

Episode 174

Tue, Mar 14, 2023 3:32PM 40:15

SUMMARY KEYWORDS

hypnosis, book, memoir, tammy, hypnotherapy, people, author, read, hypnotherapist, fiction, life, writing, session, husband, weird, talking, bit, happen, feel, amazing

SPEAKERS


Tammy Tyree, Carissa Andrews




Carissa Andrews 00:03

The indie author revolution has been around for more than a decade, the Wii indies continue to push the boundaries of what we're capable of. From getting over initial prejudices, to staring down perfectionism and author impostor syndrome. We've become a force to reckon with. Now after years of hustling, grind, we indies are rebelling again. Gone are the days of publishing a book a month until we drop, and in its place, we're sowing the seeds of a better way away with more ease, abundance and flow. Get ready to learn about indie authorship from a whole new perspective. We're about to cover everything from releasing your poverty mentality to manifesting your millionaire author destiny. I'm Carissa Andrews, and this is the Author Revolution Podcast. Well, hi there and welcome back to the Author Revolution Podcast, I am so thrilled that you are here today. Oh, you're in for a treat my friends, this podcast interview is going to be a fun one. So it's interesting because I was just listening to it again, and reminding myself kind of what we spoke about and what went on. And this is the interview with Tammy Tyree, board certified clinical hypnotherapist. And it is all before I brought her on board with the Millionaire Author Manifestation course. So I originally met her through our Rapid Release Roadmap program, she became a student and started interacting with our monthly coaching calls that we do through Rapid Release Roadmap. And in our conversation of getting to know her, I realized, oh my gosh, there's something about this lady I need to understand or I need to get to know her better. And when she was showing us the picture of her book and the artwork that she had done for it, I just got goosebumps over it. I don't know what it was, I just knew I had to read this book. And I'm so glad that I did. So she's written a memoir, it's called Dead Men Still Snore. Super cool title, by the way, I still love it. And I it's not usually my read, like I was in the middle of doing a lot of rom com reading. I kind of you know what, I'm not doing romance readings. Lately, I'm still doing urban and paranormal fantasy reading. But I just felt called to do it. And in the discovery of, you know, the situation that had happened to Tammy and she'll talk a little bit more about her book and what happened in the interview, it was like there was this connection to her. And I knew I had to understand her a little bit better. Well, since this interview, I have gone on, obviously to be hypnotized by Tammy to go through some solo sessions with her just to see if there's anything I need to clear there. And then also, to bring her on board to the Millionaire Author Manifestation course because I knew there was a way that we could really help the authors who are trying to get past the resistance to whatever issues that they're they're trying to overcome, whether it be money, whether it be writing


faster, whether it be having a successful career, to me, focusing on things like money blocks feels like this is just an energetic, intuitive thing in myself, it feels like it is putting energy and effort into something that we no longer want. And so when you're entering that space, whether you're thinking about it or doing something with it, you're activating the vibration of it. And I don't feel like that's the place where we anymore as human beings need to be or focus a whole lot on. Like when something's ready to be released, when there's resistance that's ready to be released. It's either going to happen naturally, or it's gonna happen through something like hypnosis, or some sort of way where we can just let it go. Right. And so bringing on Tammy after this interview was just it was such a natural progression that I look back at this interview. And just think, wow, how far we've come since this podcast interview was recorded back in January, yet it's been that long. So it was super cool and interesting, just to get to know her to learn all the ways that she uses hypnosis. So with all that being said, I want you to know that Tammy is a really cool lady. I am so happy and so thrilled to be sharing her podcast interview. And I cannot wait for you to learn more about all that she does. So without further ado, let's get into it. Hi, Tammy. Welcome to the Author Revolution Podcast. I am so glad that you're here. I am thrilled because I have read one of your books, your memoir, and it's just fantastic. And I spoke a little bit in the introduction about who you are and kind of how I fell into your book sphere. But for my audience who isn't quite yet familiar with you, do you want to explain a little bit more about yourself and what it is that you do?

