



Episode 48:

Optimize Your Energy Through Spiritual Alignment with Sonja Foss and Evan H. Hirsch, MD

Evan H. Hirsch, MD 0:00

Hello, and welcome to the FIX YOUR FATIGUE podcast. Whether you can't get out of bed in the morning, your energy crashes throughout the day, or you're a biohacker looking to optimize your energy, productivity and focus. This podcast is for you. I am Dr. Evan Hirsch. And I will be your host on your journey to resolving fatigue and optimizing your energy. And we'll be interviewing some of the top leaders in the world on fatigue resolution. Welcome. Hey, everybody, welcome back to the FIX YOUR FATIGUE podcast, soon to be renamed the energy MD podcast, where we are helping leaders throughout the world to take their energy to the next level so that they can have more fun and success in every aspect of their lives. And whether you're leading a government or a business, or a community or your family, they need you right now more than ever. So really excited about our conversation today, because it's going to be with with my good friend, Sonya Fosse. And one of the things we're going to be talking about is spiritual healing and spiritual alignment. And as you guys know, we talk about more than just physical healing, here at the energy MD. We know that it's really important that we have Mind Body emotions, and spiritual healing, that are all happening at the same time. Those are the people who have the most success at resolving fatigue and taking their energy to the next level. So let's learn a little bit about Sonia before we dive into this conversation. So Sonia FOSS is a spiritual coach Channeler of source energy, and owner founder of Oracle teachings Inc, a global six figure plus business since its launch in September 2019. She is often referred to as Abraham Hicks on steroids. I love that, because she specializes in helping women entrepreneurs align vibrationally with their desires in business and life by channeling source energy, her spiritual teachings step by step process to multiple six figures and unique ability to help women deepen their own connection with source, reconnect with their bodies with love and live and live life authentically, abundantly and powerfully. Sonia's gifts are a rare blend of spiritual philosophy, and practical application in a safe and sacred container only found inside her spiritual Business Mastermind called the Golden Circle. Sonia, thank you so much for joining me today.

Sonja Foss, BSC 2:38

I am grinning from ear to ear. As you can see, I'm so excited to be here with you. Thank you for having me.

Evan H. Hirsch, MD 2:45

Thank you for being on. Yes. So I've been waiting for this. Yes. So we're going to be talking about optimizing your energy through spiritual alignment. So a lot of people don't know what spiritual alignment means. So what does it mean to be? What does it mean? And what does it mean to be in spiritual alignment?

Sonja Foss, BSC 3:06

Oh, my gosh, this is such a big question. Okay, here's the reality, so many of us. And this comes into play with our energy levels. Absolutely. So many of us don't necessarily understand the true purpose as to why we are alive. We don't recognize that we are powerful creators, powerful beings, and that we are here with a particular mission. And that we are part of making this world the most abundant, joyful, peaceful, loving, amazing place in the universe. Often, people are getting out of bed, and they don't want to go to work. They don't know why they don't want to go to work. But they're just not happy. They're not happy in their relationships. They're not happy in the roles that they've cared like, that they've assumed in their lives, like committed to. And often they're like, What is the point? And so, along comes this ability to believe in something greater than one's own existence. So we have an opportunity with spiritual healing and spiritual alignment to discover, why are we alive? What is it that we're supposed to be doing in this world? And how is it that believing in a purpose, a soul's purpose, a true purpose, can actually sustain us in a whole other way energetically? So spiritual healing and spiritual alignment is like, Do you know who you are? Truly? Do you believe in something beyond yourself? Do you feel as though you have a meaningful offer to the world? And if so, what are you doing about it and how do you do it? So that comes into the alignment, right? And if all of those things are blocked, and you don't know who you are, and you don't know why you're alive, and nothing feels like it's ever working out for you, well, guess what? You're not in alignment. And you've got some healing to do.

Evan H. Hirsch, MD 5:18

Well, souls purpose, that's kind of one of those things that just gets you out of bed in the morning, right?

