



Practical Wisdom for Cultivating Self-Love

Guest: Diane Kazer

Alex Howard Welcome everyone to this session where I'm really happy to be talking with Diane Kazer. Firstly, Diane, welcome. Thank you so much for joining me.

Diane Kazer Thanks for having me, Alex. And thanks you guys for tuning in.

Alex Howard So in this session, we're going to be talking about cultivating self-love. Self-love is one of those things that often when we've been through many of the different forms of trauma, that often is lost. And often we can end up treating ourselves in the harsh and cruel ways that we've experienced from others and in the world. And learning to shift that relationship can be a really important part of healing trauma and calming and soothing the system.

So just to give people a bit of Diane's background, Diane Kazer is a breast implant illness warrior, we're going to come to that in a bit. She's the creator of Chi Hormone Warrior Transformation, which offers women three pinnacles to wellness, cleanse your body, heal your hormones and ignite your life. And she's one of Orange County's top nutritionists and integrative health professionals. So, Diane, I'd love to start a little bit if it's okay with your own story. I know that you had, really had your own journey here in terms of understanding your relationship with yourself and seeing some of the ways that you treated your body and treated yourself. That has been a long way from caring and loving. So maybe say a bit about how this opened up for you.

Diane Kazer Yeah, sure. It's definitely a journey and it was a blessing. And I know for so many people we think that self-love is something that we should just know how to do. And that's what I was thinking, why can't I just figure this out like everybody else seems to love them self? But I seem to be so mean to me. Who is this bully within? I should shut her up. And really, it was more of sitting and listening to the words that she had to tell me and what she was trying to say and understanding why. Why was there this voice, where was she coming from? I was in a perfectionistic plastic prison.

Alex Howard That sounds strong.

Diane Kazer Yeah, it is strong. And then I say it that way because I've been working with thousands of women for the last 10 years and we're all in the same type of prison and we don't know it. We can't get out of a prison that we don't know that we're in. And so for me, what helped me find myself was learning all of the ways that I was trapping my soul by conforming to who I thought that I needed to become, or blend in, or mold, or shapeshift, or mask. So that I could be approved of or loved or long be more liked, because that was this template. There is like this template of, who you should be to be beautiful, to get the things that we are told that we should want. And after a while, I was

like, man, this is really difficult keeping up with all of these different agendas. What do I want? What do I love about me? And when I ask that question, it was actually was about three or four years ago, and that was the last time I injected my face with Botox. It was also the last time that I did anything fake to myself because I was very, very sick.

So I found self-love by walking through all of the things that self-love was not and finally going, how much more money? How much sicker? How much more hormone imbalance, or gut dysfunction, or brain fog, or skin issues or rapid aging? How much more of this do you have to go through? Your own self rejection, to finally love who you are and who you came here to be? It took me getting to the point where I thought about ending my life to wake up.

Alex Howard That's something. And I think I want to come back to that in a minute, but I think let's back up a little bit as well, because I think one of the things that often happens – you mention the blueprint and ideas of who we think we should be – one of the problems I think is, is when we have that blueprint and we're somewhat successful in managing to achieve that blueprint, we then get rewarded for that. So it reinforces that structure and I was just thinking about some of the things that you've done in your life. You've been a professional soccer player, you've done a number of things that are tough to do, like challenging things. But I imagine that drive and that harshness towards yourself, in a sense, you were also being rewarded for.

Diane Kazer It's very, very important, so important, Alex. If we don't understand the mechanisms of our reward system of why we're doing something and what we need that is getting met or blending in or being the best or, being perfect. Then we can never get out of our prison. So I say that the self-love key that unlocks the door to your plastic prison is understanding what need is being fulfilled by you surrendering your soul to fit in and conform. And for so many of us, it's the likes, it's the other girls, it's the other boys. When I was a bikini competitor, this is like eight years ago – and that's actually what started my journey to get breast implants, because I was a pro soccer player, always running, lost a lot of body fat. And at this point, I was 10 percent body fat as a bikini competitor, still trying to be the very best. To compete and compare is the agenda of the ego, and it's like, if you're not first or last.