 Tammy Tyree 04:45

So thanks for having me on. I'm so thrilled to be here. So I am an author and hypnotherapist and I had recently actually within the last year published and award winning memoir now. And I'm currently working on a paranormal witch fiction series and that's kind of what brought me into your world as well. You know, picking up your books and then picking up all the other things about you and hearing your podcasts and all the things so, but my protagonist in this particular paranormal, which series is a hypnotherapist, of course. We have a lot of fun with that for sure. So I'm excited. I'm I'm also a mother of four and a grandmother of one all my kids, of course, have grown and gone, but I've been in your shoes. I know.

 Carissa Andrews 05:36

You're all the chaos at home, you're going What am I thinking? What was I thinking? I have no idea. Yeah. Well, you and I also share some similarities because we're also Reiki Masters. And now I think though the hypnotherapy part is the part that just kind of drew me and when we were talking last month, I was like, That is so cool, because I have personally always wanted to know the answer to this question. So I'm hoping you can help me. What is the difference between guided meditation and hypnotherapy?

 Tammy Tyree 06:02

Hmm, that is a good one. And I've heard that before, but the difference, really what the intention, and the guidance would then be. So with hypnotherapy, you know the therapy part of the world of the sort of an all inclusive treatment. So guided meditation won't maybe take a topic. And then generally repeat some mantra until that new message has been received by your subconscious mind. So it can take quite a long time for any kind of permanent change to

result. But with hypnotherapy, we talk through the problem, the issue, the limiting belief or whatever, and we create a really intentional plan to dive in, through the use of hypnosis, find out where those beliefs are actually coming from. Because some people, it's not that obvious about where parts and pieces have come from. And then we create a different scenario. So whatever damage was done, maybe as a child, or a teen or young adult, or what might it be, we create, in their subconscious, a different scenario, a different story. So it's kind of like a pattern interrupt. So heals the original wound that had been tied to their emotional center. So whichever scent that may be, so think of the chakra system, right? So I also integrate Reiki into my sessions. And mainly I do distance sessions now. So still works, as you know. And then really, depending on what the wound is, we can usually attain a complete and total healing and change within three sessions or less. Wow. Yeah, what less time in this realm as far as therapy goes, then I have found personally even talk therapy to be I've had clients who have come to me that had been in talk therapy or psychotherapy for 20 years. And within three sessions or less, we finally come to the basis of the issue, right, we've had as much talking about it. But we've been able to kind of get to the core, and you're beautiful for that. So it's it's really looking behind that veil, it's allowing people to relax and allowing their subconscious to say, Okay, this is where the issue is first in my body. But what is tied to that, that part or that piece, you know, it's something in my in my heart I feel it in my heart, where is it in your life and your past like maybe your past lives that is been tied to this to this pain. And because they're in hypnosis in their in the state of the conscious mind saying, I'm gonna get out of the way, their subconscious mind which remembers everything forever in every life. That's able to Yeah, remember that time? You know that happened. And and there we are. And there's the core and the root of the problem. So we're able to take that we're able to reframe it, and then welcome to heal.



Carissa Andrews 09:02

Now that is so... to me, it's like, so fascinating to consider and like mental gymnastics myself through it, because I like there's a part of me that just loves the idea of being able to go into hypnosis and like, pull those things out that maybe I am, you know, trying to hide or trying to ignore myself or whatever. But I found that I've got just a touch too much skepticism to go into hypnosis, do you? How do you work with people like that?



Tammy Tyree 09:31

I am had several in my career, although I've never met anybody that I couldn't help through hypnosis? Sure. So the trick to that really is that it's an understanding of how that person receives direction from the therapist. So I have a very painless test and it's one of the things I was very honored to learn through my education as a hypnotherapist that isn't really out there. Are for a lot of therapists. So the school that I went to the people that I was all my colleagues, we put people through this very painless test. To to help me understand whether or not the individual likes to be told what to do or invited to have an experience. Who who generally are skeptics are usually the people that require the invitation.