Sonja Foss, BSC 5:24

Oh, yeah. Like, I cannot wait to talk to my clients. I cannot wait to breathe air, I cannot wait to connect to people who inspire me, encourage me, empower me, motivate me, show me what is possible in this world. And so if you wake up every single morning, and it's beyond, I gotta get to work. You're fueled with a different level of energy? For sure.

Evan H. Hirsch, MD 5:55

I can see how that would make people happier, more fulfilled, have better relationships.

Sonja Foss, BSC 6:03

And guess what else happens? Your body feels better?

Evan H. Hirsch, MD 6:09

Yes, I have no doubt. And I'm excited. You know, I scheduled the call with you. So I'm really excited about going through this process with you as well, so that I can get even more aligned, and more clear on my soul's purpose because I, you know, I, I'm, I'm on a mission. And I'm excited about helping all these people. But if I can get even more clarity in my life, I know that, you know, sky's the limit in so many different aspects of my life.

Sonja Foss, BSC 6:37

Absolutely, absolutely. You're needed in this world, and every single person that you're touching is needed in this world. We need to feel our best. And so if there's something that just isn't clear, like one of my clients that I think I sent you a YouTube Client Testimonial about it even she's, you know, six years old, she was an accountant. She's a military veteran. And I love her quote, which was, if you had told me that some check was gonna throw her head back, channel source energy, and tell me a bunch of stuff about myself. And I would feel the best that I had felt in eight years, I would have told you, you were in that job. But it's true. And I'm living proof. And so and what her problem had been was fatigue, right, she couldn't get out of bed. And even though she knows her purpose, and even though she lives in a beautiful relationship, and a beautiful setting, and she was really like just completely down and out and would stare at the ceiling until about noon, or sometimes 4pm not getting out of her PJs for several months. And then with this particular spiritual healing process, that you've scheduled your own call for the clarity, the confidence, the energy, she was like I was hyper was like, when's the last time you felt that like eight years ago, it was intense, like her turnaround. So there's something to this work. And it doesn't make sense, really, there's no way to really explain what it is until you look at some of the ancient scriptures, right? Like from yogic philosophy, understanding our human body on all of the levels that it is like, you spoke into the physical well being, of being a human, the energy, the emotional, the spirit, but there's the mind and there's also something called like the vision yet and then my Akash and you might know what that is, which is a layer of your human form. That modern day psychotherapist refer to as the subconscious mind. There's a lot going on in there. But if you look at the old scripture from yogic philosophies from like 10,000 years ago, this part of our being wasn't known as the subconscious mind. It was actually known as our karmic energy. What we're born into this life with, as a result of the past lives, dramas and traumas that we've experienced before our consciousness is created in this life. And so the particular spiritual healing that she had access to we navigated through the ethers together with my gifts with the Oracle and we I get transported is really interesting. Like I get transported and time and space Ben, and as a clairsentience, someone who's able to feel into energy of any time and space. I as a clairvoyant who's able to see through the field as a clear cognizance. and someone who knows truth, right? Like that gut vibe, that gut intuition of like, I just know that this is something that I need to do, I know that this is something that I don't need to do. So navigating through those experiences, I actually wind up and like her and other people's bodies of these past lives. And I'm able to tell them exactly what is going on in that life. And what happened to create a particular energy that needed to be healed in the belief system that she was born with. And then once the energy is gone, is no longer a problem. And then bada boom, Bada bing, she's got her energy back. It's weird. Like, it doesn't make sense, right? But, and it's all been through zoom, which is even weirder, like, we're not even in person doing this explorative work.

Evan H. Hirsch, MD 10:55

Thank you for that explanation, that really helps. That was gonna be my next question is kind of like, you know, how do you do this? What does it look like? And there was something that you mentioned about there was some thoughts and beliefs that were essentially energy that needed to get transformed in some way. Did I hear that correctly?

