



Episode 13

Sensitive Souls

Hello, this is Toni Julian, and I'm your host of Toni Talks -- Humanity Matters. Thank you so much, once again, for joining me. It's been wonderful being on this journey with you this year. And speaking of this year, 2020 has been very challenging indeed. So today I want to talk with you about sensitive souls and thinking that perhaps you are probably one of them. I know I certainly am and have been very impacted by this year. So how do we get through this? How do we get through so much that has been going on and just maintaining our ability to keep ourselves together, to grow through this, to not only kind of come out of this unscathed, but to come out of this year better than we were at the very beginning of it?

And I know that's a little challenging, and part of it is emotional, part of it is physical and part of it is spiritual. And I know we all have our own challenges and lessons to go through in this life. So today I just want to talk about if you are a sensitive person like I am, that there are certain things that we can do to make sure that we come out of this better than when we came into it.

I was talking with somebody the other day on the phone and she was just saying how this world is going to crap. And it just kind of rubbed me, because I don't accept that. I don't believe that. Yes, there are lots of things going on in this world right now. And yes, it is challenging to get through this. But I believe that it is really what we make of it.

And we all have power. We all have ability to make decisions in our lives that affect us, that affect other people. And I just don't know that everyone really understands how much impact that they do have, that you have on not only yourself, but your circle of friends, your family, and the people around you and the people in your community. And, maybe you're not even aware of it, but I choose not to listen to negativity. I believe that we can make something out of this that is really positive and walk away with this better than how we started.

So, review of 2020, right? The pandemic - early in January, we saw COVID-19 start to surface in other countries, and it made its way to the U.S. and in March, mid-March, we have pretty

much been sheltering in place since then. It is now August 7th. No, is it August? It's September. Oh, my goodness. I've lost track of time. So here we are, months and months later. We have seen civil unrest, we have seen major ugliness in our world, in our country, especially. I've seen bigotry, racism, sexism, gender inequality, all these things are happening. And then COVID, and then, we're in California, Northern California, so we have just seen lightning strikes, heat waves, fires. We were evacuated, well packed to evacuate - didn't actually evacuate, but the fire came just probably four miles from our home. We live kind of in east San Jose, not quite hills, a little less, a little bit hilly, but we are backed up against all this open space where there were, hundreds of thousands of acres being burned. And it is contained now, so I feel like the danger is over, but we've been through that. There is smoke in the skies in San Francisco and Northern California, San Jose, Morgan Hill, throughout this entire region and way north of us as well. And we haven't even hit the fire season.

So, this is the other thing is that, I was just talking to my husband the other day. I said, good God, like, literally, God, what is next? And then I heard, oh yeah, there's a meteor that's supposed to hit the earth potentially, the day before election day. So that's my birthday. I'm like, okay, well, happy birthday to me! How funny is that? So the chances are really small, of course, and of course I'm being a little tongue in cheek about this. But it's like, I don't think there's more that can be thrown at us that we can't handle. I have seen so much on social media, other things going on layering and layering on top of this.

So if you're sensitive like me, you may be feeling really impacted. I had a conversation with this really good friend of mine who was just feeling really impacted by all of this and the stories that she was telling me and the feelings that she's going through in terms of just, like really feeling, not really depressed, maybe that's too strong of a word (although a lot of people are right now), but just like really struggling with all of this and not being able to see friends and not being able to do the workouts. And we're all just trying to find our way and even six months into this now we're still trying to kind of get settled in. And now things are reopening, in California anyway, and COVID has not gotten any better. In fact, August has been our worst month yet, if you look at the numbers. So, I am hoping for a vaccine and the question is, are we going to be able to get through this? And what I'm thinking of is how do we get through it? Number one. And then number two is when we do, do we want to go back to the lives we had before?

Have you thought about that? Like, do you want things to be exactly as they were December 31st of 2019? Do you want that life? Some of us would say, yeah, absolutely. I want exactly things the way they were before COVID hit, and I'm thinking, I don't know. I really am thinking not. I'll tell you why.