Carissa Andrews 10:25

I was gonna say that would probably be me. Yep.



Tammy Tyree 10:28

So yeah, for So hypnosis wouldn't work for you. For example, if I was to say, like, be here, now, your critical mind is going well, why should I be there?



Carissa Andrews 10:42

Like, how would that actually work? Like, where's there really?



Tammy Tyree 10:47

Yeah, I invited you to just relax and enjoy the process as we went along. And I invited you to maybe walk down those 10 stairs, or state of hypnosis and, and save words that are more around an invitation than it would work for you.



Carissa Andrews 11:07

Okay, how cool is that?



Tammy Tyree 11:09

Relax, your mind would get out of the way. And you'd be like, okay, always knowing to like, you're always in control in any state of hypnosis. You are the person in control, you know, people, they look at stage hypnotist. And they think, oh my God, no, I don't want you to make the bark like a dog or your rock, right?



Carissa Andrews 11:28

That actually comes to mind because the last hypnosis session that I ever witnessed was the graduation lock in, you know, or they have like, all the crazy things go on. They had a hip, hip note. He wasn't hypnotherapy, he was just hypnotist. And yeah, they had classmates doing that. And I was like, That is not for me. I am not doing that.



Tammy Tyree 11:46


Yes. Because it's his own. There's a way for them to talk to the audience. And maybe he'd ask questions of the audience. And people raise their hands when they say, oh, yeah, I can do that, you know, a little trick that together. He's like, Yeah, you wouldn't be inviting a skeptic. Okay.



Carissa Andrews 12:04

Yeah. I didn't make it to the stage. And I was okay with that. I was far more happy watching the


Yeah, I didn't make it to the stage. And I was okay with that. I was far more happy watching the scenario go out. So cool. To me, it's like, I can go through meditation, I can do guided meditation I put it is it's more suggestive. It's, here's what we're doing next, visualize this thing, you know, it's like that I can do all day long, no problem. But if you tell me that you're gonna do XYZ and I'm gonna like, Okay, sure.

 Tammy Tyree 12:12

And on the stage, the people who were invited to the stage, that's a perfect example of people who like to be told, Okay, walk down those stairs, now, be there. See this. Now, that kind of thing. Like, it works for them, they're like, well, and then they're right there, they're right at the issue, they're right at the cause, where someone who maybe needs to be invited, it just takes a little bit longer. Gotta get them to relax a little bit and kind of get out of their conscious mind. And I look forward to having the experience and then it's great. So probably, it's unfortunate, though, that that vote, half of the population is either one or the other. Isn't that a weird? Really amazing, and that's those two opposites that attract, okay, relationships as well. All right. So, you know, you you are what we would call an emotional, suggestive and perhaps your husband and I don't know him, but your physical suggestive, kind of, like, yeah, like direction, I like to look at plans, I like to, you know, do that kind of thing. Whereas, you know, maybe you are a little bit more creative or whatever. So, so the two different types of people are generally always married together, you know, you often find the same type that are together, they tend to clash. So it Yeah, it moves into relationships, and, and all of that stuff, but they've all therapists or psychologists sort of utilize this type of testing first, I think that we'd have a lot more success. Because I've, a lot of people have come to me and said, you know, hypnosis never worked for me before. I don't know why it would now. Exactly. Like, something where you think, Well, I'm not going to be in control, like, you're gonna, you know, you're gonna get my bank information or whatever it is.

 Carissa Andrews 14:19

And I'm a double Virgo. So that does not work well for me.


 Tammy Tyree 14:24

Wow, no kidding. Yeah, and there's an always within the person is that sense of their morals and values, right. So there is no people may have said it, like they can make you do this or that. It's like, No, I can't make you do anything against your moral core. It's just not work. And and that's not what it's about either. So it's about healing that core wound and allowing you to then break through really get through the rest of your life with with a lot more ease. So, powerful.


