

The Limitless Experience Podcast  
How To Tune Into The Magic Of Yourself, with Kate Taylor  
Transcript

Kate: [\(00:03\)](#)

We can't always live in the spiritual world because we are energetic beings having a human experience. And when you are tuned in or wishing to bring your whole self into being, it's going to take magic, but it's also going to take practical steps to get there.

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: [\(01:13\)](#)

Hello hello hello. You gorgeous human beings. It is Suzy Ashworth here, and you are listening to the limitless life experience podcast, and I'm like I'm fizzing. I am fizzing with excitement. We are about to embark on what I know is just going to be a rich, a nourishing, magical fantabulouslatical conversation with the incredible Kate Taylor. And you might already know Kate Taylor, if you have been in my world for a little while, but if you don't strap yourself in because you are about to be taken on a wild wild ride. Kate is a, is in my opinion, quite literally a magical unicorn. She is a branding expert, business expert, life coach extraordinary, magic activator, just somebody who inspires and motivates me on a daily basis to live a bigger, bolder, more beautiful life. And I am so grateful and honored and excited to have you in my orbit. I love you. You make my life better.

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

Oh my God. I don't think I've ever given an introduction...

Kate: [\(02:46\)](#)

You know it's just like job done. Isn't it. Should we just like, leave it there? That was epic. Thank you. I'm actually welling up with like just my face is beaming and I've got tears in my eyes. Thank you. Beautiful, beautiful introduction. I feel exactly the same. I love you too.

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

Let's start at the beginning. I love going back to, like you do so many varied and different things when it comes to serving and helping people, but give us a little bit of the backstory and how you got to this place. You know, like when you look back at your childhood and you're like, okay, there was the sign, there was another sign.

Oh, okay. There was a great big off billboard saying, this is going to be your destiny. Do you relate to that?

Kate: [\(03:32\)](#)

I love this exercise. Like this is one of my favorite things to do because when we talk about our careers and where we've got to, we tend to go to a pivotal point in time. I definitely have those, but you can see where the breadcrumbs start very, very early on. And for me, the thing that comes up for me and I was talking to a client about this yesterday, when I was in primary school, I won, we had an endeavor cup and the endeavor cup, you know, like things get handed out for, you know, best drawing, whatever it is. And I got the endeavor cup. So the thing that I can remember most vividly, that always sticks in my subconscious is showing me all the time is when I was in primary school, I got handed the endeavor cup and the endeavor cup was one of these things that you've got handed out periodically for doing something well, you know, doing really good handwriting, whatever it was.

Kate: [\(04:23\)](#)

And I got the endeavor cup for being kind, it was because I'd help somebody out who wasn't feeling great about themselves and I'd help them to feel better. And this thing, I can still see the picture now in front of, you know, I was a seventies kid, right? So I'm in front of the really Gordy, flowery curtains with my nice long Virlar dress on holding this cup beaming from ear to ear because it made me feel good to help people. And when I look at all of the things that have gone through my life and my career, the things that really, really stuck out for me, where those breadcrumbs started dropping are helping people out, motivating people, being a cheerleader, but also human behavior. I have always been so obsessed with how people tick, what inspires people to be all that they can be and what holds people back and writing, like the communication piece.

Kate: [\(05:23\)](#)

I wrote a novel when I was about seven years old and it was hilarious. I wish I still had it. And it was all about human behavior. It was all about actually how, what happens when machinery takes over the world and what happens to us as human beings. Now I know that is quite a random thing, but I can see where all of these elements of myself have come into play along the way. And then, you know, my path and my career went into marketing, went into advertising. I worked in the advertising world, but I was client services. So my whole thing was about not just how do we get this product out into the world to be a famous household brand. I was more interested in the people. So I was interested in my clients and what made them tick and what really motivated them to be the best that they could be in their work.

Kate: [\(06:19\)](#)

I was motivated by the incredible creatives I worked with, a lot of women who were really holding themselves back because they weren't taking up their space and I was motivated on how we intrinsically work together. So whenever I was working on a

project, the people, it would always be this thing where the creators would always have issue with the texts, would always have issues with client services. And my whole thing is how do we get as a group of people, individuals, how do we get the best out of each other collectively so that we can create this incredible thing, not just for selling something, but that it makes us feel good and feel motivated. So I really see how all of these threads have joined together to do what I do now.

Suzy: [\(07:09\)](#)

I love this so much, especially the novel I'm like when I think about what is going on in the world right now, and the way that we're evolving and all of the innovation and everything that's exciting, it's about robots taking over the world. And when I think about everything that is causing fear and worry and concern, it's robots taking over the world. I'm curious, like what inspired that for me is deep for a seven year old to be thinking about, where does that type of inspiration storyline come from?