I think being a sensitive person and having some time at home and having time to reflect and regroup and just kind of watch the world, sit back and watch the world and current events unfolding, I just think it's really interesting. And I don't know that I'm the same person that I was at the end of last year. And I don't know that I want to be, and I don't know that I want my life to go back exactly as it was, because I'll tell you why. I'm kind of in the limelight a bit, I've written books, I have groups of people that follow me that I help

elevate, help become healthier, and so I love that aspect. And what this COVID thing has kind of taught me in all the self-reflection is that I want to spend time on that. I want to spend time making an impact and doing things that are good for people and to help elevate them when they need it, if they need it, how they need it. And that helps me. That makes me feel really good. I don't know that I want to be doing all the things that I did last year. Kind of like running around, doing things that didn't have impact or maybe it was fun or kind of fun, or maybe things that I felt obligated to do – certain organizations that I was participating in or became a part in simply because I had committed to it. And yes, I still want to support certain things, but I think my priorities are really, really shifting. So no, I don't want to be kind of that same person. I think at the end of this, and making the changes that I have in my life to cope with it, has put me in a strong position for 2021.

So what does 2021 kind of look like? I don't know yet, it depends. Are we going to get that vaccine soon? I think we'll all be taking it, those that want to. And if not, I'm sure that the government will find a way to restrict our activity if we don't have some sort of badge that shows, 'Hey, I got my vaccine' but yeah, I'll certainly take it.

So, if you're sensitive, you probably have been feeling all of the anxiety around, the smoke in the air and the civil unrest. And if you're watching social media, it's just like all of these, poor people that are being brutalized by police, and I'm not taking any sides - I feel for everybody. And that's my problem. I am not just sensitive, but I am an empath as well. So I tend to really deeply feel internally the feelings of other people. I may feel how a police officer feels when they are a good police officer, an upstanding police officer, who is doing his or her part for our community, is lumped into police officers that are brutalizing our black Americans. Right? So then I feel for these black Americans who are, who have been, the target of bigotry and racism and hate. And I feel for women who have been the targets of sexism and unequal pay and people who have gender differences, slightly different than pure male or pure female, that are going through their own growths and trying to carve out their own place in our society. And I see the intolerance around so many of these things. But what I do feel like is when something is wrong, we must have conflict to affect change. So this conflict is what I am sensitive to. I am sensitive to conflict. Not all conflict is negative. And I think it's really important to know that. People have to rise up to defend their rights, to defend their humanity, to defend their space, their small amount of space on this enormous planet. We have to stand up, and we need to help those people too.

So I'm feeling the effects of this conflict and the change that needs to happen around it. And I feel it very deeply and it is bothersome. But I think if I can keep in my mind that not all conflict is negative - like some people are conflict-adverse, right? That's not me. Happy to stand up for myself, happy to challenge somebody if they push me the wrong way intentionally or have ill motives. Absolutely. I will stand up for myself. I will stand up for my family and my children, my friends, people - even on the street that I don't know - if I feel like something wrong is going on or they're being mistreated. Absolutely will do that. But what I am feeling is just this general conflict, this general anxiety in the public. And I think that's the part that's a little bit harder to manage.

So what do I do? One of the things that I've learned, I think there are four major ones, but one of the things that I've learned is I'm starting to restrict and protect myself and put a boundary around myself. And what do I mean by that? What I mean is, I have not been on social media much. I have a Facebook page that's called Toni Julian's Group Hug, and if any of you who are listening to this and you're not a part of that, it is a private membership, but everybody is welcome. I keep it private so that I can make sure that the people I am inviting into this, or asked to be in it, are there for the right reasons that they are pure of intent, they are there to get support, support others as they can and are leading a life in a really heart-centered way. So I basically want good people that are not going to sell goods or services, are not going to have different motives. But we are there to get to know each other, elevate each other, and raise each other up.

So I do that. But as far as other social media, I'm really not on it that much. And I'll tell you why, and I'm sure you have noticed this too. There's just so much, I don't know, negativity, people just kind of going off, people that are intolerant, and I just don't have a lot of space for that. So right now, I am limiting looking at that.

I am also limiting looking at the news. And I think that if you look at the news, there is, news that is just there to create sales and to get visibility and to sell more online subscriptions and things like that. Get your attention. Social media advertising, that kind of thing. And I'm not about that. Like if I see something like these two children were in this house fire and tragic results. I don't want to know about that because I feel like it brings me down. And in the news there's a lot of political divisiveness with the elections coming up.

And even before that, like this has been going on for four years. And so I'm seeing a lot of that as well. And I'm just limiting, I'm educating myself about what is going on in the world. I'm in touch with that. But I am not going to allow myself to get sucked into, I call them little black social media holes, or little news holes where you're reading something that may be of interest to you. And then there's something else that pops up to kind of lure you away into a kind of a morbid curiosity sort of situation and I found myself every now and then kind of getting sucked into these little black media holes, but then I decided I'm not going to do that anymore.