 Carissa Andrews 14:58


I can imagine. Okay, I'm super excited about this fiction series. I'll tell you what once, once you have this thing launching, I'm gonna be reading it, but you're gonna reading things. Obviously, I have read your books, and that segment what? Dead men still snore. I love the title, by the

way. And now before I talk about, like how amazing it is, and I want you to tell people about it, I would like you to explain that you actually created the cover the artwork for the cover, too, right?

 Tammy Tyree 15:24

Yes, I did. I did. I was working with a friend who is a designer, actually, she was a retired designer. And it was it's funny, you know how things go, you meet people in your life that you think, you know, you're not sure why. And then something pops up. It's like, oh, that's why I've met you. Right? So he was a retired designer. She's actually a health professional now. And we were in the same kind of a course together. We were, we were working on the course building and that kind of thing. And, and she was just so helpful. And she's like, send me your ideas send me the book covers that I'd had another professional too. And I wasn't happy with it just was not sitting well, it's like no, no, no. And I sent her my book and everything. And she read it. And she's like, Oh, my freaking god like you. You have to do your own hard work. Because you knows that I. Yeah. So I was like, really? I don't know. I don't know. So I came up with the canary. And there is a reason why there's a canary yellow. There's a reason why the Canaries standing on a cigarette butt, which is when I painted in the smoke lines of the cigarette and was sort of, you know, brushing them and blending them. The skeleton appeared. And it appeared quite naturally. And it was like, Whoa, I just knew right then that my my husband was with me and helping me paint this. So the book is the story of a time in my life, when I went from being the spoiled wife of an amazing man, with whom I was building a life and belief, to surviving a horrific car crash which tore my husband from this world that left me virtually unscathed. And then afterward receiving messages from him to share with the world, and hence the book. I'll happen February 28, 2019 coming up on four years ago, his messages from the other side started the moment that I woke up alone in a Mexican hospitals. We were traveling from Belize to to Cancun, in our jeep, and our jeep was yellow. When I woke up to the sound of my husband's god awful snore. I mean, I would challenge anyone the husband who snores you know, I had and still have on my on my phone. That memo of his snoring. Yeah, wouldn't ever believe me like how it really, really earplugs or I had to have, you know, headphones or something like all night these are gonna live but anyways, I heard this weekend snoring. Like, cause thinking, wait, no, I know, he's gone. I know, he passed. Like they told me I just know it. I knew it in my heart, even though I don't remember the accident whatsoever. was so he woke me up. So hence the name of the book.

 Carissa Andrews 18:22
Right?

 Tammy Tyree 18:25

Yeah, the mind game is the concussive brain was like, no, he's gone. No, why? So that's all in the book. But you know, he woke me up and the messages started pouring in. And right from from that day one, it was just you're going to be writing a book. And we're going to be putting this in. And we're doing this together. So it was brilliant.





Carissa Andrews 18:47

The book is brilliant. I mean, for me, so I wanted to show because obviously, you were talking and I don't know if people can see it. But here's the smoke that she was talking about. And it was just it's so amazing. When you when you were first telling me that last month I I literally got goosebumps, I was like, Cool. That is so cool. So of course, I had to go and purchase the book and read it. And like the entire thing was just so epic to me, because you're the development of your relationships. And they're kind of the back and forth of how you guys talked and whatever. And it reminded me so much of my husband, we met on Twitter of all places way back in 2010. And so we were, you know, conversing back and forth on Twitter, we were just talking about books, but you know, eventually we were on Skype or on Messenger and we were talking and it was it was just so cool. The way that your relationships kind of bloomed out from having that long distance piece in the beginning to eventually obviously being together. And it was it was so fun to read kind of back and forth between like your love story growing and then also what was really going on. And it was it was like this juxtaposition that you just it was heart wrenching, but at the same time heartwarming. It was it was so weird. And so I really appreciated that the read and just it I know it was just such a good book. So I definitely recommend it to anybody listening and go out and read this book. It is amazing. Oh my gosh. Okay, so like you're saying you, you can now well, since Michael passed you, you've been able to channel him, but you also help with other people, right with entity release and getting rid of that sort of thing. What does that experience like for you? Because I'm so fast. I mean, between hypnotherapy and this, I'm so fascinated.