Kate: [\(07:50\)](#)

I am just a seer of the world. I see and feel in energy, right. And my mom always used to say, you know you're a witch, you know, we are the witchiest. And I was like, well, I know you are, but I can always like intuition and vibe and energy has always just been my thing. And I always feel that I was, I'd come into this world with a mission, a mission to be able to hold space for people and understand what's going on on a widest. I'm obsessed with, I'm not obsessed with the news. I'm not obsessed with what's going on. I'm not obsessed with the detail, but I'm obsessed with, oh, this is really like what's happening on a human behavior level. And how does this tie into anthropologically and spiritually and psychology and everything in terms of how we evolve as humans, I've always had that very innate part of myself.

Kate: [\(08:53\)](#)

I was talking to somebody the other day and I was like, you know, when you think about, well, what would I do if I went back in time and changed my course of direction, and it would always be this path, it would always be this path. I'm so fascinated by how we work in the world and what's going on around us. It's just always something that's been so natural to me, but it's only when you get to these points in your life and you kind of go, ah, that's why I did that. That's why this happened. And so being in the space of being an observer and a feeling empathic energy, seer, and feeler really helps me to hold that space for my clients because I can see and feel the energy of what's going on with them. And I can see and feel the vision of their future and then hold the space and ask them the appropriate questions to help them get there.

Suzy: [\(09:49\)](#)

I'm curious, you mentioned a couple of times, one of the things that you love doing is really supporting people who have been holding themselves back, you know, creating the pathway for them to be able to move forward. And I'm curious, when you look at your, again, the back catalog about the times when you know, perhaps

not at the time, but certainly with hindsight that you were holding yourself back and what needed to happen in order for you to break through.

Kate: ([10:22](#))

That is such a good question, because it's a daily thing. It's a daily check-in, you know, you said at the top, my whole thing is about how do we live a big, bold, beautiful life. And when I look back at those reflection times when it's been the opposite of that, then those are the times when I can go, okay, well what's going on here? And normally, or historically it has been those times when I'm so focused on serving other people's needs, rather than my own that I set myself on fire to make sure they're okay. I'm a double Libra. I am a son of moon Libra, which means that I will stay in situations a lot longer than is necessary to make sure that other people are okay and not serve myself. And so when I look at those times of when I'm holding myself back, I have to get underneath, okay, what is going on, where I am not serving my biggest boldest, most beautiful self, and how am I setting myself on fire here? So it becomes a lot easier and quicker to do that because of being tuned into a mission, a mission that I wake up every day going, yeah, this is what I am here to do. And when I didn't have that, when I didn't have that, and I was putting all of my energy into other people, that's where it serves me the least.

Suzy: ([11:51](#))

When did that shift? And I hear you when you say it's a daily check-in and I know that it's very old habits die hard, but there has definitely been a shift in that we have moments in times we have chapters don't we? And I'm curious, when was the first time you realized actually, yes I love to help people. Yes I get to serve people and I'm putting myself at the bottom of the pile here. When was that first time that you were like, okay, things get to change.

Kate: ([12:23](#))

So we talk about the pivotal times, don't we? And I had a three year period where it was like, I had to face a storm in every single fricking way. I lost my mom very quickly. Three weeks after she was diagnosed with adrenal cancer, my dad had just gone into a home with Parkinson's and dementia three days before she collapsed. And I was in a relationship, which was okay, but I was drifting and my whole life was drifting. And over a three-year period of time, lost mom, dad went two years later, I got married, I got divorced. And I was in that tailspin because I had spent so long not serving myself. And it was within this period of time where I was like, there's something more here. This is showing me that there was something more that I am here to do. That means I get to serve myself because it comes from, for me, this comes from a place of purpose, right?

Kate: ([13:26](#))

When I am at most, in my mission or my purpose, this is me alive. This is me doing what I do. This is me showing up every freaking day. And that's when I am all of me. And it, you know, I can be from the overflow then because I can serve everybody because I'm serving myself first, because this is my purpose. This is my mission. And

this is what gives me energy. But what it got to is over that period of time, I had to do a lot of searching of what's going on. What's underneath, a bit like I was talking about, you know, my whole being so intrigued by the world. I had to get really curious about myself and what I realized over that period of time, as I spent so long, working hard, playing hard, periods of, long periods of grief being really in the fire is that I'd been so in my head.

Kate: ([14:17](#))

So, so, so in my head giving it all away to everybody else, and it was when I really truly realized. And there was a particular moment in time when I realized that I was so stuck in terms of my energy in my body, that there was no way out unless something breaks or something changes or something shifts. And I tried to do everything Suzy to understand what that was, you know, like any alternative therapy you could have, I could have put my hand to and put body. I tried everything, but I was still so in my head and I had, in the really pivotal time when I recognize the tension was when I realized that I was disconnected, like totally disconnected head from body, you know, I could have literally stuck pins in my legs and I wouldn't have felt it because I was so disconnected because I had been giving so much away.