So I was like, oh, I looked down and I went like, no boobs. And I thought, well, maybe I should do something about that because everybody else was getting them in our industry and so I got them. And I felt confident for a while until I got really inflamed, and the attention that I got was not the attention that I was really after, though. Because if you do something to your body it's a form of self-betrayal to our creator and to yourself. By saying that you're not enough as you are so I'm going to prove to you by paying \$10,000 to cut you open and installing these toxic 1.2 pound each breast implants, that are comprised of over 30 chemicals, heavy metals, polymers, molds and toxins that harm our body, your soul knows better and mine did it started to reject these things.

So you get to a point where you start to question, how much does the outside world's approval mean to me versus my own life? And many women are literally dying to be beautiful. So it's consciousness and consciousness about what makes us really, truly beautiful that pulls us out of this and knowing truly how to self-reward, how to give yourself your own praise, that's what self-love really is. Even when you have this inner bully within, that's just beating you up, you're supposed to, you should, I call it the shadows and the shoulds, and the SH's. Those are all the things that are our rules,

they've been created by our, there's several different views of the prison bars. And it's the pedagogy, the school system, it's our peers, it's our parents, it's politics, it's pop culture. It's all of these different keys are our partners, our positions at work, all of these rules and regulations on how we should look. And when you see that that is what every one of those 10 prison bars you have to conform in order to get their approval. I started to break out of that and only surround myself with people who loved me no matter what. But you will only attract that when you become that.

So when I started really saying I care about you, but I don't care about what you think of me, because I realize that how you see me is really just how you see yourself projected onto me. That was the power that helped me to unlock myself from my prison and stand in my truth and then I stopped betraying myself. And when you get to that level of self-reward, then you have got your power back. And that's how you begin to change the outer world by changing your inner world. So there's many steps along the way, but really, it's your own nourishment within. And I call it 80, 20. Alex, I don't know if you've ever heard it this way.

Alex Howard Yeah, I know the 80, 20 principle. Yeah.

Diane Kazer So if you can fulfil 80 percent of your needs inside and then allow 20 percent and receiving your needs from outside, then you have mastered life and you have a healthy balance.

Alex Howard Yeah.

Diane Kazer Most of us are the opposite.

Alex Howard And also what really strikes me in that as well is that the more, in a sense, what's missing is that, I guess the clues in the word self-love, what's missing is that love internally. But it's almost like the more we do things externally, be that external things in accomplishments and achievements in the world, or be that having to be the perfect friend to be there for other people, or be it going through surgery to change your body to look a certain way. The problem is, the more we do those things, they don't ultimately give us what we're trying to get. So we do more and I guess it get becomes a slippery slope. To think that you were a championship bikini model, professional soccer player, you had beauty in the eyes of many, many people. But for you, it's like there's always more because it's not ultimately meeting that place on the inside.

Diane Kazer Yeah. And you know the Bundesliga in Germany?

Alex Howard Say that again.

Diane Kazer The Bundesliga. Since you live in Europe, the Bundesliga is the European League, I played it in Germany.

Alex Howard Okay.

Diane Kazer Yeah. So I did have that ever since I was a little girl. And for many of us, we all have that little light, that little glimpse of beauty that everybody sees but we don't. So it's like, what is that blinder? And what is really important, I think you have Joe Dispenza talking on this summit too, he's such a powerhouse and I learned this from him. So you

could probably listen to that in his little speech as well, is that we're living in a constant state of fear. So to answer the question like, what is this for? What are these blinder's or where are they coming from? So, of course, it's all the beliefs that we've been told that we should believe when we're kicked out of the family, or we're kicked out of the church, or we're kicked out of a friend's group, we're kicked out of our job. And we're so afraid of abandonment, we're afraid of rejection, we're afraid of not belonging. So that fear is what's driving us and that is a frequency.