Tammy Tyree 20:24

No, it's, it's been a crazy ride for sure. I've always been a spiritual person, right from the time when, you know, it was my family was trying to really shove religion down my throat. And I was always like, you know, like, you're for me. But spirituality grows in time. And this this though, this was like this cataclysm that happened that sent me on this other trajectory that I'm never expected. It's been super joyful. Which sounds weird, because, you know, I lost my husband, but he's still with me. So we was okay. But I love getting those nudges from the people who want to send a message to whoever I'm talking to at the time, or who I'm working with. And usually it happens when I'm with a client. Yeah, so it's like himself, who tells me what that person really needs to know now, and usually his nudges are full on elbows to my side, where I'm like, Oh, dude, okay.



Carissa Andrews 21:19

Like he's been trying to poke you, but you're not listening.



Tammy Tyree 21:21

I know! It's good to like, really get to it and he knows how to get it right. It was either the snoring or I smell a cigarette smoke or something. And it'd be like, Oh, okay, like I better you know, just sit and be quiet for a while and get these these things. But but it's, it's exciting to me that this happened for other people. And it's not. So I don't, I'm not that's wonderful lady in New York with the blonde hair with Theresa Procuto.



Carissa Andrews 21:52

Something like that, yes.



Tammy Tyree 21:54

I'm looking at you and go, oh, there's someone standing right beside you. But I've had that happen, which is so interesting. And I just get the nudge that somebody wants to say something or appear. And for me, I can't see them with my eyes. But when I close my eyes that can. So that's really been interesting. But then it also kind of blew up and expanded into this new kind of client, which I really wasn't expecting. So as a hypnotherapist dealing with people with depression, anxiety and suicidal ideation, what I was actually starting to find is that they were victims of entity attachment. And I find that through the process of hypnosis, but sometimes it was also just this, it was there, I just knew it is when they walk in the door and sit on the couch, it'd be like, Whoa, there is something going on with you. And we need to find it out. I wouldn't say that, of course. Sure. Sure. That in their minds. A lot of the times it was me clearing it without there even realizing that something was attached because of that fear. Of course, you don't want to tell us.



Carissa Andrews 23:01

What do you mean, someone's attached to me?



Tammy Tyree 23:06

Oh, you just be this thing where it's like, okay, it's cleared. It's dealt with. And, and but a lot of times, though, what would happen is some of being hypnosis, and I'd ask them, What were you feeling this in your body? They find that spot and I said, What does that attach to, and they would come up with the name of the being that is attached to them, whatever it might be. And so super interesting. So I have all these case files. And of course, all of these case files are being worked into my fiction,



Carissa Andrews 23:36

I love that.



Tammy Tyree 23:38

It was a piece of it or whatever. But what I found also surprising is that I don't have any fear around this. You know, there was even a demonic presence there, whatever, clearing it it's just been this wonderful challenge for me. And I've done it with with joy and with love, and not with fear. And maybe that's why it's been so successful. So I've been invited to people's homes to clear their homes. I've been, you know, gone to the hotels or like whatever it might be, because

there's this, you know, something is here, and people are feeling it. And so it's amazing. I love I love being able to do that work. Yeah, and I love giving me all of this great juicy stuff to put into my picture.



Carissa Andrews 24:23

Right. Now how is that for you like the transition from you know, getting your start with the memoir and having to get this put together in co creation with Michael Like, it wasn't weird switching from memoir, from nonfiction to fiction.



Tammy Tyree 24:37

Pretty strange when back when my kids were quite small. I wrote a lot. And I was mostly erotica, actually, and was published in anthologies, and that kind of thing. And so I still have all of that, you know, blossoming in the back of my mind to get back to So, you know, like life gets in the way and this was before self publishing. And so things were happening a lot more difficult to, to get into but, but writing the memoir, of course, was difficult, but in a different way. It took me two years to write it actually, because of the emotions involved.