Kate: ([15:17](#))

And it's one of those things where we hear a lot of the time, oh, it's this, you know, I was, so I was searching for something, but it was actually what I realized, looking back on it now is that I was searching the connection back to myself. And I managed to find it through this movement practice called chorea. And I had been really resisting it because a friend of my teachers, and I'd seen her, I started connecting back into spirituality because losing both of my parents made me realize that there is something more I wanted to have. I always had that when I was younger, I'd lost that through work and just being, you know, out there in the world, not in my world. And yeah, I saw my friends dancing in front of this gold curtain doing this thing, talking about feminine movement, claiming as.

Kate: ([16:03](#))

And I was like, fuck off. I don't, I don't need anybody to show me how to dance. I don't need that in my life. And Koizumi, amine queen feminine energy. I literally just wanted to gag, but because I love my friends so much. And it was at the time when lovely Lucy, Sheridan and Joe Westfield were doing higher selfie and Jane was doing a workshop for them. And I was like, do you know what, Sunday afternoon, I'll give it a go. And I loved it because my friend turned up, Jane turned up. She had no shoes on. She'd been out drinking the night before. And I was like, rock and roll spirituality. This is what I like. And we, so we did the workshop and there was one point at which I was just, it was the free dance at the end. And I was spinning round and round and round. And it was Katy Perry firework. And all of a sudden I came back to life like my body, it flowed with all this energy. And I was like, whoa, I'm coming back. I'm coming back. And it was in that moment I was like, shit I've got a body. Oh my God.

Kate: [\(17:10\)](#)

And this energy that had felt so lost for so long was coming back into my bloodstream and this connection. I was like, oh, I can still have all of my challenges, all of the things I get really stuck in, when I'm there, my body and my mind are their friends again, you know? And so I was like, there's me searching for all of the things that's something else could do to me. And actually what I needed to do was find myself and I needed to find it through movement. So literally three months later, I was on a plane to Costa Rica to teach this thing. And I thought I was gone. I thought I'd gone crazy, but everything made sense.

Suzy: [\(17:47\)](#)

I love this so much. And it's so funny, isn't it, our whole existence right now, at least in the west, programs us to be looking for external things to make us feel complete, to make us feel whole. And always the truth, the truth is truth with a capital T is that it is all within us. It is all within us. And I think that, that the separation from the mind and the body again, is something that is programmed into us culturally. And the way that society operates is that it's all about the thinking mind, who's the smartest, how can we think our way into this? And the feeling piece is almost, it's a little bit like the scholars versus the artists, you know, the science versus the art. It's like the art is, you know, the creativity, it's a bit, we just don't respect it. And actually it's the combination of the left and the right hand side of the brain. It's the combination of the upper and the lower and really understanding that the external reality is always going to be a reflection of what is going on inside your body.

Kate: [\(19:15\)](#)

Absolutely. Absolutely.

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

We disconnect. I think it's interesting for you. We, that disconnection happens for so many reasons. Sometimes it's because we've been oversexualized, sometimes it's because our parents have placed a bigger emphasis on being top of the class. Other times just nobody's taught us. You should just, nobody has taught us that ecstatic dancing has a role to play in your development as a human being, letting go, being free, feeling your, nobody's taught us that. Why did we, why do we not teach that?

Kate: [\(19:59\)](#)

And, and that's the thing, right? Because we've been in the west, as you say, academically, we're taught things from books. Even creativity has an exam to it, which is, you know, it defies any kind of, I was going to say logic, but they're there in life. You know? And so when I think back to where my mom said to me, remember, remember we're the witches, it's the remembering and it's the remembering. I like, I love that she shared that with me, cause it's the remembering of the feminine energy, which is exactly what this has been for me because I'd spent so long being in environments where it was, I was celebrated for achievement academically in a career. Like I climbed a certain ladder. I had to bring myself in male dominated

environments. Under those success equals power, money, you know, all of those things.

Kate: ([20:59](#))

And yet there was myself who had all of this wisdom of bringing in more of those other energies and it was always there. So when that meeting of my full self, again, it was just literally like inhaling and going, ah, here I am, again, here I am. I remember now. And we, there's a massive unlearning that we need to do. There's a huge, unknown thing that says that if you follow a linear structure, if you follow a linear path in life, you go to school, you get an education, you know, whatever the societal norms are, you get your job, you go through your career, you get married to dah, dah, dah, dah, dah. You know, all these things are set out for us. I always knew from a very early age that I didn't want to play that way.