So for me, it's a very conscious, deliberate way of how I want to expose myself to the world. And certainly being at home, I am sheltered and I can choose who I want to see and not see and who I want to talk to. But I think that this whole social media thing, you can either have a really thick skin and be in all that. Some people thrive on that. I do not. I am a sensitive person, so I don't. I don't like the divisiveness. There are a lot of things about it that I think are nice. There are a lot of positives to being able to see your friends and that kind of thing. But I think for somebody who's sensitive, just that selectivity is really important.

The other thing is I just don't get into political debates because they're emotionally charged. I find them to be draining. And so that's another thing that I do not do because they are divisive, and I tend to focus on what's positive and that's completely obvious, of course. But if you think about what people, if you go through your life and you think about the things that people say to you, and you started lumping them, tagging them as positive or negative, positive or negative. So many things that people say are really negative. And if you listen to

your own thoughts, okay, take track of that. What is that? Positive or negative? So many of our own thoughts are negative. We have to train our minds to think on the positive.

And then the fourth thing is really feeling empowered and knowing that thoughts are things.

So the power of thought is really important. Thoughts are more than just kind of what's going on in your head. Thoughts permeate our communities, not just when you verbalize them but also when you don't. Thoughts are energy, thoughts are things. And some people that are sensitive, like I am, it's almost like if you can visualize kind of having an antenna. And if you're sensitive about something or you're negative about something, or you're positive about something, it's that 'like attracts like.'

You are going to - certain things will resonate with you and you're going to be attracting more of those types of things. So what I try to do is recognize that these thoughts are things. What I think about myself, my self-love, my comments toward myself, thoughts toward family members, friends, community. These are all things. And they could either be heart-centered and really loving, or they could be negative. And you could say, 'Oh, this world's going to crap.' Let's not do that. I just feel really strongly that we have to stay in the positive, attract the positive, bring in light. And sensitive people - I believe that every living thing has a vibrational frequency about it, and it could either be a low, heavy vibration or a higher vibration. And the more positive you are, the higher vibrational frequency that we will be giving off and that we are absorbing.

So my feelings about 2021 is that I am not just biding my time this year, I'm being productive. I'm doing things that are going to help me help other people, invest in myself. And I think that 2021's going to be really interesting. I think that when the majority of us come out of this, that a lot of us are going to come out way better. We are the ones that have decided, look, we can do this. We can pivot. We're going to stay positive. We're going to stay healthy. We're not going to pack on the pounds. We're going to come out of this with a greater appreciation for each other as human beings. And just today I called a store. It's actually my 25th wedding anniversary. And I called the store and I said (and by the way, this will be my first time venturing into a store, but yeah, I kind of need to get a present for my husband.) So I said, hey, do you have this particular brand of hiking pant? And the woman on the phone was so kind, and she took her time with me and normally you call a store and it's blah blah blah and they put you on hold and all this round and round stuff. And this gal was just so kind, and I could just hear in her voice, she was calm, she was paced, she was centered. She was really grounded. And I think that we have this opportunity, and this is just a little snippet of an example, right? But we have this opportunity to come out of this with valuing and cherishing every encounter, even if it seems just really not that significant, like this was a pretty insignificant encounter when it comes down to things in life, right? But with this gal, I appreciated her and I took my time and I was very kind to her as well. So it was very reciprocal. So I think we will come out of this a little slower paced, a little more appreciative of each other. I think we're going to value our interactions greater.

Like we haven't seen our friends, our family, I think I hadn't seen our children, our adult children, for about two months, and then we just saw them the other day to celebrate our grandbaby's first birthday. And it was a very special occasion, so we definitely all wanted to

get together. We're all practicing social distancing, but some of our family members have jobs that are essential, that where they're out into the general public. So yeah, it's a little bit of a risk, so I am careful, but I do really cherish and value that time with them. And this lack of time with them sheltering in place has given me that perspective of that much, much deeper appreciation that I used to take for granted. We used to get every Friday night for dinner or at least once a month or every other week. And now I'm like really, really cherishing that. I think I'm anticipating that we're going to come out of this feeling deeper, more mature out of this. I think we'll have an elevated consciousness. Our vibrational energy will go up if we can move through this and consciously think about those thoughts that I was talking about earlier and come out of this in a greater, like a higher elevation, more grounded, more spiritual.