Sonja Foss, BSC 11:16

Yes, and I'm so happy you spoke into that. One of the things that I'm on a mission about is to normalize conversations around consciousness and spirituality. And the reality is, before I completely get into the answer for you, you know, we all know about the with, like the witch burning trials, and how it wasn't safe to be a woman like me back in the 1500s 1600s 1700s. I think there were even witch trials that happened in Massachusetts. And there's a lot of clearing that needs to be happening in those lands as well. But modern day historians and archaeologists are actually estimating that close to over 1 million women like me, were burned alive. And if you have any sort of ancestry from the British countries, right, Scotland, Ireland, England, Europe, etc, etc. You've got some trauma happening in your body as a result of the trauma that your grandmother, your grandmother, your other Gregory Gregory, great, great, great grandparents experience. But that whole shame and harsh and something special about grandma over there. So we've like diminished our ability to really honor the sacredness of these conversations. And we've overcomplicated things. Ultimately, thought vibration is energy. Ultimately, emotions are energy. And what I've learned from the Oracle is that there are three types of energy. There's negative energy, there's neutral energy, and there's positive energy. And it seems so simple, right? But of course, every type of energy is multifaceted and multi layered. So the negative energy, that's the stuff that goes bump in the night is the is the is the creepy stuff. So I teach people how to eliminate that from their houses, from their bodies, from their minds from, from their experience. I used to, I used to back in the day go to houses, and like clear them up poltergeists until I realized I can teach people how to do this, and then they're not bothered anymore. So at any rate, there's negative energy. And that's not just spirits is not just like what Christians would refer to as demons or monsters or anything. It actually is any type of negative energy that comes from your thoughts. And it exists for all time, which is one of the reasons why people like Tony Robbins or Dr. Joe Dispenza, are teaching people how to access a peace, vibration, which is the neutral energy. I like to refer to this as God frequency. So peace and love and bliss, like complete ease, where we're surrendering completely. And then there's positive energy, like the joy and the happy, the Happy, happy, happy, happy, happy, free, kind of positive energy, right? And every type of energy has an effect on our bodies. It's an every single word that we hear is an every advertisement is an every bit of food. Like one of my teachers said, I don't go to restaurants like well, why not? Well, because I don't know the kind of energy that the cook is putting into my food. I might be swallowing his grandmother's trauma that he put into my food unknowingly. And so There's so many different methods and practices and techniques to align spiritually with the positive and the neutral frequencies that we kind of have looked over and we've dismissed as woowoo. Or, or weird or, you know, something that is shameful or unknown or scary. Did I get to your question?

Evan H. Hirsch, MD 15:25

Yeah, you did great. And I love the fact that you're going into those different energies. It's interesting to me that neutral. Those are pretty blissful, amazing energies, but they're considered neutral.

Sonja Foss, BSC 15:38

Because they are not wanting one thing or another. There is no, there's no attachment there. They simply exist, just like light, just. But negative energies are quite influential. And they can be manipulative. And a lot of people don't even realize that, depending on their psychic abilities, and intuitive gifts, like we all have access to source energy, we all have access to these higher states of consciousness. The superconscious is what Dr. Joe Dispenza refers to it as. So we all are being affected by all types of energy. And sometimes, especially as a channeler. And I mean, I'm not unique, right? I just happen to be unique in the way that I'm done being quiet, that this is part of our existence. And I want it to be as normal for people to say, I'm off to see my healer, as it is to say, I'm off to see my doctor, I'm off to see my dentist, I'm off to see my healer, like just normalize it. But a lot of people don't even realize that they're susceptible to negative energies that show up as a thought, all of a sudden, a mood changes, right? Like I remember living in downtown Toronto about 20 years ago. And I'd be walking with my friends along the city sidewalk that were on our way to an amazing restaurant, I opened up the door, and wash, panic, heart attack, I'm going to kill myself. I'm suicidal, like all of this crazy level of energy just coming right through me. And then I think about super busy cities like Los Angeles, New York City, you know, all of these American mega cities where there's so much traffic, and there's so much movement, and there's so much going on. And there's so much light and there's so much noise. And it's like, how do we actually navigate our way to feeling neutral, and positive? When there's so much coming at us? And we wonder why at the end of the day, we feel drained. We wonder why like, Wow, where did that mood come from? Where did the judgment towards one another come from? Right? So negative energies have this way of slipping through the cracks. And coming into our consciousness and kind of influencing us as a certain way. Positive energies is kind of like, that's your fairy godmother, essentially. And she's like, follow me do this, let's go here. This is a great idea. Right? Just very, very, very happy, happy, happy joy. And there if you need her sort of thing, but with a neutral energy. It's where you get into that, you know, the brain waves of theta and delta, where there's lower responses, and you're in rest and digest. And you actually feel as though you don't need anything. You're fine. And everything's flowing, everything's easy. So, navigating our way to avoid negative energies, because who knows where those mood swings come from? Right? Sometimes, and being able to harness and connect to the positive and neutral energies, our lives dramatically change.