Kate: ([21:53](#))

And I tried to fit into that world and it didn't serve me because the creative spirit, the essence of who we are, isn't linear. Isn't in any way, shape or path and creativity, creative spirit, whatever you want to call it. It's always here. It's always all around us. And it has, it's almost like, you know, trying to reach for the stars and go, okay, I'm going to play with this. I'm going to play with this. I'm going to play with this and just feeling in your body of like, yeah, I trust that this is right for me right now. And I do think it does at T the T word is, is the thing, you know, it takes a huge amount of trust and feeling it, and the connection to the body is so important because you have to be able to feel it in your body. That surety, that trust, that anchor, that what you were here to do, defies logic, it defies structure, but the place that you can come home to is always your body. And the only way that you can really do that is through moving it no!?

Suzy: ([23:01](#))

Yes, I love this so much. Tell me, how did you go from Kora to one of the things that you are famous for, which is the practical magic I love, I just want to say that even the bringing of those two things together, because I think that the reason that we work well together and actually any of the people who are in my world is that this isn't anti mind. It's not anti logic. It's not. And I think that a lot of people who are in the spiritual world get so far into the clouds, that the grounding piece isn't there and when it comes to abundance and creation and impact and all of those beautiful things that you can only, when you talk about mission and there's so many questions I get to ask but when you talk about the mission, there has to be a grounding in there in order for you to see that through otherwise it's too untethered. So for me, the combination of practical and magic embodies that tethering, how did that come about for you?

Kate: ([24:20](#))

So it came about because, you know, and again, when you look at the journey of the experiences that we have, we come into this world full of possibility. We get into a space where that has to be a certain element of control as we go through various



systems. And then we get to a point in our lives, and this is generalization, but this has been my experience of wanting to free that again and understanding more and that deeper connection to ourselves. And that's certainly the experience that I had. And when, so in Qoya, Qoya is a movement practice that connects you to remember that you are, your essence is wise, wild and free. And we do that through various movements of meditation or breath work or the ancient wisdom of yoga and dance. And one of the things that we do at the beginning is that you sit in a circle and there is an invitation to pull a wisdom card.

Kate: ([25:19](#))

And the reason that that is there at the beginning of the session is to open you up to your intuition and open up to a deeper conversation with yourself, through connecting in with a card. And that was such a cathartic experience for me, because it was an instant way of going, oh, I can drop out of my head and connect with a deeper level of myself, my intuitive self, my subconscious self, my creative essence, just through putting a card and go, why is this the perfect card for me today? A simple question. And it was one in which I could share my experience and we share that experience with each other, and then you move your body through that. And when I was in Costa Rica, I mean not a bad gig, going over and teaching, learning to teach Qoya. The thing that came up for me as I was going through this experience, and it was such a journey over that time is what really came up for me is I kept getting these really clear visuals.

Kate: ([26:23](#))

And I hadn't been doing visualization for a long time because I've been so up in my head, but all that kept coming up for me was this visualization of a treasure chest. And the treasure chest had bound round it, these rusty rusty chains. And over the space of the week, I would sit and pull cards and journal everyday, and I would meditate. And over the course of that week, that that lid was opening up and all that kept coming out or everything that kept coming out where all of these, you know, imagined like this in Jumanji or something or radios or whatever it is, the chest opens. And there comes out these bright Jules, you know, and I kept seeing all of these colors, like wild colors, like red and blues. And I remember speaking to Rochelle, who's a founder of Qoya going, I've heard about these things called chakras Rochelle.

Kate: ([27:12](#))

And I keep seeing in my energy space, these colors, and she was like, oh yeah, that's really interesting. And remember, I've been talking about energy that had been stuck. Well, actually, what was happening is my chakras were coming to life. I didn't know what they were, but I was fascinated. I was fascinated by these energy shifts that I could see in energy and color that were literally coming in meditation. I could see them behind my eyes everywhere. And I was like, my wild colors are coming back. I had been so stuck and so gray for so long. And because of this connection, my energy was flowing and my wild colors were coming back. And as I kept going through, I was like, oh, this is like magic. But the practical application of



this is coaching, is movement, is all of the stuff that I had been doing over the past five years, or whenever I started to go into coaching.

Kate: [\(28:11\)](#)

And so we get to tune into the magic of ourselves, but then we get to take it out into the world in practical application. Because like you say, we can't always live in the spiritual world because we are energetic beings having a human experience. And when you are tuned in or wishing to bring your whole self into being, it's going to take magic, but it's also going to take practical steps to get there. So practical magic for me is just like bringing all of yourself into the world in a way that you can make shit happen.