Carissa Andrews 25:11

Oh, I imagine, yeah,



Tammy Tyree 25:13

Yeah, I would have to take breaks for like days or weeks sometimes because it was just to latch on. Because I knew that I needed to wait for more input from Michael and from the group of guides that were also co creating it with me. But truly, that book was co written from the other side, I looked at it after it was all done and published it in my hands. It's like, how did this happen? Like, I don't even wow, you know, it was just very surreal, but in a different way. Yeah. And then with fiction, of course, it's that input from the news, right, from the higher self, right. And the only difficulty that I'm really having with that is sort of getting out of my own mind. And saying, like, is second guessing myself? Is this something that anyone's gonna want to read? You know, but then you have one reader.



Carissa Andrews 26:03

For sure. So yes.



Tammy Tyree 26:08

Writing, it's like, oh, this is good. It's a doozy. And then, you know, the characters take over, and I love, he's, which is so great. Because it's like, great, you write this for me? And love it. Easier, right? Yeah. But writing what I know, like, I include a pieces and parts of my real life

case studies into the books now. And then I'll, you know, the entities that I've come up against are some of the demons that I've come up against. And then a lot of it too, is also from my own past lives as a whip, pool. And then actual history. So the research that I've done on demonology and that thing, and it's fit and folklore, it's, it's all kind of woven in there. Just been a super fun ride for me. And you know, and then still, of course, keeping it within the, you know, 65,000 word count. Yeah, well, a challenge.



Carissa Andrews 27:03

Yeah. And putting it such a cool information. I mean, when I was reading your memoir, that whole idea of the the past lives and the soul contracts that you had with Michael and your brother, and everything that was going on there. I got chills during that. And so I when you mentioned that, you know, it was so weird that it felt like how did this happen? Because it was so co created, you can you can tell reading it that there's that next level, energy within the words there, it's just, it's powerful. And so it's just it's so cool that you're able to then still pull that over into the fiction side of things. I do that a lot with with mine too, but more from the Reiki and energetic perspective. But I've always liked Wicca and I've always liked comparative religions, and so looking at different religions from different perspectives. So for me, it's just fascinating to look at all of that stuff and incorporate it when you can.



Tammy Tyree 27:48

And a lot of that to cursor would come from just just telling you what is coming to me now but is, you know, if you were to go into hypnosis and look into the past lives, you would definitely find that you've been in those shoes before. Or another right so it's just it's familiar to you now. Oh, yeah.



Carissa Andrews 28:08

And considering the fact that I will not wear a turtleneck ever I'm guessing it was hung at least at one point in my life. I could not wear a turtleneck or like choker anything. No, no, just a bit about Chris that's not gonna happen. I can't even I can't even handle like sweatshirts where the things like up to your neck I'm like nope, nope, gonna cut it No, yeah, it's weird Yeah, well that's a fear we can release right well I did come out of the womb with my cord let the cord wrapped around my neck too so maybe it's there I don't know just coming out it's just like Baby Baby membrane let's get rid of that one.



Tammy Tyree 28:51

Oh my gosh. Oh, that's a big one.



Carissa Andrews 28:55

Like oh my goodness maybe maybe in the past life I was hung and then tried to do it again myself. I don't know.



Tammy Tyree 29:01

Well, no, no, not really the most yeah crazy.



Carissa Andrews 29:06

So are you having fun with the creation of your series? Like how far have you gotten so far? Am I am actually in in the crux of my climax here with book one and my book to cover my cover artists just sent to me and I was like, excited and chills and everything and yeah, it's been really interesting ride there's so far what it looks like is there's going to be 12 books. And I have you know, my minor plot points for all of them all set out of course I use Plottr. Yes, Plottr's amazing.



Tammy Tyree 29:39

And my brain loves Plottr. And it looks like it looks like that but it also looks like a billionaire demon off from there and then all was a mystery spin off, called the corpse collector coming. That's, that's in the works as well, both of those so...