So there's like power versus force and whatever vibe, whatever frequencies you're vibrating out, whether it's fear, or it's love. Love is the highest and the fear is the lowest. But if you can look at fear, it's one of the lowest and love is the highest. If you're vibrating at a frequency of fear, your body is picking that up, your brain is hearing your thoughts and so your amygdala, your limbic system – and Gabor Maté talks about this lot, too – but your brain responds according to the thoughts that you think, and then you act from that and your body is that. So fear are the lenses through which we see the world and as long as we're in that state of fight or flight, which Joe says, that we're in like 70 percent of our day. And Bruce Lipton says we're living in it 24/7, I think it's 24/7.

And we're only supposed to need to physically run away from danger, not living our whole life in fear. Our physical body cannot handle that, our emotional body. And then our chemical body can't handle that much stress. So fear puts us in the state of fight or flight, which draws blood away from your organs and into your body parts, your arms, the body parts that can run away from a perceived threat, which is how we were programmed. That level of fear and that level of fight or flight gets us so concentrically focused on our physical body and then we become selfish. We become literally narcissistic, what about me? Oh, God, I got to save my own life. Right? And when we're so heavily focused on our self, then all we're thinking about is how can I? I need to learn to survive here. And we have this perception that in order to survive, I have to fit in, in order to fit in I have to continue to contort and conform my body, I have to be perfect. Because rejection could put us into a state of hyper vigilance on top of an already fight or flight chemical system inside of our brain.

So if we can switch that over to self-love and into peace and into enlightenment, we can find that calmness within our self that says, I am who I am, and if you don't love me, I understand that. And a big part of that is chemistry. It might also be that someone can't receive their own love. So how could they receive anybody's love when they can't even receive their own? So this is really our own journey. And the last thing I'll say about that is that people think that in order to find consciousness, you'd go to yoga, you use essential oils, you eat healthy, you eat raw foods. Sure, that's all great and those are all hacks to self-love, those are all ingredients. But the real path to it, is we have to walk through our own confusion in order to achieve consciousness and pure self-love. You have to walk through your confusion, you have to walk through your shadows to find your light.

So a lot of people who get to the door of confusion, the door of the shadows may go, oh, that's scary, I'd better turn around, taking it into the present. Because we're not supposed to feel, right? Like that's bad, to feel is bad or to have any negative energies is bad, think positive, think positive. That's another blinder and that's another bypass to real truth to your self-love, which is loving the shadow parts and the light parts.

Alex Howard It's often in the places where we feel the most uncertain and the most unsure that something new is actually happening, it's actually in that moment we're stepping out of the old structures. I like what you just said, and maybe you could just elaborate a bit more, because positive thinking is given so much air-time in the self-help community, that you just need to be positive and turn those negative thoughts into positive thoughts. But that can often cause more suffering than it solves. Maybe you could say a bit more about some of the challenges.

Diane Kazer Yeah, okay, thanks Alex, I appreciate this one. The visual that comes up for me is this. When you're a little kid, because that's really what we are, we're all just adults dressed up, little kids dressed up in big adult suits. And you're like, okay, I'm an adult I'm going to pretend like I know what I'm doing. And, like, I really don't know what I'm doing, but I'm just doing what I think I should be doing. It's fun when you really think about all of this, we don't have to take it so seriously.

But I do believe, just thinking positive, it feels like it's a very shame-y dismissive way. And this is also what I believe about the law of attraction, it can be deceiving to people who have not done what I call shadow work. And if you guys heard this before, shadow work is sitting with all of these emotions that have been repressed and deep, they depress us. So when we're kids, you think when you're a little kid and when you do, it could be very palpable, because those are the moments that trap our traumas and cause us to hide our hurts. Because we weren't taught to process our emotions and as long as they're inside of us, they're festering. And as long as you have these trapped traumas, they are the reason why you too have trapped toxins.

So the magic is when you can really work with the trauma and the toxins at the same time, that's where real healing happens. And the visual is like, let's imagine, think about a time when you were a kid, and a traumatizing time, maybe you were crying and no one was there to hold you or to really help you understand what was happening. For me, that moment was when I was about 8 years old and I was just this little girl looking up at my parents and my dad's on one side, my mom's on the other. And my dad's drunk and my parents are gonna hate me for sharing the story publicly, but they know it's all in my book too.