Suzy: [\(28:51\)](#)

When you first, cause you obviously got, well not obviously, you've got the card deck, so people can literally pull their own cards each day and ask themselves the question, like, how do I make this work for me today? Or what does this mean? Can ask yourself whatever question that you like, anything? Yeah, what was the vision when you first brought that to life? Like, what were you thinking? Like where do I want this to go? How do I want this to impact? Like, what were your thoughts around the deck to start?

Kate: [\(29:26\)](#)

So I, since doing, everything became very much about how can I live the most creative life. And that invitation allowed me to be in with my creative muse every day. And I call it the shower of dreams, right? When I get in the shower in the morning, that's usually where my ideas will come through. And I was like, hmm, I've got all of these skills and all of these resources and all of these different approaches to things and things I'm really super interested about and fascinated by and things I work with my clients on how incredible would it be to have a toolkit, which is essentially like having a life coach in a box. So everything that I bring into being that you could just pull a card every day and have an activation then that you could go and do something with it.

Kate: [\(30:20\)](#)

And so do you know what, I think when it first came in there wasn't so much of like, it's going to take over the world, it's going to do this, but I felt it. I felt this energy. I didn't know. I didn't actually know what the long-term aim was but I knew that this was the thing that was going to unlock so much in my work, but also for other people, I just knew I felt it. And so it started this creative project and we went through, when I created it, I was like, you know, making card decks, I get asked a lot. It's not the easiest of things to do, but it's a lot of fun and it's not the cheapest of things to do. So I was like, how am I going to bring this out to the world? Because as you said that the top brand is one of the things I am is the way I connect with the world and connect my energy, my rock and roll vibe to the world.

Kate: [\(31:14\)](#)

I knew it had to look a certain way. I knew I wanted it to bust beyond. I love angel cards wisdom cards, but I knew it had to bust beyond that. Cause I wanted to meet more people where their at, I didn't want it just to be for the spirituality world. And I wanted, I knew that I wanted this thing to create impact for many people. And I wasn't quite sure how I knew that. I knew that. And so the way that we approached it is we did a Crowdfunder. So it got funded through Kickstarter and my community. Yeah. And I approached it like every, every kind of, I suppose, brand job I would have done. It's like, how do we it's like doing a launch, right? So how do we get this out to as many people as possible? And the people that I already have in my community and they were so supportive and I was like, ah, this is the thing.

Kate: [\(32:07\)](#)

It's the community. People feel the vibe. They know, they can feel the energy of this. The designs are so vibrant and it's doing something it's really helping people to tune into their inner wisdom. So it's the community. This is powerful. And when I first, when the deck first came into my hands, once we successfully crowdfunded, it went out to the world. I was like, right, this is it. I'm going to get into every shop. Right, I'm going to get contacts at liberties. I'm going to go into selfridges. It's going to be, this is going to be the thing. It wasn't the thing at all, in any way, shape or form. And it was like my ego and my logic brain could have gone. Well, it's a failure. I'm not getting the traction that I want. It was selling, but I'm not getting the kind of traction I know this could have, I feel it.

Kate: [\(32:58\)](#)

But actually over the space of 18 months, I just stayed in listening mode because people were telling me, wow, I had a conversation with my partner over the course of the day that we would never have had, or we've pulled cards with our family. And it's completely changing the direction of how we approach things as a family. You know, people were telling me all the time, I was like, right, this is my opportunity. I'm just going to sit and I'm going to listen. And what really came out is the power that having a tool like this when people are holding space for themselves in each other to really tune in and because it's much more accessible, it meant men, women, whoever, however, kids, like there was one woman who was telling me she had four generations of a family together from the kids to the grandmother, all sitting around, having a conversation that they would never have had if it hadn't been for the cards.

Kate: [\(33:59\)](#)

And I was like, woah this is powerful. This is it. And from that point, it was like, right. Well, this has got to be a thing where I can teach other people to hold space using the deck so that they can take it out into the world. And then I was like global mission. I could see people in Australia and America in general, I could see it. It was as clear to me as I am talking to you now of how this facilitation, how people could hold space to connect into themselves with the cards as a tool to do it. That was, that was like, you know when you're like, yeah, that's it.

Suzy: [\(34:39\)](#)

What I love about this is what you said at the start. You didn't have the big vision. It wasn't the big mission. You just knew that this was a step towards something that was going to be magical. And I really relate to that for my own story in that when I trained to do hypnotherapy and psychotherapy, it wasn't because I wanted to become the next Paul McKenner. It was just like, I feel that this is a step in, it was a step away for me. It was a step away from what I was doing. And because I was choosing to step away, I was inevitably choosing to step into something else. If you had said five years later, this is what you're going to be doing because of that step, I would have gone shut up. Not, no chance. And I love, but I think so many people hold themselves back because people like you