Carissa Andrews 29:58

You're gonna be busy.



Tammy Tyree 30:00

Very good to create, create create. But yeah, it's it's been a wonderful ride so far.



Carissa Andrews 30:10

So if my audience who's listening or it was like, Oh my gosh, I need to talk to this lady about hypnotherapy or entity release or any of those things. Or of course, they want to find your books and start following you and getting on your newsletter and stuff. How do they get in touch with you,



Tammy Tyree 30:24

TammyTyree.com. It's Tammy with the Y Tyree. Which I'm sure you'll have in your show notes. That's where my books and everything is where you can find them. We're doing a bit of me and my assistant are doing a bit of a website revamp. But it's it's still there as it is. But otherwise, if you're looking for information about entities, if you think maybe you have want to touch to you,

then just email me at Tammy at TammyTyree.com. And then we can look at you know what's going on with you. I'll see what kind of hits I get. Or if you'd like to book a session or whatever it is just email me there and we can figure it out.



Carissa Andrews 31:02

That's amazing. So when is when is your fiction series coming out? Just so we can touch on that one quick, too. Do you have a date?



Tammy Tyree 31:09

If I have a look at the rapid release editorial calendar?



Carissa Andrews 31:15

I love it. I love it.



Tammy Tyree 31:16

Oh, great. My release actually isn't until April 28th For the first book.



Carissa Andrews 31:24

And you have a newsletter so people can sign up if they want to get like the first glimpse of this thing. Okay, great.



Tammy Tyree 31:29

Yeah, yeah. And that you can get on from my website.



Carissa Andrews 31:33

That's a wonderful, I'm so excited about it, I for sure will be getting it now. It's on preorder, or is it just like you're gonna put it up when it's done?



Tammy Tyree 31:40

It's gonna be on preorder pretty soon. And so keep eyes on the newsletter for that. I'm also planning to do another memoir, later this year to I'm heading to Portugal doing a sacred Earth journey tour with Freddie Silva, one of Freddie Silva and you know how freaking exciting I am, right? Oh,



Carissa Andrews 32:00

My gosh, it's amazing.



Tammy Tyree 32:02

Oh, that was totally manifested to there's only 16 people, the spots for 16 people. I sat down on my computer, at which I never do first thing in the morning. I always do meditation, breathing exercises, you know, journaling, and all that kind of thing. But for some reason that morning, in December, I sat down at my computer first and looked at my emails, and there was one from Friday. It was like, put together this Portugal tour. And boom, I was on it because he sells out within about six minutes. Oh my gosh, that's crazy. Myself and a girlfriend are going I signed her up too.



Carissa Andrews 32:39

You're coming with!



Tammy Tyree 32:41

You know, I texted her with all these flags of Portugal and she couldn't even really like didn't even understand what that was going through going oh my god, we're growing. So I totally feel another memoirs coming out of that. It's one of these things called to me now is like to start journeying again, my husband and I we had done quite a bit of traveling. But this is definitely Oh, this is this is more about that. You know, level for me is going on this pilgrimages and journey. So starting off with a bang.



Carissa Andrews 33:11

And I guess! Good luck on the trip. And I hope it's fantastic. We can't wait for the next memoir about it. That's going to be so amazing. Okay. Well, thank you for being here. I appreciate it.



Tammy Tyree 33:29

Thank you for having me, Carisas. I'm really I'm excited to be with you today.



Carissa Andrews 33:35

Isn't Tammy awesome? You can just tell by how she handles herself and what she talks about that she's just a fascinating individual. And since this time since the recording of this, like I said in the beginning intro we have gone on to develop a friendship that I was not even expecting, like, we are our accountability partners for our workouts. She introduced me to the most