So my dad's drunk and my mom was really frustrated because my dad came home drunk, and she's yelling at him and throwing things at him. And I'm just looking up like, why can't we just get along? I don't know better, I'm 8. So when we're that young we think this is my fault, I'm the reason, I'm in the middle, I'm the reason why they're fighting. But I could also be the catalyst for them coming back together and then when they don't come back together. My dad's running at the door, my mom's still screaming, now she's crying and I'm crying. But I don't understand, like this is my fault, but now it's also my duty.

So a kid does not understand why these things happen and they take it upon themselves and they swallow that fact. So just thinking positive, telling a kid to not feel those emotions is like telling someone to put a Band-Aid over a bullet wound. You can't forget these things, it takes a level of understanding to really work through it and to calm, again the limbic system down. Because these are the emotions that drive us to create thoughts and beliefs about ourselves, and you can't "think positive" those away, you can't. Sure, you can tell them in the moment temporarily to just think positive. But there's still this crying 8 year old inside of you that doesn't understand why, when this thing happened as a child, it wasn't about her, it wasn't her fault and it's also not her responsibility.

And this is where so much guilt lives inside of all of us, because we think we could have, we could have prevented that person from committing suicide. We could have prevented that person's death. We could have saved that kid's life if they just didn't do this, if we just didn't take them to the doctor to take that pill, it was all my fault. We're always operating from our level of understanding of that point. And that's where forgiveness and compassion comes in to create and cultivate self-love. The things that I did, I could only do what I knew was best in that time, and now I can do better because I know better, because I looked for better and I really sought for better. But you can't know better if you don't ask for what is better.

Alex Howard Yeah, I think that's really important. And I think that it's very difficult in a sense when we're egocentric as a child that we absorb and take in the whole world as being around us. That we get those imprints and then they just become our structures, they become how we are. And I think just broadening this also into body image and body acceptance that a lot of those early mirroring positive or negative, in terms of our body and how people respond to us. That get set up and that can be an enormous source of suffering and an enormous source of self-hate, in a sense, towards one's body. So maybe also let's explore that piece a little bit more as well.

Diane Kazer Yeah. So as to the choices that we make to create artificial masks of who we think we need to be, is what you mean?

Alex Howard Yeah, and particularly how one relates to their body, like their body image and that can be masks intense terms of behaviors. And it literally can be masks in terms of Botox and breast implants, whatever it is that someone's doing to their body.

Diane Kazer Yeah, exactly. I'll first start by saying that club culture is programing from a young age that all of us experience, a very young age. And in my era I'm 41 now and in my era when I was 10, it was Playboy magazines that were, I just found them in random places. Pamela Anderson and Barbie Dolls, which the intro to my book is a very dark moment from when I was 8 years old playing with Barbie's and I was pulling her limbs off. I think my earlier self knew something about, this thing is projecting this sense of perfectionism as who I'm supposed to be and she's got this perfect car and perfect Ken doll. I don't even know if it's perfect, it's anorexic.

Alex Howard It's deformed, right? I mean, that's the truth of it.

Diane Kazer It is totally deformed. And that's what our ego attaches to, this deformed, demented sense of who we are supposed to be and it's totally programed into us, that's our subconscious programing. And of course, then we have our moms, our parents, that's one of the other prison bars and they've been hypnotized too, into how we're supposed to look. It was a different model in their era, my mom would have been exposed to Twiggy. Twiggy was this model, who's extremely. Do you remember that one Alex?

Alex Howard Yeah.

Diane Kazer You can see a rib cage, come on. And these are what women are supposed to look like and how, and it's just it's a great way to distract from what our real magic is. So, and now its Bratz dolls. I'm looking at these Bratz dolls going, look at the size of their

lips, like how much makeup they're wearing and like how small of their waist, please god when can we end this? So that's the programming that we receive then. And like you said earlier, Alex, there's a reward system like Pamela Anderson and Baywatch, look at these cute boys that they've got attention from because they've ran super slow motion on the beach with their boobs up into their chin and these perky everything. And it's like, wow. Well, I guess in order to get what I think I'm supposed to get, which I'm supposed to get married, I'm supposed to have two kids, I should be submissive, I should be soft and sweet and agreeable. I guess I need to cut myself open and inject my face. And oh, the Kardashians, like look for how much money they have and how much attention they get.

