

[00:00:00] Jade Stoner: Hello and welcome back to Soul Growth. How are you? I shared in my email this week how the start of this year has been a lot energetically and all of the celestial weather, so new moons, full moons, there's been this portal and this planet moving from one place into another and all of the things, it's had many of us.

[00:00:22] All up in our feelings. So lots of old crap surfacing, and I know that's not always easy and it doesn't feel great, and it can sometimes happen you questioning like, what is the point in all of this? Is inner success even worth it? So if that's been your experience, you're not alone. You're not going crazy and your life isn't falling apart despite what your ego mind has been telling you.

[00:00:48] In fact, it's the opposite. You know, when we go through these times individually and collectively, it's for a reason. It's for you to see clearly all the places in your life where things aren't working, and it's the universe giving you a loving kick up the ass to make the necessary changes in your life and clearing the way so that what you desire has the space to actually show up in your life.

[00:01:13] So if you look at it from another perspective, is actually your life falling together. So the beginning of this year may have felt like somebody, you know, shook the snow globe. That is your life, and all of the snow is up and moving around. But it should all start to settle if it hasn't already. As the universal winds have changed, the energy is lighter and we are headed into spring.

[00:01:39] Yay. Spring is my favorite season, and I love how it symbolizes new beginnings and that feeling of renewal. And it's definitely when I start to awaken and come out of my shell. And something that I learned recently, which makes complete sense, is that the year as we know it, so January to December and when we celebrate New Year is actually a manmade concept that was basically invented in recent centuries, but it's not in alignment with nature's season.

[00:02:09] Nor our body clocks, which is likely why so many of us quote unquote struggle in January and February to get in the flow. So March is actually Nature's New Year, hence everything coming back to life after slumbering for the winter. And this makes so much sense. And when I reflect back on past years and look at when I actually feel like I'm coming to life and ready to emerge, it's March, it's now.

[00:02:36] And so here we are. Hello. So if you've been feeling anything other than your best at the start of 2023, you are not alone. And now is the time to take a deep breath and remind yourself of who the fuck you are and what you're here to do, and go and do the things and something that has a huge influence on all of that, and how you feel and show up and what you manifest in your life.

[00:03:03] And what you don't is who you surround yourself with. What and who you allow to influence your mind in your life. And that's exactly what this episode is all about. So let's have a think about successful people. And I'm not talking about success as you and I are learning to do, you know, the inside and the out.

[00:03:25] I you, we can only see celebrities lives from the outside and, and the material success. But when you look at all of those kinds of people, they all hang out together. Now,

that's not an accident. That's something they has been designed that way. They design that for themselves. Why? Because they understand the power of who you surround yourself with and how that influences you and how it either lifts you higher or it pulls you down, or it just keeps you stuck.

[00:03:58] So they're very selective about who they spend time with. You've probably heard the phrase, you know, birds of a feather flock together. There's reasons for that kind of stuff. You know, if you think back to when you were a kid, there was probably somebody in your school, somebody in your life who your parents deemed as you know, not a great influence, and what would they say to you?

[00:04:23] Don't hang out with that person. Right. And at the time you probably thought it was just your parents being. Parents, I dunno what else to, you know, they're just trying to protect you. But actually in hindsight, you can now see that there's a reason for that because one person's behavior can influence another person's, and it's no different for us as adults.

[00:04:51] It's all about who you surround yourself with. So it is time for you to have a look. Have an honest look at who you spend time with, who you are around online and offline, and edit accordingly. So online, that's really easy. You know, you can click and unfollow. You can remove someone as your friend, you know, whatever.

[00:05:18] Whatever it is according to which platform you are on. But you need to do the same offline as well in your real life. And that's, Not as easy. Always, you know, we have family, we have friends, we have colleagues, and, and I get that. But with the people that maybe you feel like you can't remove from your life or you work with them and you know that's your job, that's your environment that you are in.

[00:05:46] It's just about you being mindful of how much time you spend with them because yes, perhaps it's true that you can't. Remove them from your life completely, but you can probably tweak and edit how much time you spend with that person, how much of your energy that you give to them, how much you let them be in your presence, and therefore their energy affecting you.

[00:06:13] Does that make sense? Family members, yes, they're family, but you're not obligated to to spend hours and hours and hours and days and days and days with them. You know, we are grown. You get to say to yourself, you know what? Spending time with this family member doesn't make me feel great. I don't need to cut them out of my life, but actually rather than me, I don't know, spending five hours a weekend with them, maybe I'll just spend one or two.

[00:06:45] You have those choices. So again, this is about you taking back your power. You know, you're not a victim to life, and I speak. About this stuff, not just as a, as an intellectual concept of like, oh yeah, easier said than done. I get it because I have done these things myself and that's why I know it's not easy.

[00:07:07] But I also know how important it is that you do that. And when we look at our friends, this as well as the family members has been something that I've found very challenging. Um, I am a person that loves and I love hard and you know, my friends are my friends, they're my family. And over the years of my personal growth journey, as I've grown

and, and changed and elevated as a person, I've come to see that some of the people that I've been friends with for a really, really long time, we weren't aligned anymore.

[00:07:49] And that was really uncomfortable and that made me feel all kinds of ways. At first I felt bad, especially the ones you're like, but they've been my friends for like however many years. And recognizing that you're growing apart or you don't have the same things in common was really, really hard because nobody ever told me.