Suzy: [\(35:39\)](#)

and I talk about our big missions and our visions. And people think that if they don't have that, then they can't move forward. And actually it's the first step. Whether you're stepping away, and if you don't know what you're stepping into, often it is stepping away from something it's saying I'm no longer prepared to tolerate this. This is not the thing. This is not the jive, I am going to open up a new door and we're going to see what happens. And that's where the magic gets activated. The one thing that you didn't say, which I, whenever I'm thinking about your, what it is that you do, I remember that moment when you said, I see people in, you know, Australia, Australia was a big one, but Australia, Japan, all over the world. The other thing that you said was, I don't know whether it was a hundred thousand or a million, but the hundred thousand hearts. And that I think like, and you have your disco balls around the hundred thousand hearts and the disco balls and the ripple of light, can you just talk a little bit about that?

Kate: [\(36:50\)](#)

Well, you know, we'd been working together for a little while and it got to a pivotal point in the journey and, and just to go back slightly, I don't think any of this would have been possible without doing, you know, connecting into the body. Cause before then my logical mind would have gone, well, I've got to have the business plan. I've got to have, I've got to have the five-year plan. And from that point of discovering this connection to mind, body and my energy flow, I was just like, I just no. And whatever comes out of this, whatever happens. Like everybody from the outside, would've gone, you're doing what now? Say what now? You know, there's many times my partner has been like, I don't get it, but okay.

Kate: [\(37:34\)](#)

Still don't understand it. But it got to a certain point, I think at the end of 2019, where I had been in like production hustle mode, even though I'm getting much more connected to my body because that's just what I knew how to do, but it just wasn't gaining traction. I had worked so hard and things were okay, but it just felt like it was too much hard work for the amount of energy that it was taking. And there was a particular point where I was like, just don't know if I've got enough energy to do this anymore. And what really came to like, we started working

together and I think it was, I hadn't really expressed what a mission was before then, because I'd just been doing the work right. So it did get to a point where I like, so what is this?

Kate: [\(38:32\)](#)

And actually when I sat and I pulled cars and I, my body and all of those things, I say, ah, this isn't about a thing to do. This is about a connection to people and helping to light up hearts. And when I talk about disco ball hearts, I mean, I'm obsessed with disco balls. And when you look at a disco ball or a mirror ball, whatever you want to call it, and you see all of those tiny bits of the mirror, they're not always in the light, some of them in the shade, but it's always beautiful, right? It's always, and when we're lit up from the inside, it means that we can help other people to light up and that connection to lighting up more of ourselves so that we can show more for the world so then for the other people that we are working with, they can also do the same like that.

Kate: [\(39:20\)](#)

For me, I just kept seeing these lights lighting up all over the world. And I was like, okay, so what do I want this to be? What does this feel like? And that was when I'm on a mission to light up a hundred thousand disco balls or hearts all over the world. And that might start with a thousand facilitators or a thousand people that I work with. But when they're lit up all of those mirrors that they get to light up 10 people, and then those people get to light up 10 people. And then those people, that was the hundred thousand hearts, and now it's a million, right. Because yeah, that's what we're doing. That's just what we're doing.

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

Because why the fuck now!? Who doesn't want more people lit up around the world. And again, you didn't know when you thought about the deck that it was going to end up with you training people to facilitate it?

Kate: [\(40:20\)](#)

No idea, not even on my radar. And isn't that great. It's amazing. Being open to the possibility of seeing where it goes. I think the challenge is, the human mind wants to find answers all the time. Like if I am going to step out and do something that takes me wildly beyond my comfort zone, I need to know that what the payoff is going to be, and that just doesn't leave space for magic. It doesn't leave space for adventure. For what? Yeah. Okay. So yeah, it might fail, but also it might be even bigger than my wildest dreams. Isn't that exciting?

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

The journey is the payoff. You know, the learning, the steps, the falling, the picking yourself up, the developing of your resilience, the highs, the mega mega highs, the excitement like that is the payoff. And I think that this, the desire to know what the outcome is, it harps back to what we were saying at the beginning. Like if I know what the outcome is, I'll be able to prove that it was worth it. And if I can prove that

it was worth it, I can prove that I'm worth it. I can validate my existence and my choices, it takes a very big shift to go from I need to know the outcome to waking up, you said at the beginning of, before we were on air, like I woke up today going, yeah, today is going to be a great day without knowing what's going to happen today. Like in the gaps, in between the interviews, without knowing, just being able to look at every single day, even when it's challenging, even when it's bad, even when it doesn't go to plan, like this was a gift, that is the payoff. So many people are not living their life in that way right now.