That's really, I mean, we all have a part of us that knows better, but then there's the deeper part of us that you can't "think positive" away. That is like, remember when we were 8 or 10 and we were 12 and we were whatever and there was a real-life friend, and let's say you're teenager years in high school. Then there is the proof of the art, she goes looking for, see look, she's prettier than me and she got the whatever accomplishment that we wanted to get and we were second best. Now it becomes this compete and compare agenda of the ego that we need to look similar or better than these other women. Alex, I've surveyed so many men on this whole toxic beauty journey that I've been on to detox and find self-love. And they're like, what the heck are you women doing to yourselves? We're not looking for this, maybe 2 percent of the men.

Alex Howard And probably the 2 percent you want to avoid.

Diane Kazer Exactly. And those are the ones I was attracting oftentimes. And so when I learned that and I started talking to one of the men who are married to the woman of the clients I was working with. They're like, I never wanted her to get these, she just wanted them after she had a child and she got breast implants and she was really self-conscious.

So, they say that 90 percent of women who get breast implants regain their sense of confidence, but that has a time period expiration date as well. And then if you lose your confidence then, then there's like the next thing, but I gained fifteen pounds of inflammation when I had my breast implant. So it was like, okay, now what do I need to do? There is always this dangling carrot of, what we need to do that is the trend? The new trend to conform, whether it's big, lips injecting your face with the most toxic substance – Botox – known to man. Since when have we put beauty as that high of a priority, that we believe that they have done a lot of homework to research, that this toxin that they used in the Gulf War to paralyze the troops would be a good idea to put right in front of our most prized organ in the world, which is our brain. We really have to think critically about this.

Alex Howard Yeah. And I think it's also it's a very – and I want to choose my words sensitively as a man, in a sense – but I think it's a dangerous path when the deciding principle between whether a man is attracted to a woman in this example, is because she's got bigger boobs. If that's really the thing that's got the guy over the line to want to be in a relationship or it's really the thing in a relationship has made the guy feel more attracted, there's already something wrong in that dynamic. And I think it's such a sensitive area and I don't want to come across like we're being judgmental to people on a path like that. But it's a very dangerous thing when someone's attracted to someone primarily for the aesthetic, because the aesthetic of course is part of the jigsaw. But if someone's not attracted to someone for who they are, that's more than that. You've already got a relationship that's probably built on shaky foundations.

Diane Kazer You do. And built on the reward system of, if I contort and conform my body and my appearance for you, then you give me approval, will you then love me? Because I'm not lovable as who I am already and that all comes back to some kind of a mother or father wound usually. And for me, you're talking about my desire to get attention and to be the best of the best at everything. Which I've done and I broke that curse mostly. Mostly, and my heart's winning now more than my ego. But I realized that there was a big part of me that was competing against this metaphoric mother that was in my mind. And it was just, we don't know who our parents are, we just had stories of who we thought they were. So we had to change all of these stories of who we think we're supposed to be, I was still looking for the attention everywhere from my mom and my dad in different ways, in different areas and I was still competing and comparing without realizing it.

It's so, so far back there in the programing that many of us don't want to touch it, we think, no, that's not the reason. One of the things that I wrote about my book too, Alex, is this, many women say I didn't get breast implants, or I don't get Botox, or I don't dye my hair, or use all these masks, all these metaphoric masks, which are all conforming to who we think the world will approve of us when we become. And I didn't do this because I had shame about my body or myself, I did it because I wanted to feel more confidence.

That's a sharp way to denial because on one hand you are looking for confidence because you have a sense of shame about something within yourself, and so I'm calling everybody out to get real. I am you, I have been you, I'm still you, I still have these parts and the reason why this is also dangerous. And if you're taking this as a form of judgment, that's not what Alex or myself are saying, that's how you're seeing it. Because there's a part of you that's judging you that's filtering that, so that's your own filter system. We're coming to you with love and this movement of toxic beauty and conforming and contorting to gain approval or love or whatever that we're not able to give to our self, this is a severely dangerous weapon.

And the reason I say that is because right now we're up against this virus thing or whatever it is, and we're so concerned about building our immune system. Why aren't we asking the question, what is blocking our immune system? What's depleting it? And from the lab testing that I've done in my practice with the thousands of women I've worked with in the last decade. What I've seen is that toxic beauty and the toxic beauty bully within are the two most dangerous weapons inside of you that drain your immune system. And I have labs upon labs upon case studies and client reviews on how they have turned their life around from trauma to transformation, where their trauma was their greatest gift, to wake them up, to wake them up. What will it take to wake you up?

And I just got off the phone with a woman earlier today. Alex, over 100,000 dollars she spent on stem cell treatments, she's pulled over ten teeth out, she's so sick, she has spent lots of money, she can't work as much as she used to. Just crying to me over the phone. I said, do not spend a dime more on any treatment until you remove your breast implants. This is the last place she wanted to look. She said "I love my boobs." Well, you can also do something called fat transfer, that's all in my book. You can have the perky breasts that you still desire, but not have all the inflammation that you will spend thousands of dollars chasing because the ticking time bomb is inside of you. And I'm talking about breast implants, Botox, beauty toxic products, the things we put on our body. It's not just

those two things, it is so many things that are so toxic for our body that we do to buy our beauty, trying to be beautiful and that drains your immune system more than anything.

Alex Howard Let's come into some more specifics here, because I think we've kind of. In this interview I was keen that we really looked at it from the point of view of some of the habits and behaviors. Let's come into some of the actual physical pieces of how this can manifest, like the consequence of a lot of this trying to compensate for lack of self-love through altering and augmenting and trying to be different in a sense. The consequence is the toxicity that ends up going into the body. So what are some of the toxic ingredients that people are using, and what are some of the impacts of those?

Diane Kazer I'll go into the first one, Alex, and that is plastic. I said it earlier, we're in this plastic prison and so what does that mean? And this is not just relevant for women. We have something called a xenoestrogen problem today. And what xenoestrogens are is, plastic is one of them. Xeno, it's a foreign estrogen, it's not your own made estrogen and men make estrogen too men, children and animals. We all make estrogen and progesterone and testosterone, just different levels.

So these fake estrogens that are in our beauty supply, that are in the air that we breathe, in the water that we drink, the food that we eat, they're everywhere. And so it causes a condition that I've seen even in men's labs and oftentimes is the majority the problem, men have air quotes, low testosterone, well why? We have to ask the question why. And it's not just what your doctor tells you, that its aging or that you have bad genes or that you're stressed. Well those are really elusive. What do you mean? I'm stressed? Like, how do I fix this?

A big part of this stress is the chemical stress, like this plastic that looks just like estrogen to your body. And what it does is it attaches to your own cell's receptor sites because it looks like estrogen, so a cell goes, okay estrogen I'll let you in, so it unlocks that key to the cell and gets in. And when it does that, it can activate your cell and cause tremendous symptoms and growth of things that are thousands of times more potent than your own estrogen. Well, what does that mean? What could that look like and the consequences of that? What are the top reasons that we suffer today in our culture and our world? Is we have obesity, we have cancer, we have Alzheimer's and brain fog, we have depression. We have a lot of people who have like fibroids and cysts and tumors, all these things people fear. And the main reason that they're here is, again, it's the fear itself. And then it's also the inflammation that things like chemicals being one of the biggest toxins that activate the body and cause things to grow. And people go, I got to cut this fibroid out, I got to cut this tumor out.

What's happening is, it's like trimming a tree branch and a tree and saying, okay, the tree is healed. And someone like myself, I go, wait a second. That's going to grow back if we don't get a shovel out, come on, give me your shovel. Come on, let's do this together, you don't have to do it alone. Let's look in the soil and the roots, where the answer lie. Your roots of how you're raised and of these toxins. That's where a lot of these toxins live are in your gut, they're everywhere, in your brain and you can't just footbath them away. You can't just colon hydrotherapy them away, or three day cleanse. They're super deep and safe into these cells, your brain is like 60 percent fat, that's where these toxins like to go, like plastic. And they grow, they grow and inflame things, inflammation is the root cause of 95 percent of disease. Inflammation is caused by growth from these toxins.