Evan H. Hirsch, MD 19:29

Yeah, that's brilliant. You know, I know that somewhere along the path, you know, I stopped listening to, you know, my intuition and I became more cerebral. Right. And that was in part for protection. But in part, that's kind of what society asked. So I can definitely see that there's like power in reconnecting to the spirit to source to myself and being more open. And I would imagine that there's a lot of people listening to this right now. To say, Hey, I know exactly what you're talking about when I open that door to a restaurant, where I'm in connection with somebody else, and I can totally feel that person's energy. Can you feel whether that person is safe? Or not safe? Right? Or how do you make decisions? Are you actually getting into your intuition and making decisions from there? Are you being stuck up here, oftentimes, like I am. So one of the things that you talk about, and I love the way that you talk about kind of, for folks who have a hard time kind of grasping the spiritual side of things, it seems like it's very much in the realm of meditation. And in the realm of yoga, you know, once you get into flow, and you're doing some of this yogic breathing or pranayam, or you're in meditation, it's very similar to what we're talking about in terms of are working with somebody like you who's doing who's connecting with spirit, who's doing some of these channelings. Would you say that those are kind of similar spiritual exercises?

Sonja Foss, BSC 20:58

Oh, gosh, yes. And you just gave me tingles everywhere speaking into this, because yoga is my love. My whole healing journey began with yoga. I was I was definitely not this person that you are seeing before you today. I was somebody who was over 200 pounds, I was a chain smoker, I had massive levels like, severe PTSD, I had a hard time leaving the house. I had gone through a lot. And I remember people being like, Sonya, I feel like maybe you'd really benefit from yoga. And I would take a drag off of my cigarette and be like, yoga is not for hippies. Now I own a yoga school. And like, the first time that I went to yoga, and I sweat, right, like because often in the West, we're coming to yoga, from the physical practice. And we go because it's good for us. And we go, because, hey, you know what, I want my bum to look good. There's nothing wrong with that. But I went because, like, a friend was doing it, doing it. And it just happened to be the perfect moment. And I gave it a shot, not for myself out of support for my friend. And it was the first time I had slept well through the night and 20 years. I woke up the next day, and I was like, Okay, I need more. And so I went back for more. And then I learned that there's 1000, different styles of yoga, that there's like even more yoga teachers that there's so many different approaches and philosophies. And so, now I've spent 13 years really studying everything that there is about yoga. And my specialty now is something called Yoga Nidra. And I took training with a few different teachers. One is Jennifer Reese at the Kripalu center in Massachusetts, she trademarked something called divine sleep. And I get to teach that because I took the certification, but also with the Oracle now, I'm being taken into this other realm like it's almost like a fourth dimension. And because I connect with people a certain way, I'm able to use this ancient practice of yoga, which is really about transcending the physical body, transcending our energy transcending the egoic mind in the thoughts and the emotions, transcending the subconscious level, and really connecting inward to who we are, for we're all the same, we come from the same place, but we're here to do different things. And unless we're connecting to our true power source, right, our true power source, then we're forgetting for forgetting our true nature. And if you're doing meditation, breathwork movements, you're practicing yoga. And it was all created by the Brahmin by the ancients, from grandfather to grandson, grandfather to grandson family to family, mantra to mantra. And it is here to heal people. And I know, my school certified and registered with yoga Alliance. But and we're not allowed to say that yoga heals is a huge liability. Just so you know, so caveats are but it just feels me and I can own that as my own personal experience. Yoga healed me into the realm of Reiki, then I moved into the realm of plant ceremony. Then I moved into the realm of deeper, deeper healing work. And then lo and behold, I know my true purpose, which is to heal the world and bring these conversations to the world bring this healing to the world, and remind people of who they truly are. They are beautiful, they are unique, they are cherished, they are wonderful. And they're here to do amazing things. Excellent.

Evan H. Hirsch, MD 25:08

And it seems like the work that you're doing is removing obstacles potentially. Or it seems like if I'm envisioning kind of like, the energy flowing through the body, whether it's prana, or chi, or divine spirit, or God or whatever, that there's blockages in that energy or kinks in that energy, and you're kind of like ironing them out, is there? Is there some sort of visual that's kind of a better representation of that?

Sonja Foss, BSC 25:38

You nailed it? Absolutely. You nailed it. It's almost like, you can imagine a big fat Boulder, right in front of your chest, where you had spoken into conditioning earlier on. And social conditioning is everything. Like, I only know I'm a woman, because I've been told I'm a woman. It's not necessarily something that our minds even

had the ability or awareness of understanding back when we were Neanderthals, right, like, there was no distinction between sexes, gender, identity, names, like none of that stuff that even existed. And so, but as we have evolved, and as we have developed, we have awareness of self. And in that awareness of self, were created almost through our social conditioning created in terms of our identity, like who we identify as I am, that I am not that I am that I am not that that feels good, this does not feel good. And it really, again, is that simple. And so, but then, when we're on our own, and we're thinking about what brings us joy, and what we'd like to experience more of whatever that is, is it feeling good? Is it freedom? Is it abundance? Is it money? Is it love? Is it more success, a better home? Yadda, yadda yadda? And we don't have it, but there's teachings out there that say that we can have it all? Why don't we have it all? What is stopping me from moving to this next level, that's where I am the Oracle come in. And we're able to connect with people energetically and spiritually through the Zoom ethers, right? Of like, we work with you as a free willed, sovereign, independent individual. And you set your intention on what it is that you want to achieve, what you feel is blocking you from achieving it. And we navigate through your physical body, right, so I'm a medical intuitive, I'm able to pick up on different things that are going on in your body. In fact, so much so that I have to take two to three days to recover and release myself from people. I channeled for someone recently who has scoliosis, and literally put my spine out of alignment. And it took two to it took me almost three days to bring myself back into alignment through my yoga. So at any rate, yeah, so that energy is what we connect to. And we take it out of you. It's like pulling a thread out. So you know, the nervous system exists in the spinal column. Yeah, of course, you're a doctor, you know, everything. And there's nerves, there's just 1000s of nerves, like these beautiful electromagnetic channels of energy, constantly reacting, responding and traveling, depending on our brain synapses. And it's, it's almost as though you can imagine an energetic channel and that exact same spot. And that is what the yogi's referred to as your name, tissue, not not a channel, so your main energetic channel of your spiritual energy also. So if you can imagine as like you would do in a physical surgery. In a spiritual experience, it's like, I'm able to connect with one of those threads and see where along the thread, there might be a block from you being able to access a particular frequency in your consciousness, to be able to manifest what it is that you are desiring. And that might be as a result of conditioning that you've experienced this life. Or it might be something that experience that you're experienced in a past life. So navigating through that whole area is it's pretty wonderful. Yeah,