amazing nutritionist to help me figure out my whole like, body imbalance situation that's happening right now. And it's been super cool just to like get to know her and all that she does not to mention how much she has helped the manifestation course in ways that I didn't even originally intend for it to be like delivered. I had no idea that we were going to have hypnotherapy as part of this program. But I was creating it last summer I had no idea. Like I just felt compelled to do this thing. And I knew I needed to put it together in a certain way. That was how it felt to me. And so now adding in Tammy's expertise and all that she does I mean there are so many hypnosis recordings that are in this Millionaire Author Manifestation course that are knocking my socks off. And like the students have only gone through the first two weeks so far. So I can only imagine how they're going to be feeling once they get to some of these bigger hypnosis sessions. It's going to be great. So in the meantime, though, what I really want you to know is that Tami's memoir is what started this all off for me like the way that she writes is so succinct and so beautiful. And you can, you can definitely feel the energy of something bigger than just her having a hand in that memoir. It's just a really, really fascinating read. And the way that she now has transformed all that she's done into the way that she is writing her fiction is super interesting too. As I've gone on to learn more about Tammy and the way that she works, I can see it in these first few chapters like I've read through the first 11 chapters so far of this, which is in Watkins' fiction novel that she's going to be releasing here in April. And it's just been interesting to me to see pieces of her in the way that she does operate as a hypnotherapist inside the storyline. So it's really kind of a cool transition, even in my own head just to see her evolving and doing something as big as this. So at any rate, I hope you give Tammy's memoir, a read it is out and available. Now, I will make sure that there are show notes links to her fiction book, her memoir, her website, of course, all the things. And if you do want to get in touch with her, I will make sure her email is also posted in the show notes too. Because Tammy is amazing. Like if you've ever worked with someone who just I don't know, like every time I've done a hypnosis session with her, whether it be a group hypnosis, because we do those often. Now with the Millionaire Author Manifestation course, or just a one on one session, I always end the session feeling like I went through a Reiki session. And that's because she flows a lot of Reiki energy through the session while she's doing the hypnosis. And so it's it's really kind of a neat combination of things. In my mind, it's a neat way to like incorporate it all. It's just been really fascinating to me. And as you can tell as someone who I've always loved to dabble into like the new agey type things, the alternative side of things. But I've always had that slight skeptical side as well. My family is, you know, very scientific oriented, we're very mathematically oriented. And so it has to make sense of my brain in order for me to connect with it has to make sense, in order for me to go, Okay, this is a thing, it might sound weird, because I'm very woo-woo at the same time, but it's because I can, in science terms in my brain makes sense of it, like quantum physics is a thing, guys. So for me, I can understand the science behind what's happening, even if I don't necessarily describe it as such. Because to be honest, why if it makes sense, and I'm able to explain it in a way that feels better, I don't need to go into like the scientific side of things unless someone asks for it. So that's kind of how it is with me. And I'm so happy to experience things with Tammy to understand her now in a different way than I did when I first was doing the recording for this session. So at any rate, I love her, I think she's amazing, Her books are great. And I hope that you will go out and check them out. And if you're looking at wanting to join more of this type of thing, make sure you get on the Millionaire Author Manifestation waitlist, we're going to be opening again in 2024. So it'll be February 2024. And Tammy is going to be a part of it. So come join us hang out with us and be a part of this amazing, incredible course. I cannot say enough wonderful things about this course because it has taken a life of its own and become this thing that is just so incredible. All right, if you would like to download the transcript of today's podcast episode, make sure you head over to authorrevolution.org/174. And you can download it there. And of course all of those show notes are going to be there for you as well. My friend, there are so many cool

things, so many cool individuals that I have been having the wonderful privilege of talking to this year. And Tammy is obviously one of them. So just stay tuned. There are so many recordings that have already done so many people I've already talked to I am booked out, I kid you not through August of this year. So I'm just thrilled to be doing this to be sharing these stories with you and to be a part of this journey along with you. Being the amazing and successful and prosperous author isn't always what you think it's going to be at first. Sometimes there are some neat little detours that you kind of go on. And this you know sharing all these stories, sharing this love of writing of crafting of New Age stuff in this case, all of these things are part of our journey. And when we can embrace them, we can truly become whole as ourselves. So I want you to go forth, become whole and start your author revolution.