And I think, really important too, is having a deeper love for ourselves. Have you ever looked in the mirror and just looked into your eyes and overlooked anything negative that normally you might say like, oh I don't like my neck or I don't like this or whatever, whatever it is. Like really look in the mirror, look into your soul, look into your eyes and really love yourself. And when you do that, you are seeing divinity. You are seeing this, a fraction of God that we all are. We are all beautiful, beautiful human beings. And I know that you are, and I know you're a good person; otherwise you would not be listening to me. I don't attract people that aren't good people to my podcasts, to my life, and certainly to some of the work that I do. So I know that you probably have your own struggles. I have a lot of friends who have lost people in their lives, they may have medical issues, aches and pains, aging, things that happen in life. And it's not to minimize any of those things. I feel deeply for people.

I do believe all these experiences are for our human evolution. And to get through to the other side, to get through to 2021, we need to go through some stuff to get there. And all of these things that are happening are opportunities for us to improve, come together, do better, elevate ourselves, love everybody, have this heart-centered life, where we value and cherish all of humanity, every nationality, every sex, every race, everything, , appreciate people that are different from you. Appreciate people that have a completely different perspective than you. You can be a Democrat and love a Republican and vice versa. You can go give somebody a great big hug that carries a flag and loves Trump, and that's fine too. Love that person, don't dislike them for their political opinions or differences or their perspectives.

And I just think that regardless of where we are, in our thoughts and our beliefs and our political, I'm talking a little bit of politics here. I'm not taking sides or trying to influence any change in this, except for that we need to have unity around it. So that's my entire point. We need to look across, reach across the aisle, reach across different religions and really love and accept each other.

And I think only when we do that, only when we can start with that in our hearts, can we really start making some positive change in our lives. So I'm anticipating a good 2021, no matter what happens with COVID, and I know people have been really sick by it. I think that we are going to come out of this in a reflective, reprioritized slowed down, grounded position. So let's think of that. Let's keep that in our hearts, if that resonates with you and

for you sensitive souls, just do your best to take care of yourselves. And I do this too, is I really have to focus on taking the time to not just be reflective and all the things that we talked about, but really my forte and my expertise is in nutrition and fitness and taking the time to really nourish ourselves, get the sleep that we need, get our exercise in and the order of priorities. And you may have heard me talk about this before, but number one is sleep. And that is because if you do not get enough sleep, no matter what you do during that next day, you are just not going to feel good. You're not going to be able to manage stress the same way as if you got a good night's sleep, you won't make good decisions as well as if you got a good night's sleep and you certainly are not going to be feeling good and energetic and thriving the way, and showing up in the world, the way that you would normally, if you got a good night's sleep.

So that is number one in priority. The second is your food quality, and I'm not talking about going on diets, but I'm talking about improving the quality of the food that you eat. Eating lots of fresh vegetables, lean meats, complex carbohydrates, whole grains, healthy fats, avocados, flaxseed oil, olive oils, healthy, healthy fats, no saturated fats.

And making sure that the quality of food that you eat is really high so you get all those nutrients, all those phytonutrients, all of those antioxidants, all these healthy, healthy things that you need to really feel amazing. And when you eat properly, you in comparison, you may feel high. I know when I do, I feel absolutely amazing.

When my entire day, my entire week, and it's cumulative, you give your body – it's not just fuel - food is not just calories. You're giving your body chemical messengers to be able to support how your body functions, your hormones, your metabolism, everything else. Okay. And crowd out the sugar, the crap, the alcohol, all those things that will bring you down. And they do. And then the third, most important thing is portion control. And that is getting the right amount of food in the right combinations throughout the day, so that your blood sugar's regulated and you can avoid disease and stay healthy. All right, so these are the top three things. And the fourth thing I can just talk about briefly is your exercise.

Get your blood moving, go out on walks, oxygenate your body. When your body is oxygenated, it is an inhospitable place for cancers to thrive. Okay. So oxygen is really, really good to keep you healthy and avoid disease. Keep your body moving. Flexibility, stretching, weight bearing exercises to keep your muscles toned and your bones strong.

So those are those things. So I project, I predict, and you can tell me later, thank you, Toni, you had a very correct prediction - 2021 is going to be a much, much better year. Just hang tight. We will get through this. Not everything lasts forever. Have hope. Think positively, take care of that beautiful, gorgeous loving, sensitive soul that is yours. Okay, love you. Thank you so much for listening, and tune in next time to Toni Talks – Humanity Matters, and feel free to check out a lot of good information on my website at tonijulian.com. I have more podcasts, blogs, tons of recipes, resources, and my Toni's Protein Meals to keep you healthy and strong. And I've also come out with some new protein granola clusters that are literally so amazing they will knock your sandals off. Swear to God. All right, God bless you from my heart to yours. I love you. Until next time.

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