Kate: [\(42:24\)](#)

Do you know what? This is such a great conversation. I'm having so many conversations around this recently where, you know, I'm a coach, you're a coach. What we're doing is helping people to get to a certain point where they think they want to be, and you can work really hard to do that and you'll get it, you know, great. But what if you don't notice the miracles along the way? What if you don't notice all the things that are happening, then you've just worked really bloody hard. And when you get to that point where you think you should be, you're going to be happy. You're going to really be probably very worn out, you know? And it is, it's the noticing is every day going, yeah, that would, that didn't go how I expected it to go. But do you know what, every day I'm open to possibilities, every single possibility. And that, that gets to be how you activate your disco ball heart. Cause in every little mirror of whatever it is that has been reflected to you, there's something there, there's something there in all of it. Yeah.

Suzy: [\(43:30\)](#)

Yeah. There's something magical there, there is a gift there. And that point about how you feel at the end is always the anticlimax. It's like, if you imagine being an Olympian and everybody wants the gold, only one person is ever going to get the gold, but you're only, depending on your level of skill and longevity, that moment in time is just a moment in time. What happens after that moment in time? You know.

Kate: [\(44:03\)](#)

Exactly. So every day is the choice to be in this frickin life, isn't it? Not to be a, the passenger as you're hurtling from one destination and one point to the other. It's like every day I get to choose where I can be open to what is going to unfold for me today. And that's, and that's where the magic is because when we're not taking notice of the miracles, when we're not taking notice of the things that happen, then it's just harder to fill the fulfillment of why you're doing what you're doing in the first place.

Suzy: [\(44:41\)](#)

So true. It's so true. You can't, what's really interesting about this is that when you're noticing the magic in the moment, your vibration is higher, you're vibrating at a higher frequency. And isn't it interesting that the people who are like up there and it's real, so it's not a mask, they are deeply in appreciation for the magic that is happening on a daily basis. They also appear to be the people that are bringing the

things, attracting the things that they desire in their life a lot more quickly too. And again, we get to be really careful about that measurement of, oh, I did it in 30 days. I did it in 10 days like that. We have to be really careful not to slip into that, but it is the appreciation of your life, you know, and creating a life that you appreciate because sometimes we're not living that life.

Kate: [\(45:42\)](#)

I have such a deep reference for it Suze. Because what I know from the experience of losing my mom is that she was heading into her retirement. This was going to be the time when she was going to be able to relax. She was going to be able to do all the things that she wanted to do. You know, dad was going to be taken care of. She spent a long, long, long time looking after him. She was a nurse and she'd been, worked so hard in her career and she didn't get the opportunity to do it because bless her, she was waiting. She was waiting to live. And unfortunately she waited so long to live that she died. And the thing that I am so reminded of each and every day is I'm not going to wait. What I do know is that I can, I've found some, a purpose that I can be doing to the day that I am taking my last breath and it gets to evolve and it gets to shift and I get to be with it. You know, I am it. And there's a real freedom in that feeling, number one. But also I do know from having that experience, we talk about the death bed question that when I look back, I'm going to be like, how was I high kicking it as much as I could each and every day, even when it was difficult, even when it was challenging that I get to remind myself every fricking day that I am here and I am magic. And it is magic.

Suzy: [\(47:11\)](#)

When you think about your next level of expansion, where is the comfort zone that you know that you get to move beyond in order to allow more?

Kate: [\(47:27\)](#)

For me, that really feels in terms of getting out there with this mission. I can be very great at staying in a comfort zone where, and I know that I'm and I have to, that's where I have to be the really detached observer of my life, is that I have great clients. I have a great business. It feels good. And I had to keep checking in with, yep. I know there's more, not in a, I just need to push, push, push, but actually on a mission on my energy, where else could I go? Where else feels expensive? And I do know I have the tendency to play quite safe. And I'm sitting here in front of my mentor who said, come on, girl. I feel this, c'mon woman. And so I know where I pay myself safe is that I don't take opportunities when it comes to getting more visible or I don't take myself forward in really being expensive in my energy.

Kate: [\(48:40\)](#)

You know, my logic brain will really kick in and go, yeah, but we've got a launch to plan and we've got this to do and we can make ourselves really bloody busy. And so the opportunity is always there to be much more expansive. It's really funny because when, before I came on to this call with you, I pulled a card, obviously, and I pulled a card and it was vaporized, which is about busting your story. So it's



interesting, we're having this conversation. And then I turned the pack up and the one that's on the top guess what limitless, of course. And so it's the opportunity to be in that vibe of what is limitless possibility and being in that space where I can just allow my creativity to be limitless and play. So it's when I get too stuck in logic and doing that I don't afford myself the time to be limitless just in play.

