical body, we can still connect with the spiritual body and that it just makes life more magical and who doesn't want to live a life that's more magical. I don't know. I really don't know

Suzy: ([45:16](#))

So how much does ritual play a part in your everyday life right now?

Caro: [\(45:20\)](#)

Yeah. Again, it's one of those things every day. There has to be, you know, because people, sometimes things like rituals have to be like this incredible, like, show that you like, whatever, you know, and, and it's not that at all, actually, you know, original could be as simple as like the way you drink your water, their first glass of water in the morning, you know, there's this really powerful exercise I do with, with the groups that I lead. And it's about thanking the water before you drink it. And I promise if you take two, three minutes to just say, thank you, smell the water, feel the glass in your hands, look at the water. If you just do that and then drink the water, the taste is completely different. It's completely different. It's like how? I mean, I, my mind cannot comprehend it, but my body can feel it. I think that's why.

Suzy: [\(46:18\)](#)

Yeah it's funny if you'd have said this to me, maybe, I don't know, a couple of years ago I would have been like, okay, you get on with it. But the more I understand about life, you know, and sentience, and, you know, looking at the plants that I have over in the corner of my room, knowing that they can hear me knowing that they can feel me knowing that they respond to me, knowing that we are predominantly made up of water, knowing that the tides impact our periods and all just so many things that we do not understand about energy and life and energy and life force that now hearing you say that I'm like, of course, of course, it's going to make a difference in the same way as I, if I look at the plants and speak kind words to the plants, they flourish in a different way than if I were to look at the plants and say mean things to the plants, they're going to be negatively impacted. We know that, even the snowflake experiment where they are, I don't know whether it's the same positive, but you can see the formation of the water changes when a positive celebration is offered to the water, which was water snowflakes. It's crazy.

Caro: [\(47:41\)](#)

Yeah, of course. There's another one in this kind of way where you're kind of like, just my mind just is blown away. There is a book, which is really beautiful. It's called braiding Sweetgrass and she's a botanist, but she also comes from a native American tribe. And so she talks about nature and both from that kind of, sort of scientist's point of view and that sort of ancestral wisdom point of view. And she explains that in her tradition before they, you know, go to harvest or do anything to do with the harvest, it's a dance between us as human beings. And the harvest is not just like, leave the harvest alone and it'll do its thing, you know, leave it go. It doesn't, it doesn't grow actually, if you do that. And sometimes there is, I think like some parasite or something comes in and it just doesn't work. If you cut it all down, that doesn't work either. It's like this dance between human interaction and nature that there needs to be a balance. And that makes the harvest the most powerful. And yeah, what's the book called, braiding Sweetgrass,

Suzy: [\(48:49\)](#)

Braiding Sweetgrass. Yeah.

Caro: [\(48:52\)](#)

Yeah, yeah. And she also says that, you know, in her culture they ask a tree permission to cut it before they cut it. And if they sense that the tree says I'm not ready for that, they move on until they find someone that says, yeah, I'm okay with that happening, you know? And it's just, yeah, it's just beautiful.

Suzy: [\(49:12\)](#)

When you say that it's just an acknowledgement that we are part of a much wider tapestry. And I think that if we all, as individuals recognized that we're just part of something much, much bigger, it would change the way that we show up in the world change the way that we love each other. It would change the way that we love the earth that we interact with the earth that would change things. Absolutely.

Caro: [\(49:39\)](#)

And just to add, because I think people might be like, oh yeah, but maybe I should be recycling more. Or maybe I should be like, you know, vegan or something. I'm not vegan. I eat meat, you know, and it's okay. I still get to care deeply about these connections and these relationships with earth and nature. Like, you don't have to be anything, you know, to have a connection and a relationship. You just have to get to acknowledge it. I think what you said is really the right term for this. And you don't have to become a vegan and all these other things to do that. I think that's just worth noting. Yeah.

Suzy: [\(50:22\)](#)

The moment that you feel that you should, that you have to, it's coming from the mind, which is coming from the limited perspective of ego saying that you'll be better when, and we know that that is a lie now. So we get to do things definitely.

Caro: [\(50:42\)](#)

100%, 100%. Yeah. Beautiful.

Suzy: [\(50:46\)](#)

Thank-you so, so much for your time and your energy today. I would love for you to share with our beautiful listeners how we can find out more about your big bush clothing line and all of the magical work that you do.

Caro: [\(51:05\)](#)

Yeah. So I'm on Instagram @carogomez\_london. And I, yeah, I go in there talking about, or all things, vulva fashion, as well as, the programs that I do with reconnecting through to your inner goddess. And I use a lot of ancestral tools with that process. So I'm just finishing up now my, um, three months program. And I'm about to launch the next one in September. So keep an eye for that one. And it's really going through a journey of 90 days where we work on sort of more of this world things, but we also go a little bit more into spirit animal work drumming. Shamani drumming, rattling on all these beautiful tools that are available to

reconnect to your inner power really. And my online store on shop is [www.carogomez.com](http://www.carogomez.com). And then yeah, in the process of updating that to reflect this ceremonial gown vibe that I'm going for now, I'm really excited about that.

Suzy: ([52:24](#))

Love it. Thank you so, so much appreciate you. And if you have loved this episode, please do me a favor and make sure that you hit us up on the gram.

@carogomez\_london and @suzy\_ashworth. And yeah, let us know what your biggest takeaway was. How did this episode make you feel? And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles