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SPEAKERS

Carissa Andrews, Susan Gold



Carissa Andrews 00:02

Welcome to the Author Revolution Podcast, where change is not just embraced, it's celebrated. I'm Carissa Andrews International Best Selling Author, indie, author, coach and your navigator through the ever evolving landscape of authorship. Are you ready to harness the power of your mind and the latest innovations and technology for your writing journey? If you're passionate about manifesting your dreams and pioneering new writing frontiers, then you're in the perfect place. Here we merge the mystical woo of writing with the exciting advancements of the modern world, we dive into the realms of mindset manifestation and the transformative magic that occurs when you believe in the impossible. We also venture into the world of futuristic technologies and strategies, preparing you for the next chapter in your author career. Every week, we explore new ways to revolutionize your writing and publishing experience, from AI to breakthrough thinking, This podcast is your gateway to a world where creativity meets innovation. Whether you're planning your first novel, or expanding your literary empire, whether you're a devotee of the pen, or a digital storyteller, this podcast is where your author revolution gains momentum. So join me in this journey to continue growth and transformation. It's time to redefine what it means to be an author in today's dynamic world. This is the author Revolution podcast, and your author revolution starts now. Well, hi, everybody. Welcome to the latest episode of the author Revolution Podcast. I am super excited that you're here today. We are venturing into new territories right now. And I'm gonna explain to you why the past jeez, a couple of weeks now, I guess I have been in this place of feeling like I need to go deeper into trusting my intuition. And what's come of it has been really, really fascinating stuff like, almost mind blowingly Crazy, right? So I'm someone who teaches mindset. I'm someone who teaches how to transform your life using the power of your mind, how to transform your author, career, how to, you know, get out of your own way, all of those things. And I realized that for a while now, I've been keeping my own self stuck in, I guess what I would consider like my Virgo nests, like my strategic mind that just doesn't stop or whatever. And I wasn't leveraging or leaning into as much my number one relator. And I remember thinking when I first started getting into like Becca Syme and learning more about how our strengths are like the Clifton Strengths, I remember looking at my number one relator thinking, are we sure though? Are we really sure? Well, so the past couple of weeks, what I found is that as I am getting quiet and getting still and doing a silent meditation, so I'm not doing any of the guided meditations. When this happens, I do the guided meditations and hypnosis that we are teaching with, especially with times that

I'm feeling a certain way like I will go to they're my go twos. But every day, I'm putting aside and have been now specifically just to sit quietly, and to tap and tune in to my intuition. And some of the crazy things that have happened. This tune in is that I'm realizing the connections. I as myself as author revolution, am meant to be here for like I'm a conduit for helping others voices be heard. I'm a conduit for helping to elevate, you know, the vibe of the planet, the vibe of our community as indie authors, like we're here to level up. And so as I kind of go through this process, and every day, I'm tapping and tuning in turning on all the things, I'm getting these wild hits of insights, these wild hits of things I should be doing. And now one of them this past week has been to sync up with this company called pod match. Like I've been typically accepting, you know, podcast requests by my listeners, like people who I should interview. Sometimes it's a friend who's like, Hey, you really need to bring this person on. Or sometimes it was just myself, right that I really wanted to interview and speak to a certain person, because I was called. And now lately, I've been feeling this, this urge that it needs to expand like our circles as the authors are kind of tight. We're kind of, you know, kind of floating around the same circle over and over again. How do I elevate How do I help others elevate? How do I get messages out further? And what ended up coming to me was that I need to get some new insights, some new ways to reach people and other helper suite actually, a couple of weeks ago, I don't even know what it was like I just happened to see it They had an ad on their main homepage. Like if you use author helper suite, they have like these three little things at the top of the homepage. And it was for pod match, and I clicked on it, I can't remember if they were recommending it, because they're using it. Or if they had an affiliate I have, I literally have no idea. I just remember opening it, the tab was there. And for whatever reason, I got a wild hair up my butt to go figure it out, like to go look at it. The next thing I know, I'm signed up. Next thing I know, I'm signing up and doing my whole thing as a host, and profile for being a guest. So that I can obviously talk about what I do on other people's podcasts. And it was just the wildest thing. And so now, here, I said, and I'm seeing a lot of synchronicities, coming through that I meant to connect with and touch on people's lives in a bigger way this year. And so I have basically told the universe told myself, my higher self, I will do whatever comes through in these meditations, no matter how uncomfortable it makes me feel. So we're gonna have a podcast episode all about this next week. Don't worry, there's, there's more coming. But so what I did was I reached out to this woman, Susan Gold, and she has just absolutely touched my heart in a way that just opened it up. And what's wild about it is that, like this month, for your future self, we call this inner gold. And her name, obviously, is Susan Gold. And she's taking what was a very traumatic life experience her life as a child and how it looked. And she's transformed it into something beautiful, like great in herself. She has transformed everything into into gold. And so the conversation when I was looking at, you know, people and trying to vibe with like, who should I bring on the show? What is it I'm trying to stand for this year? What is it that I want to really touch on? And how do I want to change, not necessarily the programming, but to go deeper to go bigger. And her profile just really stood out to me and guys, I'm telling you, all the people she has met in her life, all the stories she's about to tell you, hang on, it's a wild ride, she is incredible. It's absolutely wild. And on top of it, she's written a book, her first book, and it's called toxic family. And I want you to listen, especially if you've gone through hard times yourself, especially if you've had a family of origin that was less than appealing. And that had some, you know, difficult moments, I think what you're going to hear is going to at least if nothing else gives you a glimmer of hope that you can get over to the other side of it, you can transform it and transmute it in a way that really benefits you. And you can see it from a different perspective. So without further ado, I'm gonna get into it. I just wanted to share how Susan and I met and how thrilled I am to be offering some new voices on the podcast this year. So let's get into it. Let's meet Susan. Well, hi, Susan. Welcome to the author

Revolution Podcast. I am really excited that you're coming on the show today. First of all, welcome. And why don't you go ahead and tell my audience a little bit about who you are and what you do?

S

Susan Gold 08:08

Well, I never thought I'd be on a podcast called Author Revolution in 2007. And Irish singer told me, you have a book to write, it's going to help a lot of people and I shoved that under the carpet, I could find I was like, I'm not going through all that for a PR tool. You've got to be out of your mind. And there's a kid in 2020 and I had to intuitives back to back, bring it back up. You got a book to write and the third intuitive said, you have three books to write and I was like, ah, before this turns into a fluff and library, let me get going. But it's cute is circuitous route to this place. I grew up in a very challenging environment. I was raised by a genius astrophysicist, but he also loved to uncork the whiskey bottle at 7:30am and go log log log and he had a little issue with womanizing and was a bit of a Peter Pan. And my mother had five children before she was 30. And she came from a very troubled past her father, my grandfather was beaten almost to the point of death by a stepmother. And he in turn, did the same to my mother. And so my parents were hurt and abused children raising very hurt and abused children. And it was something that I was highly aware of. I'm what some would say a super empath. So I can immediately feel the tenor the tone, the texture of the room, the emotions and as a youngster and now quite a bit in adulthood too, but I don't like to go there. It's very Southern California who we are I was quite telepathic, I could read the thoughts, the adults in the room and they didn't very much like it when I would spout out exactly what they were thinking. So it was a very dangerous place. It had all the signs and the symptoms of a toxic family. And it also was the perfect spot for me to be raised the middle of five kids with these two pseudo adults and I dreamed of going to New York City. And being like Barbara Walters, I would watch her on my beanbag chair, on my belly in my basement. Like, I'm gonna go to New York, and I'm going to be like Barbara Walters, and I got to New York at 19 and I was living in Greenwich Village on my own. I negotiated an arts management internship before it was she because back then, in college, they wanted you to stay in line in your trowel, pay your tuition and Pasco but I negotiated my way out and there I was in New York City and went back right after college and worked at this very glittery talent agency where they represented everybody who's a household name, it was very, very exciting. And I wasn't making enough money, Carissa.



Carissa Andrews 11:24

Familiar. Yeah,

S

Susan Gold 11:26

I took up the side hustle as an exercise trainer. And Barbara Walters became my client.



Carissa Andrews 11:33

Oh, my goodness. That's amazing.

S

Susan Gold 11:38

It's been an amazing ride. You know, I'm quite a manifester. But I didn't really understand it. And Barbara would have loved you. She would have loved your listeners. She was a girl's girl. She was highly intuitive. There was a reason she was such a great journalist and celebrity interviewer. One day, I rang her doorbell at 7am. And she said, Susan, what is going on with you get in here. And within moments, she had it out of me that I had been sexually harassed in the workplace the day before. And she said, I'm coming to work with you this morning. And we're going to confront this man to get covered. So I did go to work that day, and I confronted my boss, and he asked me, Do you have everything you need? And I kind of quizzically said, Yes. And he said, great, you're fired. And I was about 90 days sober. All those red flags that I had seen in my family of origin. Were coming up in my early 20s. In my own life, I was somebody who was very determined, very focused, very driven. I was finding myself in very seedy relationships, and my friends were more and more fairweather, and it required a Walkman and sunglasses and a hat to walk around with Manhattan's so I knew something was dry. Getting clean was was the first mandate. And I was also newly out of a very abusive relationship where the man held the purse strings, I'm embarrassed to say. And Barbara wanted to know how the day had gone. The next time I had, I had seen her first session. And I told her and she said, Well, you can assist my fiance, who was running a huge film distribution company at the time, another glittering assignment, right? But I said, Barbara, I just can't not after what I've experienced, I can't be an assistant any longer. And I went on to match celebrities with brands. The modern art master Andy Warhol was the first person that I convinced to do a car commercial that he had no interest in doing, trust me. And that's a whole nother story. And then that led me into producing for television, and film and then eventually from New York to LA.

**Carissa Andrews 14:13**

Wow, that is an amazing like journey to get you to where you are now. Right?

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Susan Gold 14:20

Doesn't match does it?

**Carissa Andrews 14:24**

It does, though. Yeah. It reminds me a lot of have a couple of friends in my life that are like that, where it's like they've had this big, glorious, wonderful life. And almost it's like there's multiple lives in that one like lifespan. My husband's even one of those where it's like, he looks back at like all of the things he's done over the years and you're just like, how am I here at this place? Now?

S

Susan Gold 14:47

What just happened? Why don't I don't want to get to Hawaii but I definitely been led. I mean, this photo that's in the back of me is a photo out my back slider and it's picture of the Canadian

Rockies in a vast prairie, Montana was not even on my bucket list. Maybe moved to central or Northern California. And here I am living in Montana. It's where I finished the book. It's where I was when it was published. And I'm absolutely in the right place and the right timeline. To Yes. Well,



Carissa Andrews 15:26

that is wonderful. And that's such a great segue. So let's talk about this wonderful book. You've written a book called toxic family transforming childhood trauma into adult freedom. And so obviously, you gave us a little little teaser on to like what the inception of the story was, but can you tell us more about the book?



Susan Gold 15:43

How's that for a title? Huh? Right. My title was magical illumination, transforming childhood trauma into adult freedom. I love my family, I feel like they were perfect teachers for me. And it's taken me a long time to get to that place. But I truly believe there are no accidents. And I have so much love for them. And I didn't want to throw them under the bus. And I swear, it felt like two weeks before the publishing date. And my publisher called said, Oh, by the way, we'd like to change the title to toxic family. And I thought, my stomach fell out of my body. I was just Oh, no, everywhere you could sweat. But, you know, tossing it back and forth, I realized the people that need to be reached by what this book has to say. They would respond more to toxic family than magical nation, they might be a little disappointed. But this is a personal and professional trajectory that I've experienced. It's a it's a memoir, but people people like to call it a self help memoir, I guess. You know, it's a hybrid today might one of my first editors totally just backlash knew that. Oh, there's no such category as memoir self help.



Carissa Andrews 17:01

Oh, my God, then you make one. Yeah. Stories are made all the time. Yeah.



Susan Gold 17:08

I again, pick the patriarchal pretext. But I came to my senses. And then there's an appendix in the back that has really helpful tools that I garnered over the years that have really helped me Transform and move through all of the experiences, the alcoholism, the addictions that are multiple, the 10 year bout with clinical depression. And then ultimately, I think the perfect storm was facing narcissistic abuse.



Carissa Andrews 17:42

I can't even imagine I grew up in a very loving household. So I didn't have a lot of that. I think there's definitely alcoholism throughout the family. But for the most part, you know, we've we've all been very supportive of each other, which has been great. And so listening to different stories of how lives were so much more difficult, like I have nothing to complain about

when I listen to, you know, stories of triumph and of trauma and toxic families and like how people can overcome and get to a point where you are obviously where you still can house love and appreciation for the fact that you were in that position. And I think it obviously speaks to your broader understanding your higher consciousness understanding of, we get what we need in order to evolve in the way that we want to evolve, right? So like, maybe we don't understand it as we come in here. And so we don't realize that we kind of asked for this type of situation, in one way, shape, or form. But it allowed us to blossom and bloom into the person that we ultimately needed to become, and then being able to look back and be like, I they were perfect. This was the perfect setting for me, even though it was hard at the time. That's That's wonderful. What a great lesson.

S

Susan Gold 18:52

Wow, it's it's been quite a journey. Right? I didn't start out in that place. But I think Marianne Williamson might have been the first teacher in the 80s. She used to speak on the Upper West Side and lived in Manhattan after college, I think I mentioned and she would bunk at my friend Tara's apartment, which was right down the street from this church, and then she give these lectures, you know, like once a month, and she told us a story one night about coming in from the airport and having this cab driver that was absolutely vicious, like, bombastic and nasty and, you know, just really off and honestly, I couldn't wait to get out of that cab as she was telling us this story. So she arrives a tourist place. She opens the cab door and instead of slamming it shut, she tips this guy double. And she said you have to understand when people are in that state, they are screaming for love. And that was the first seed that was really planted. it to turn my belief system around.



Carissa Andrews 20:04

Wow, that just gave me goosebumps. I love that. I love stories like that so much. That is awesome. And Marianne Williamson is so like, profound, she's so wonderful to herself. That's how cool is it that you were in those circles? Like, isn't that Do you ever look back and just go, wow.

S

Susan Gold 20:22

Like, it's, it's rather interesting, you know, a little small town girl from Central Pennsylvania ends up hosting Steven Spielberg around a lot and ripping Vince fonts clothes and putting George Clooney in the trailer. And you know how convincing Taylor Swift she needs to be interviewed by cartoon characters. It's kind of interesting.



Carissa Andrews 20:47

I love that.

S

Susan Gold 20:50

And it's been really fun. But ultimately, it's not been my purpose

And it's been really fun. But ultimately, it's not been my purpose.



Carissa Andrews 20:56

Yeah, it's just been great. Well, it's not even stories, really. It's about the experiences of those people and what they can teach you. Right? That's so awesome.



Susan Gold 21:06

Mostly that they put their pants legs on one at a time.



Carissa Andrews 21:13

That's a good point. I can't see that. But all right, that's fine. So what was the journey or the experience like, then okay, you you've got this mission, you know, you're gonna have to write a book. And you're like, Okay, I am Hmm. My close friend Tammy Tyree. She's the hypnotist that's in my programs. She had kind of a similar situation where she was told basically, in a channeled message, she had a book to write. And so it's like, what was that experience like for you? And how did the publishing game go for you?



Susan Gold 21:46

Yeah. So I didn't really want to do it. But then when I was told that I had three books to write, I thought, Okay, I got a score matter this somehow just start this. And I started, like, any TV producer, would I help launch Fox News Channel, and we'd come in the morning at seven and one of the supervisors wouldn't give us you know, our assignment, you have to come up with this topic. And you have to have two points of view and multi, multi ethnicities, and you go live at 4pm. So I was used to like taking tasks and making it happen no matter what. And that's the way that I approach this manuscript. And it did give me a first pass within nine months. But what it didn't give me Karissa, and I think this is so important is the connection to the material. It was another automation, it was another, you know, exercise to create and complete. And a really wise mentor said to me, and everybody listen to for one, she said to me, go back through it, and take another pass from little Susie's point of view, that little beautiful light inside your heart, that piece of your soul that's on this journey with you. And just see what happens. Oh, my gosh, it wasn't so much that the black and white words of the page changed. But my connection to my story and my journey, and my purpose did.



Carissa Andrews 23:21

Wow, that is so awesome. So you were able to, it's interesting, and I hope people did listen to that, because it is interesting when you're writing a story. And you're going through them, especially when you've been in this gig for a long time. Like for me, I've written almost 30 books at this point. And you get to a point where you're like, am I even connecting to the story anymore? Am I even connecting with what I'm trying to talk about? And so when you go back through those edits, and you look at it again, you can tell where you kind of like were in and out

and where you're kind of like you're half assing it or whatever. And then you were you came back and you were focused again. And so then having the opportunity to look at it with those fresh eyes and really using a different lens or coming at it from that higher vibrational place or you know, whatever, how are you going to describe it? It can be so powerful of a tool to be able to make it even better to make that manuscript that story, you know, even better, and how but what an interesting thing to have happen. So as you went through then and altered things, obviously it came out as it is now. Was it easy for you to get published? Did you indie publish, or did you self publish? Or did you Trad publish, how did you go about that process?

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Susan Gold 24:32

Yeah, so I knew I didn't have the chops to really get it together enough to Self Publish. And I so admire those that that are able I had an amazing producing partner in LA and she has a platform where she creates experts so she brands people as experts, and part of that branding was a publishing label and she became a New York Times Best Selling publisher and Wow. So one day that intuitive voice is like send the manuscript to Jackie send the man. And I was like, shut up. You know, she's a New York Times bestselling publisher. So I sent it to her on Friday afternoon. And she texted me Monday morning. And she said, I read your book in one setting, and I want to publish it. And I almost started crying.



Carissa Andrews 25:24

Oh, my gosh, that's amazing. How wonderful is that? See, it's like all these little connections that sometimes you don't even realize how powerful they are. I mean, how long have you known this? This publisher?

S

Susan Gold 25:36

I knew her for a really long time. Like, like a couple of decades, probably. And again, her name is Jackie Jordan, just Google her. She's all over. She's extraordinary. She's amazing. Reach out to her. Yes, she's she's quite an individual woman on power of force.



Carissa Andrews 25:56

Wow, isn't that amazing? Though, I mean, to a few decades before you even knew you were gonna write this book. And you were already connected to the person that was going to help. I think I want my audience to hear that I just released a podcast episode about how your perfect author career is already in existence. It's already out there. And it's like, if we just allow that in, look at how the synchronicities, unfold and how they come together and how it like, everything can be easy when you let it like, It's so wild. I love that so much.

S

Susan Gold 26:28

I'm so grateful that you talk about that topic with your listeners, because it's imperative. It's not what is endemic in our systems in any of the systems in the education system. In most of our family systems, not all obviously, even in our health care systems. But that coming from that

family systems, not all obviously, even in our health care system. But that coming from that place is coming from the heart. Yeah. And I was taught to be up in my head, right. But as I started to learn, I mean, I had to reprogram myself, like sit down at my computer, and type way cuz I really wanted to because it might be fun. I'm like, when that suggestion was made them like, Are you kidding me? So I'm trying to get this done, you know. But when you come from that place, there's so much magic and so much serendipity. And also the path that's already before you that yellow brick road, you know, it just comes in one piece at a time if you're willing to be open. Yeah. And listen to that heart instead of what's going on upstairs. And then ultimately, it's that figurative infinity, you know, bringing them both together heart and mind so beautifully.



Carissa Andrews 27:48

Yes, absolutely. I love that. I think that's so it is such a good lesson for people to understand and try to process through because, like you said, we don't, especially people who are creative, I think we think for a while we think that it's all in our head, like the creativity, the sparks of intuition. It's all in our minds, but it's really not. It's that whole body aspect. It's everything coming together. But mind, body, soul, intuition, whatever you want to call it, it's all coming together for the greater good. And so when we can trust that and stop trying to force things, it'll allow him.



Susan Gold 28:25

So, devil's advocate, to that end, to really love yourself and be gentle when you do force it. And you do. Because that is the programming and that is what we are dropping. It's fine. And that's another reason you know, I wrote this book and published it.



Carissa Andrews 28:45

I love that. Well, for we were talking before the podcast started to that there's definitely authors in my community who have had traumatic events in their past, who have issues that they're trying to overcome themselves. So I know that you're obviously someone who understands this from a very deep perspective. So how could they use the you know, create transformation, I guess from the trauma that they've endured in their life so that they can move on and really embrace the the destiny that's waiting for them?



Susan Gold 29:17

Well, now it's it's a very clear map for me, but it was a bit like Sherlock Holmes when I was moving through it. So first, I'd like to say to those listeners, you are in such angelic hands, and it's so lovely that you have an awareness of your trauma. For a lot of us it's completely blacked out. It's amnesia, where so that's the first blessing that you have this knowing, and then next to understand that it's for purpose. I mean, certainly next time I come in, I'm going to read the fine print a little more clearly before I read up for that Well, if you could lift that boulder and move through the muck and see the gold, which is not fool's gold under that boulder that's waiting for you. And trust me, I know it's not easy. It's not for the faint of heart, but it is true.

And if you can see the trauma through that lens, and ultimately, I'm not saying it's in this moment, but ultimately down the road, have compassion for those that inflicted it upon you, because God forbid, you're having to inhabit the meat suit they do. My goodness, that's rough stuff. So that's how I found the compassion in my heart to move through the trauma. And then to let it go. I mean, I had a serious divorce from an alleged narcissist, that was not pretty. And I call him my greatest guru, as a teacher. I think it's chapter 12. In the book, and I remember reading through the book before, you know, the last before it goes to print, you know, you've got the galley. You're sweating bullets, God forbid you miss a typo somewhere? Yes, read chapter 12. And I remember closing the book, and the thought went through my mind. Oh, my God, that woman is strong. And then I realized, oh, that woman is you Hello. But yeah, these traumas can transform into absolutely priceless gifts. And it's not easy to dissect. But it is possible.



Carissa Andrews 31:48

Absolutely. I think there's always, there's always beauty on the other side of it, there's always you know, regardless of what happens, even when there's a challenge in it, there's a way to perceive it differently, that can make you feel better. And I think that's our ultimate goal as human beings, not just writers, obviously. But to find, find those moments when the contrast is so so deep, that you can still find peace in the moment or still find peace in yourself, or, you know, it just I think those moments of resilience just fascinate me endlessly. It's so wonderful. To kind of like just think about and not necessarily want to be in those situations, but to understand like that the power that we have to overcome anything, honestly. So it's, it's awesome. Okay, so I know that you have a belief very similar to mine and interconnectedness and the power of healing through being authentically yourself. Do you want to explain a little bit about how that came about and how you use it in your daily life.



Susan Gold 32:50

That's the school of hard knocks. I mean, I always stood out like a sore thumb, from, you know, kindergarten on I remember, when they came to me and told me, you have to start writing with your other hand, I wrote with my left hand, and like, it was me and Bonnie Hunt at the table. And Vaughn, you know, put the pencil in the right hand and started writing. And I was like, No way, I'm sticking with my left hand, and I'm still a lefty, as far as like, you know, signing my signature. I don't know what the point of that was, because I totally lost the train of thought, but it did have the question and you're connected to something and being authentically yourself, right?



Carissa Andrews 33:28

Being authentically you with your left handedness?



Susan Gold 33:31

Yes. And, and also to accept it. I mean, I vibrate at a different level, I just do I did not fit in a corporate system. I could not figure it out that two times. I tried it once at ICM and once at Fox, I just don't fit and I had to surrender to it. And most people think you know that know me

I just don't fit and I had to surrender to it. And most people think, you know, that know me, they're stunned that I put this book out. They're proud of my power and what I've lived through and transformed. But why would you put your dirty laundry out for everyone to see, and I just feel like, you know that dirty laundry is like smelling pretty good. And it's gonna help with transformation, even if it's just one and spin many more than one since I got it. So I've always been the outsider. I've always been one who sees it differently. I'm the one who speaks up at those meetings when everybody else is just silent and trying to appear invisible.



Carissa Andrews 34:33

I love that. Oh, too cute. Yeah, it's interesting when, when you're kind of coming at things from a different angle, even though you know, it's almost like being the black sheep of the family or being the black sheep in your social circle or high school or whatever. But there's just something about you that you know, you have to trust and follow with and it's going to lead you someplace and you don't quite know what it is. But that's the exciting part because now all of a sudden you're exploring Hang on, you're challenging yourself, and you're doing some of the things that maybe others are scared to even try to do. I, I think that's really cool. I know, that's definitely how I try to look at my reality and what I get to do. And it's something that I'm in the process of kind of transitioning more over, where I'm consciously actively, truly believing that no matter what happens, I feel I'm supported. Right? I think authors need a little bit of that, too, because we kind of get into this, especially indie authors, and a lot of my audience is indie authors. But we get into this place of like fear based, is this ever gonna work for me? Why isn't this working for me or, you know, people don't pay in the author's whatever it is. And so we get into this fear based reality where we can't quite break from it. And so if we can start telling ourselves those different stories of how connected we are, how it all comes to us at the right moment, how we can, you know, trust our emotional guidance system or any of those things, it I think it's going to make our lives so much more interesting and fun and challenging, but in a good way. Right. So you've obviously talked a couple of times about intuition. Do you have any moments specifically for yourself, like even recently, or whenever that you've allowed your intuition to really lead you forward?



Susan Gold 36:18

Oh, my gosh, well, of course, I can remember all of the times that I did not listen.



Carissa Andrews 36:25

I kind of understand that one, too. Yeah.



Susan Gold 36:28

Now, it's almost become to the place where I can't not because the voice is so clear, I think as the energies are shifting on our planet, and I see this as a remarkable time, this Xotic place is actually turning into something absolutely magnificent for us. And it will be easier for all of us to believe in our value, and our worth and believe and our manifestation ability, and believe what we're producing, has to do, just for being what it is. So, I think the most recent, intuitive moment, I was looking into different types of long term life insurance, and the financial guy,

like, gave me a stock tip, right? He's like, you gotta buy it. And then he texted me two days later, it had gone up like \$200. But my intuition was like, yeah, no, don't buy that. No, it was so clear. And I had to just resist even though I saw it go up, for some reason. I'm not supposed to buy that stock. Okay.



Carissa Andrews 37:46

Yeah, well, and then you trust that and you keep moving on and see what happens. I love that. It's so interesting how it can be something as simple as that, like a nudge from that particular thing. It could be, I shouldn't have this next cup of coffee, maybe it'll get too jittery, I don't know. Or like, you know, I've said, I'm gonna put my AUDIO BOOK OUT ON X day and you're feeling like, you're just not in the vibe of it. It's like there's, there's always these little things that come up, and you have to kind of lock in to where is it coming from? Is it fear based? Or is it intuition base? And you know, based off of how you feel like, does it make you feel better to trust it? You know, or does it make you feel more inferior? And so that's how you can kind of distinguish and differentiate, I think, for those of you out there who haven't really kind of moved through your intuition muscle quite yet. So do you meditate?



Susan Gold 38:39

I do. I started meditating, probably in my late 20s. And I had gone on a lot of like, 10 day, week long, silent meditation sets. And what happened to me was, I would get crystal clear, and I would get my telepathic ability back, like, I got out of one retreat and went to the grocery store and could hear the chatter of the checkers, you know, mind as I was checking out, and it really freaked me out. So, you know, I've come and gone with meditation. I was very structured for quite some time, and now I'm fine. You, I'm back to sitting on the cushion again for I don't know, 10 or 20 minutes. I'm not very judgmental. But I see that I, that I live in meditation, you know, I used to swim. I was a Masters swimmer. And I would watch the black line. That's meditation. I walk my dog around the prairie. That's meditation. You know, I'm chopping vegetables for the vegetarian chili and that's an opportunity for med meditation. So, you know, I feel like we got some funky programming,



Carissa Andrews 39:46

too. Yes, yes. I totally agree with you. I mean, it's when you think about it, it's why it's so soothing to watch a fire or why it's so soothing to watch the waves is because you allow yourself to shut down the chatter of your mind. Not all meditation is shutting down the chatter of your mind so that you can allow that space of nothing to kind of allow in what's trying to come through versus all the thoughts you're trying to force to have happen, right?



Susan Gold 40:13

It's kind of fiddling with the cursor, because my mind is pretty chatty.



Carissa Andrews 40:20



Carissa Andrews 40:29

My mind is to my mind is too, but it is so nice to do the meditations and it, it naturally raises your vibration. And I think that's part of the reason why Tammy and I created the your future self program so that we can do all of the, you know, getting out of our own way, first of all, because we have, you know, hurdles of jumping over, like, what meditation should I do today? Or what hypnosis should I do today? Or what kind of how do I get into a system. And so we created this thing, where it's four weeks of alternating either a hypnosis or a meditation based off of who's doing what, and then it has a theme. And interestingly enough, our theme for March is inner gold, and your last name is gold. So I thought it was so funny. I'm like, perfect timing. This is just the universe bringing you right in right now. Doesn't make so much sense. And it's just that at least it's that intuition thing, you know, where you get that like, rush of like this was meant to be, this was totally meant to be.



Susan Gold 41:13

So is that through your website? Because I want to know more.



Carissa Andrews 41:18

Yep. Yep. So people are interested in getting into the program. It's on authorrevolution.org. And so you can go to like courses and memberships, there's a like a little link at the bottom at the top, and then go find is right, the memberships are actually right at the top. So your future self is right there. And so every month we're putting in a new, like mind magic workout for your future self. And each one has its own theme. And so last month was Love It Up for February, and this month is inner gold. And so I had to like tap into some sort of like that for kami vibe. That was my that was my intuition hedging me there. So that's what I did.



Susan Gold 41:53

I love that you manifested it. I love that you took the time that it takes to produce those kinds of tools and that you have it's so readily available, and I'm going to check it out.



Carissa Andrews 42:03

So heck, yes. Well, it's fun, too. I was it was very similar to your book situation where we were doing meditations and hypnosis for some of the courses that we do. But I had a student, she knows who she is. She's wonderful. Who was like, Oh, I really wish that we had like a schedule, like all of these meditations and things are great, but I wish I had a schedule to keep me on track. And so we have played around with the concept of it for like six months. I'm so sorry, Heather. I'm so sorry. That it took me that long. But now that we've got it going, it's it's been so much fun to put it together and have everything organized. It's been it's been great. And I'm so glad that she number one suggested it or kind of, she didn't even suggest we do it. It was more just like that intuition of her. I wish I had this thing and then me going. Can't do that. Yeah, yeah. So it's been it's been so much fun. It's probably one of my most favorite things that we

were creating right now for author revolution. So, okay, well, we're obviously on the same vibe, we have a very similar viewpoint of things. Is there anything else that you want my audience to know about you or about your wonderful memoir and story that is going on in toxic family?

S

Susan Gold 43:14

Well, I'm relating to what you're doing with the Author Revolution, and I too, got the messaging. So I just created a little mini course where people can take it and really explore the signs of a toxic family, the remnants that it leaves you to work with, and some tools. So if you want to check that out, you can go to SusanGold.us, but just send me an email info at [SusanGold.us](mailto:info@SusanGold.us). And we'll give you the password to the course you don't even have to pay for it. And yeah, yeah, the book, check it out. It's not it's in all the right places, Amazon, Barnes and Noble, but the website has everything SusanGold.us. And there's even a free conversation if you want to have a chat.



Carissa Andrews 44:01

That's wonderful. And I will definitely have everything in our show notes as well. So if you want to check that out, head over to offtherevolution.org. And it will be located in there. I believe that episode is 225. So authorrevolution.org/225.

S

Susan Gold 44:20

That takes a lot of effort and time in production and preparation and finance. And here you are, bravo. Bravo to you, to your partner, and to your listeners.



Carissa Andrews 44:33

Thank you. They are wonderful. And thank you so much for being here today because they got to listen to you and your wonderful story. And I hope you all check out her book toxic family, it's going to be very helpful and instrumental to those of you are really suffering or trying to get over that trauma, that trauma and try to transform into something more powerful. Thank you, Susan, thank you so much for being here. Thanks for having me. Guys, wasn't that Amazing all the people Susan has met and experienced and talk to throughout her life. On top of like having this past that just has really set a foundation for personal transformation and growth, and learning how to tap into your intuition and trust that whatever is coming through, you can truly overcome. Like, to me, her story has just been if I had to put it into a phrase, it's truly the power of transformation. And I think what really resonates about that with me is that I love the idea of transformation. When I've done like branding quizzes and things like that, it's always been the part of me that I love, it's probably the Maximizer Come to think of it strength. And I just love seeing and hearing people who can overcome really, really big challenges, right, and get over onto the other side and feel like they have control of their lives. And that our perspectives and our perception, especially when it doesn't serve us can be rewired. Because that, like there's nothing worse than having a really toxic family, right, and having a situation where you feel really negated or trapped or hurt or all of those things, and being able to grow, evolve, and write a new story. And as authors, you know, sometimes we have to go through

some of these darker experiences, so that we have a broader depth of knowledge that we can bring to our stories and the way that we write and the characters recreate. It's not always the funnest part of the job. But it does help us to create a deeper, more meaningful story that readers resonate with. And I just, I find it endlessly fascinating. It's it's so wonderful and wild and interesting to meet people who have had the capabilities to just overcome. So I hope you enjoyed this podcast episode, as much as I did creating it. I hope you enjoy Susan, I will make sure that in today's show notes, which in fact is 225. It's authorrevolution.org/225 you can get the transcript there, the links over to Susan's mini course. And I will include her email because she did say email her and she can give you the password and code to be able to get in without paying if you'd like to do it that way. And of course, we'll have links to her book as well. So check her out, learn more about her story. And maybe it'll motivate you to expand to transform to trust your intuition a little bit more. All right, guys. Have a wonderful rest of the week. Take this story and let it transform you. And of course, go forth and start your author revolution.