Suzy: [\(49:37\)](#)

When I'm listening to you the thing that is coming through is something that I said at the one around being all of yourself. And for me, that limitlessness comes in as we allow more and more and more of ourselves into our existence. And I think that it's interesting as coaches, especially a coach who is as accomplished and experienced as yourself, and also the way that you present yourself, me saying, be more of yourself. People would look at you, you know, look at you on Facebook and be like, oh my, how much more of herself could she be? And it's not what we present, it's the energy piece. Our energy is literally limitless. We can send it around the world, an infinite number of times. And often we're not even taking up all of these spaciousness in our own bodies coming right back we're living like if, if we can imagine like our life force, our spark, our life spark often, like it's a little, it's literally a little spark. It's like the end of the sparkle of people are living in that space. And it's like, do you realize you can light up your whole body? Do you realize that you can then amplify that and send it around the room? Do you realize that you can send it around the whole globe and not feel depleted because that is you, do you get that? It's like that being all of yourself. And I'm saying that is that in allowing your energy to, to be in its fullness. That's, exciting.

Kate: [\(51:39\)](#)

That's so exciting. And it's always in that energy, in that space where, like I say, the million disco balls hearts, the people, all of it's like, I'm just connecting, I'm just connecting. And it doesn't matter that I don't know who you are. I feel you because I feel you in my heart. And it's like, when those people come in and say, oh yeah, I remember. So it is about being more of ourselves and tuning in to the possibility, the limitless possibility of what that gets to feel like. And so when you asked me the question, where do I not do that? It's when I, when I make it, my ego makes a decision that it's not possible, or that I have to do all of the work because I'm a really good, you know, I'm good at doing an work, when I over overcompensate and trying to put all the logic, you know, we don't get too much in the practical and not enough in the magic. So it's always a dance.

Suzy: [\(52:43\)](#)

I think that that happens. I think that that's super common. And I think that it happens when we have deadlines, you know, the logical mind says, yeah, but how are you going to do it in this timeline and this limited amount of time. And I think that was definitely being freeing for me is allowing myself to have much bigger intentions, much bigger goals. And knowing that that's not going to happen in the next year, but my job is to start aligning my energy or expanding my energy into the bigger vision. And as I do that time collapses anyway, because I'm playing in the



realms and the frequency of the bigger vision. So all of the milestones that I have no idea of what those actual milestones are, but all of those milestones stop popping up way more quickly because of that decision to play with bigger energy.

Kate: [\(53:38\)](#)

And, and that's when we have to start noticing the miracles as well and noticing the magic, because if that vision feels too far away, if you don't see that it's already happening, then it's always going to feel too far away and you're never going to trust it. And I could never get there. And so, you know, in the spaces that we're in and for ourselves as well, it's, it's going back to, yeah, let's play with that energy of what that could be like and notice each and every day that it is already happening. It is already here and I can see it because it's here, here, here and here.

Suzy: [\(54:18\)](#)

And for me, I don't see it. I know it. I choose to know it. I don't need to see it because I know it.

Kate: [\(54:27\)](#)

Yeah. Yeah. And that's a beautiful practice to have. You asked me the question the other day, like, what is the thing that, you know, with all certainty and I reflected back on a voice note and I could feel it in every part of my bones, it's already done. This is just what we're doing around here. This is what we've always been doing. It's what we came in with. And it's that each and every day. Yeah, it is happening. It's already happening. Like you say, it's a field, right?

Suzy: [\(55:01\)](#)

It's that level of certainty that enables you to navigate the challenges with a whole different level of ease. It's like, oh, oh, that didn't go to plan. Oh, another obstacle here. Oh, another challenge there. Oh, it doesn't matter because they were doing this over. Like this is happening.

Kate: [\(55:19\)](#)

How we get there doesn't matter. It doesn't matter. Exactly. It doesn't matter.

Suzy: [\(55:30\)](#)

I love this so much. Kate, you are incredible. Can you let people know how they can find out more about the facilitator training and where you hang out?

Kate: [\(55:38\)](#)

So I hang out a lot on the old gram and you can find me @Katetaylorcreativeliving. And my website is Katetaylor.co. Practical magic facilitation runs every, about every six months. So the next one opened as the 29th of October. And I'm not sure when this is going out, but over on the gram, I'm going to be doing every day is practical magic August activation. So we are gearing up for their next opening for practical magic facilitation. It's a seven week coaching and facilitation program where you get to learn how to use the deck and go deeper in terms of a coaching journey. So it's

great for who have thought about coaching and are interested in it, or coaches who want to develop their intuitive skills and helping their clients to connect deeper to intuition. So there's so many different applications to it. So if you're interested, just come and drop me a DM babes, come chat, pull a card on it.

Suzy: ([56:46](#))

Pull a card on it. This has been so nourishing. So rich, so amazing. If you have loved listening, let us know, tag us on the old gram so we can share more of this magic around the globe. And in the meantime, please remember that faith plus action equals miracles.

Faith + Action = Miracles