Evan H. Hirsch, MD 29:52

sounds like it. And I think it's interesting, you know, for people who are listening to this who potentially are skeptical where they're hearing kind of Have some some of the language that they may not be necessarily familiar with. I think it's important to remember that when I went to medical school and you made a joke about me knowing about the nervous system, but when I went to medical school, they told us the first day of medical school 50% of what we're going to teach you is wrong. And we don't know what 50%. So it's really important to read, and this is conventional medical school. This is a medical doctor and MD, right. So it's important to remember that, before you go ahead and judge spiritual spirituality, or this sort of this as a possible treatment or anything like that, you have to suspend your disbelief, and you have to remember that there is so much that we don't know. And that people's own experience their subjective experience, after experiencing a treatment like this, like that woman that you mentioned, on the testimonial video who hadn't gotten out of bed for eight years or so or had challenges with her energy. Right? Sometimes it takes really all of these different components, the mind, the body, the spirit, the emotions, some of these other components that you mentioned in yoga that I'm not that familiar with, like all of these things really need to be addressed. So I just kind of want to remind people of that is that anytime we kind of land on being decisive about something, we end up missing out on opportunity, it's better to live into the questions than it is to make definitive answers. Anything you want to comment on that.

Sonja Foss, BSC 31:28

Absolutely. Because guess what this work does not work with anyone who isn't open to it. And that brings us into, you know, thinking Grow Rich, Napoleon Hill's book from almost 100 years ago about how important faith and belief really is. And if you feel that you are fine, then you're fine. And if you feel that something is whacked out, then you're never going to be open to it. But if there's something right, like, just completely dismiss it, and I've heard about it all, I've heard it about, as I heard about it, all to the point that I don't care anymore, how people actually receive this information. The reason I keep showing up and doing this work is because I know, I know how transformative it is. And I know how powerful it is. And I know people are looking for this in a way that you cannot access Esther Hicks anymore. You can't. She's a multi gazillionaire, who like only hangs out with multi gazillion aires, and she would never do private readings for anybody anymore. And I plan on being a multi gazillionaire I know that this work is for the world. I know that the people that I work with on a one on one basis, they are meant for bigger, greater mass of movements around the world. They are integral people who need that clarity. Like one thing we haven't actually connected on in this chat is the fact that I'm from Canada. And we're weird. Absolutely. I apologize for the Canadian. Right. But people probably don't know this about Canada that one of our Prime Ministers used to go and consult his dead mother and his dead dog when he was making huge decisions about the creation in Canada. Like, maybe that explains us, I don't know. But um but if it's, it's just, I actually and I'm being told, like share this information as well. So my great grandfather, he actually was responsible for the trains, the the streetcar mapping of Los Angeles, and he fell in love with my great grandmother, they decided to sail to the Orient. They wound up in Vancouver, and he looked at all of the land and he looked at, you know, all of the opportunity, and he set set roots down. But he actually started something called the spiritual Society of Vancouver, British Columbia, Canada, and he would host seances and he would do all of this stuff. And it's interesting because it totally skipped a couple of generations. Nobody seems to have access to these spiritual abilities in my family, and I'm considered to be the black sheep because I believe in God. Everyone else is like, okay, Sonya, whatever you say, I'm like, God makes miracles happen every single day. But I have that belief. I have the faith. I have the history. I have the evidence I have people that I work with from around the world every single day, whose lives are changing, but the major distinction is if they are open and willing to connect on that level? Miracles happen? If they are not, it's not for them. And it's fine. However, if there's like this inkling of like, oh my gosh, is this actually something that could help me with my energy? Oh my gosh, could I actually get into alignment with my soul's purpose? Oh my gosh, could I actually have any manifestation that I desired? Just because I had this experience just because I chose to do the deeper work, then guess what the answer is whatever you want it to be? The answer is yes. If you want it to be yes, the answer is no. If you're just like, filled with me, nevermind. But if it's something that you keep coming back to 100%, it's meant for you and I'm here for a reason. You're hearing this podcast for a reason. Evans doing this podcast for a reason we've connected for a reason. Like, there is great, incredible energy of opportunity, just as a result of this conversation. And again, remember what I shared when we like scheduled this, I talk a lot, Arabian Arabia, because I don't stop

Evan H. Hirsch, MD 36:13

doing great. So in terms of helping people to increase their energy, how could these abilities and practices help people to increase their energy? You talked about that? That gal on the video who it sounds like it was thoughts and the thoughts were the energy and that needed to be kind of smoothed out? Are there other ways in which you're able to help people increase their energy?

Sonja Foss, BSC 36:38

Oh, yeah, it's so many people. Oh, sorry. I just like thinking about all the people that like every single channeling session I've ever had is been so different. Every single person has had unique needs, and has been given very unique guidance. That's the thing, right? Like all of these Click Funnels and master classes, and webinars and group programs, and blah, blah, blah. They're like they're not custom designed to one person's specific needs. And that's what I love so much about the work that I do that it's one on one, it's super private, super safe, super confidential, and everything that they need to maintain that alignment is provided. So some people as an example have presented with, I've got this anxiety, who wants to deal with anxiety, right? Anxiety is the worst. And it cripples people. We don't leave the house, we don't leave our beds. And we have a hard time connecting with people. It's it's absolute nightmare. And the Oracle, through me, guided her to experience three breaths in a very with some very particular movement for her particular body. And her anxiety. Gone, just gone. And she was able to breathe, she had to come back to it for sure. Because hey, guess what she hadn't trained her brain. She hadn't been doing everything else that you provide to your people, right? Like, you've got such an amazing team health coaches that data, but so she needed more support. Then nausea, who wants to deal with nausea? Who wants to deal with depression, who wants to deal with like all of these things that can affect our energy levels. And every single person has received different guidance from the Oracle. Like I can't I lost count how many times channel for people and given people a very specific direction on very specific energy that exists in their body as a result of their thoughts as a result of their conditioning, their upbringing, their karma, what they put in their bodies, yada, yada, yada. And every single person has been given exactly what they need to clear themselves of that. They feel better. Yeah, that's really cool.

Evan H. Hirsch, MD 39:17

That is really cool. For sure. Yeah, you know, we, we've, we talked about in our program about how important it is to replace deficiencies and remove toxicities. And that's kind of how from a physical standpoint, we kind of bring it to balance. But it's just nice when you allow the body to kind of do what it's supposed to do. And it's allowed to remove any of the energy drainers that are present, whether they're mental, whether they're emotional, whether they're physical, whether they're spiritual. And this sounds like such a wonderful tool in order to be able to do that. So let's do you talked a little bit about working with people one on one. Can you tell us a little bit more about the programs that you're currently offering?

Sonja Foss, BSC 39:58

Yes, absolutely. up. So there are basically, I'm so focused in on clearing people's energetic blocks, right. So that might be about their manifestations, it might be about the healing that they need, it might be about their actual energy levels. And the one on one accessibility is through, the easiest way to access the is through the three part past life healing process. And at some point, I'm going to have an easier name for that. Three part past life healing process. So essentially, that's this is what you purchase. So the first step is that you make the investment. And it's almost like, we're absolutely connected from that moment forward, which is one of the reasons why I'm like schedule, Your call is time to move forward, let's do this. But you're guided through meditation, all of what we're talking about, we go a little bit more deeper and a booklet that's available. And you fill out a Google form that allows you to really clearly focus in on what it is that you are wanting the Oracles help with, then you in that platform, you schedule your call with me, and it's up to 90 minutes on Zoom. And it really is like, I'm an RMT for your spirit. That's what it is like you're supposed to wear comfy