So plastic is a huge one. I mean, it's just one of them. But there's many xenoestrogens that are out there, too, like parabens and pesticides, which are pretty much everywhere at this point as well in our food, in our personal care products, things like phthalates, it's in fragrance. It can be overwhelming when you really think about it. But when you can learn the system of how to choose healthy and clean and nontoxic, which is like 5 percent, then you could just ignore the other 95 and learn a system of how to stay away from them. Because plastic is pretty invasive and it's everywhere and it's been accumulating in all of our bodies for such a long time. There is a way to clean it out and there is a system for that. But it's also to question your exposure to it, not just cleaning it out from your body.

Alex Howard And I guess one of the challenges here is what as people just think, well, everyone else is doing it, so it must be fine, or it's in all these products therefore there's nothing wrong with it. And sometimes people have to dig a little bit deeper and be willing to ask some more fundamental questions.

Diane Kazer Exactly. It's very true and that's where the trauma comes in. That's where being in the prison of, well, I'm going to look around politics, piers, pop culture, parents, everybody else around me is doing it so I guess it must be safe. That is not sovereignty. Your sovereignty is when you really start to question, why am I sick? Why am I not thriving? The question, why is so powerful, it's my favorite letter of the alphabet. What's happening here? When you really ask the questions, that's why I say this toxic beauty and not loving myself journey taught me to really pull the glasses off of fear. Fear of not fitting in, fear of not being approved of, fear of not being perfect. I took those off and I was able to listen to my intuition, tapped up in here. That's the magic, is when you can truly communicate to your higher self and say, what is this thing here to teach me? Anything, a symptom. What is the symptom trying to tell me? Because just like going back to the 8 year old child who's crying, it would be like putting some masking tape over her face and saying, shut up. How dare you cry? And instead, that would be like an antidepressant or an anti-inflammatory or a pain pill, it's just it's just numbing the pain.

When you can really be the parents or the best friend, the sister or the doctor that you've never had that you've been searching for so long. And you could sit with her or him and put your arm around them and say, what's hurting? What are you trying to say? How can I listen to you? How can I give you what you need? How can I remove from your life what's hurting you? And having somebody to help you decode what your symptoms are trying to say. That's when you have your sovereignty and that's when the trauma becomes your teacher instead of your tormentor. And it's, many of my clients the first thing they tell me and like, what's the real belief that you have that's causing you to suffer? What is the expectation? What's the should? And here it is, Alex. I should know these things by now. We didn't really come here with a manual, we came here with a lot of prison bars and we can get out, but only if we can see these as our teachers, and there's many.

Alex Howard What are some of the practices? So practices or tools? We talked a lot about shifting attitude and beliefs and mindset, which I think is so important. But I'm curious as to the particular practices or tools that have helped you in terms of cultivating self-love and also the things that you're recommending for your clients?

Diane Kazer Yes, I love this part, this is the solution. I call them soul-lutions because they can help you reclaim your soul. First of all, I was really pissed off at my mom.

Alex Howard I don't think you're alone in that. I don't mean your mom, I mean people being pissed off with their moms. Your poor mom, the whole world hates your mom.

Diane Kazer She'll love that one. We all feel like our parents and there's two ways this can go. You either pedestalize your parents as perfect and you aspire to be them and then you fail at it, then punish yourself for it. Or on the opposite side, you project that they did a crappy job. So it's either pedestalizing or punishing either one of the two. And for a long time I felt like I was a victim. And this is the template, I'm not just saying this for me, this is all of us. In some way many of us suffer because we feel like we have been victimized by something that should have treated us differently. And that's where I say it's like a mother wound or the father wound for so many of us, either projecting perfectionism or punishing them, because they weren't what we thought they should have been.

And so going back to that rule, okay, well, my mother should have taught me different, it's her fault. When you're a victim, you're giving your power away, saying that you couldn't have and you can't still become that person that you thought that someone else should have been for you. And as long as you're victim and complaining motive, okay, you guys complaining feels good sometimes, it feels good to vent sometimes. But oftentimes misery loves company and like you said earlier, Alex, a lot of people are complaining too. They're pissed off with their moms, or their husbands were treating them like this, or the wives are treating them like this, a terrible person.