clothes, you're supposed to be in bed, you're supposed to be super sober. And you don't have to stare at the screen. It's just our way of connecting right and recording the session because there's like, infinite amount of knowledge and information that the Oracle downloads. So I don't know, maybe you I think you're familiar with like Abraham Hicks and like that 15 minute YouTube clip, it's like, whoa, you could listen to that for the next 20 years and always pick up something different. So it's very similar to that, where you're getting actual guidance from Infinite Intelligence about who you are, and how to navigate into feeling better, and having what you want. So because many people especially when you're sensitive to energy, because of that, you can feel really fatigued after, but it's like, it's like you've gone for a massage, it's kind of like you've been just taken care of after a Reiki treatment or something of that sort. You have a good night's sleep often. And then about a week or two after, if you have any lingering questions or insights or anything else that has come up for you in your integration of this new existence, then we have another 30 minutes together. And you get to ask more questions. And it kind of completes the whole experience that completes the process. So that is the my most favorite way with, like working with people for the first time. I love connection, I love people so much. And after that, you know there's a Reiki mastership program, there's a yoga teacher training, there's a yoga nidra certification process, there's the possibility of really wanting to step into truly honoring, remembering, coming to know, one's true sole purpose and intuitive abilities. Because it's not just women that are able to do this, right? It's everybody. Everyone accesses source in a different way. And so coming to understand your unique ability to receive messages from one thought, right? Can you imagine, this is my morning walk? This is my meditation. This is my yoga, I'm like to do what should I be doing today? God says like, is there the thought is there it's like, okay, thank you and moving on.

Sonja Foss, BSC 44:19

And everyone has that ability. So learning how to communicate directly with source is really powerful and profound, and I love doing that deeper work. And that's on a weekly basis in like a three month container. But of course there's also the spiritual Business Mastermind which is next frickin level called the Golden Circle. And it's a year of women exploring their spiritual abilities, their true purpose, and learning everything that they need to learn to like jump ship, and move into this holistic healing realm, which is by the way, like a \$56 billion other industry, and there's enough for everyone, like this is no small game, right? Like, this isn't some psychic on the corner of the street with a flashing neon sign saying open and like comment for \$20 reading, it is far beyond that at this point. So those are my favorite things to do in the world, connect with people in this way, and make sure that they're living their best lives.

Evan H. Hirsch, MD 45:30

Excellent. And so we will drop Oracle teachings.com into the show notes. And you do have a free thing for our gift or for our audience, which is the well once you tell us about it. The meditation is

Sonja Foss, BSC 45:47

a chakra healing meditation, which is the type of yoga nidra that I was talking about before. It's just a beautiful, professionally sound engineered binaural beats like, Oh, it's so cleansing and healing. And I've heard a lot of feedback from people that like they've had spiritual experiences just listening to the meditations. So it's incredibly healing. And some people listen to it every single day, because it's a different experience every time.

Evan H. Hirsch, MD 46:21

Excellent. So we will drop that link as well. Thank you so much, Sonia, this has been really excellent. Anything you want to leave, leave our audience with today. I really appreciate you taking the time to speak with us.

Sonja Foss, BSC 46:34

Well, you know what, I think there's one last thing, which is that if people are interested in a three part past life healing process, that you have been given your own very special link, and you are going to be able to share that with them directly. Yeah,

Evan H. Hirsch, MD 46:54

yep. Yeah, we'll drop that below for sure. And it's really a no brainer. I mean, the the investment and the return on your investment is, you know, 10 times 100 times whatever you're going to invest so, so appreciate you making that reasonably priced. For everybody and such high value. I think I know people are gonna get a ton out of it. And I'm excited. I made the investment and I'm excited about getting scheduled and having my own experience. So

Sonja Foss, BSC 47:23

thank you. Fantastic. Thank you so much.

Evan H. Hirsch, MD 47:27

I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more fatigue people who desperately need it. Sharing all the experts I know and love and the powerful tips I have on fatigue is one of my absolute favorite things to do. If you'd like more information, please sign up for my newsletter, where I share all important facts and information about fatigue from the foods and supplements to the programs and products that I use personally and recommend to others so that they can live their best lives. Just go to fix your fatigue.com forward slash newsletter to sign up and I will send you this great information. Thanks for being part of my community. Just a reminder, this podcast is for educational purposes only, and is not a substitute for professional care by a doctor or other qualified medical professional. It is provided with the understanding that it does not constitute medical or other professional advice or services. If you're looking for help with your fatigue, you can visit my website and work with us at fix your fatigue.com And remember, it's important that you have someone in your corner who is a credentialed health care professional to help you make changes. This is very important, especially when it comes to your home. Thanks for listening, and have an amazing day.