Every time you're judging out there, you're completely victimized yourself and you're handing your power to them. My question is always, how do you take your power back? For me and all of the clients I've worked with, is how can you create a new story? And a new narrative? And Joe Dispenza, I would say, "you can only change your personal reality by changing your personality and how you see the world." And so I went, every day I ask the question, I have my clients ask this question, who would I become today if I didn't know who I was yesterday? And this level of creation is, like you can start every day with a blank canvas and start over.

Well, we have the subconscious mind that says no, no, because the last time I did that, this happened and there's this angry protective judge. Understanding the language of that judge and understanding how to move away from those words, and understand where those came from is how you can free yourself. So I have people list out and write down, what are the beliefs that you have about yourself? I believe that I am this, and then what are the expectations that you had from your mother that you didn't get or your father, whichever one you feel a wound from or anybody you feel a wound from, that you feel like you're carrying the most amount of anger about. Write down, here's what I feel like I should have deserved. And then here's the reality of what you believe that you got. In-between those two columns is your suffering that you're carrying around with you everywhere you go and you're projecting that onto every situation that you have in front of you. You're projecting that pain onto everyone as someone that can either save you or someone that can punish you, so it's going to be either one of the two. And what the ego looks for is something that's going to reward the thought that, I am a victim. See, look, I'm a victim. See, look, I'm a victim.

When I was able to do that and see how I believe my mom should have treated me this way, then I believe that she should have told me and warned me about all of these things,

and there are some plans here, she should have just told me every day what was beautiful about me. So I didn't have to go find it or buy it. And I started to realize my mom has a little girl inside of her too. My mom has this beautiful little soul that just wants to play. My mom was also programed and you know what? My mom was my greatest teacher, because she taught me ways how not to do it and suffer the consequences showing me how not to live, so that I didn't do the same. So when I was able to not only, I don't like the word forgive because it implies that someone's done something wrong intentionally. But when I was able to accept my mother and love her and thank her for who she is and she was, and realized that she was the teacher that that gave me the inspiration to go find self-love on my own. That's when everything changed. And when you can find gratitude in every single thing and you can find that there is a silver lining, and there is light in everything happening, even a virus, there is a reason for all of this.

That wakes you up and that gives you your power back, when you can find the love and the hope within yourself and the light without needing it from out there, you're no longer co-dependent. And you also start to develop some really healthy boundaries, self-love boundaries. And you won't let people treat you poorly anymore because you don't treat you poorly anymore. Because whatever critical voices inside of you of that victim of how life should have treated you, isn't there anymore. That's the freedom.

Alex Howard I think that's very beautiful. And I think in a sense what's so heartbreaking about so much of the suffering in the world is that the love that we seek, it is there, it is there inside of us. We just have to find our way to make contact with it and to birth it and bring it more fully into our lives. And I think your story is a powerful example of that. I'm mindful of the time, but I wanted to ask, for people who want to find out more, Diane, about you and your work, and you mentioned your book. What's the best way for them to do that?

Diane Kazer Yeah, absolutely. Go to my website I'm the only Diane Kazer in the world, it's Dianekazer.com, you could probably misspell my name and Kaiser and find it. But you can go on there and there are several different resources on there, you'll find my book Killer Breasts. Also find a really awesome masterclass where you can learn about the top five shifts and the five shifts are all the things I talked about today.

When you cleanse your body, when you heal your hormones and your gut, and you ignite your life by understanding the shadows that you put yourself in and the prison that you put yourself in. You can have everything that you want, you won't put yourself in a prison anymore. And you start to live from the light side within instead of that dark bully within. And that's where my podcast lives. That's where a whole bunch of you took my toxic scores, see how toxic that you are and the solutions for that. So whatever resonates with you. My website's full of those resources.

Alex Howard That's awesome. Diane, thank you so much I really appreciate you sharing so honestly of your story. I think it's been really helpful.

Diane Kazer Thanks, Alex, for having me.