[00:08:17] That it's okay to, it's okay for that to happen. It's okay for you to go in separate directions. It's something that's not really spoken about in our society, but not everyone is meant to come with you as you elevate your life. You know, some people come into your life for reasons to help you learn a lesson.

[00:08:40] Some people come into your life for seasons to help you grow and achieve something, and some people are. There for your whole life. You know, they're the ones that ride with you for it all. They are your ride or dies and they're there through the good, the bad, the ugly. They're there. When you're up, you're down.

[00:08:58] You know when you're doing well, when you're not doing well, and you know who they are and, and time will tell as well. Right. But what I want you to take from, from this part of the episode is that. It is okay for you to outgrow friendships. It's okay for you not to spend as much time with a friend or a family member as you once did.

[00:09:23] You know, thinking about the seasons changing, the seasons change all the time and we get to change and have our own seasons in life too. And here's the thing, there may be people in your life that you are not right for each other right now. But if you are meant to be in each other's lives, you'll find your way back.

[00:09:47] You know, just like Spring comes around every year and Autumn comes around every year, maybe they'll come back around and maybe they won't. And you know what? That's a lesson in letting go. And it is hard, but you can let people go with love. You know? It doesn't have to be bad blood between you. So, I just want you to know that it's okay if that's you, if you're going through that, if maybe you listening to this and you're like, oh my goodness, this is how I've been feeling recently.

[00:10:24] Just know that it's okay. And I wish that I had had this message through my years that I was going through all of this kind of stuff, and to know it's okay. There's nothing wrong with you. You know you're not broken, you're not weird, you're not. Whatever negative connotations you're put putting on yourself, it's okay.

[00:10:47] And something else is that I recognized that I held onto relationships a lot longer than I knew was healthy for me because I was afraid of being alone. And again, I get that, you know, we're not made to be alone. Um, but it is okay for you to be alone. Don't be settling in friendships, in romantic relationships, in even familial relationships, work relationships, business relationships, whatever it is, because you're afraid of being alone.

[00:11:22] For me, I learned that part of that was connected to being codependent, and that's, you know, that's a complete other story, topic of things to get into, but. Once I was forced to

spend time alone, you know, I've, I think I've shared with you before, you know when you don't move on, life, life will move on you.

[00:11:45] I was feeling intuitively and energetically that certain relationships were not for me anymore, and that I needed to separate myself from them, but I didn't want to because of loyalty. Because of how long you've been friends with them or because they're family or because insert your own excuse reason, whatever.

[00:12:04] And actually I was then forced to either remove those relationships from my life or they were removed and I was therefore forced to be alone. And it's a really powerful growth experience actually. And whilst it was uncomfortable at first as anything unfamiliar and new is now, I love it. I actually feel more.

[00:12:30] Uncomfortable. If I haven't spent some time by myself in a week. Like if I've had a busy few days and I've been around people and I've been out and about, I'm just like, I need some time out for me. I need to spend time by myself. And that's a testament to my growth and self love journey because six, seven years ago, I couldn't imagine being alone.

[00:12:55] And if I was alone, I would try and fill that void with. Alcohol and watching mindless TV and any other crap to distract me from being alone with myself. So, you know, if that is something that happens for you, if you, if you find yourself spending time alone, more time than you would like, remember that it's happening for you and there's something there for you to learn.

[00:13:22] And when you clear that space, when you remove the the dead weight from your life, You are opening up the space for the universe to bring in the relationships that are nourishing and supportive to you, and the ones that are gonna lift you up and help you to achieve your, your goals and your dreams and all of the things that you desire to have in your life.

[00:13:46] Right? And similarly, when you are hold onto the relationships that aren't serving you, perhaps. They're, perhaps they're outright toxic. Perhaps they're outright negative. Sometimes it's not even, it's not even that deep. You just don't really vibe with them anymore. And you can sense jealousy or you know, you share a celebration with them and they're like, oh, you, oh, that's good.

[00:14:15] And you can just, they don't say it, but you can just feel they're not really happy for you. They're the relationships that then keep you small because subconsciously, What your mind is hearing is that it's not safe for you to share your celebrations with these people and so to keep you safe, cuz it's how your brain is wired.

[00:14:40] It will stop you from actually achieving anything to celebrate so that you don't have anything to share or it will have you sabotaging that stuff so that you can. Not feel out of place when you're around these friends, you don't feel like you are, you're showing off or, uh, what's, you know, getting talked about or looked at, like, who does she think she is or who does he think he is?

[00:15:06] Um, you know, none of that is there because you've. Unconsciously block yourself. So you wanna make sure you're around people who make you feel good and they wanna see

you win. And that's reflected in their words and their actions and their energy. And if you are thinking to yourself, all of this is great, Jade, but you know, where on earth do I find these kind of kinds of people, people that are like me, people that are on a journey of personal growth and spiritual growth, and changing the status quo of their lives.

[00:15:41] Think about things like online clubs or in-person clubs, as in private members clubs or any kind of club that's related to something, um, related to your dreams. So, for example, if you wanna invest, there are specific investing groups and business communities. Sorry, I just had to take a sip as my fruit was getting scratchy there.

[00:16:14] Um, yeah, clubs where people hang out together and it's the same like-minded people. You know, if property is your jam, there's loads of property groups if business is your thing, there's lots of business groups, networking groups, communities, and all other things. You can look at different memberships. So again, if business is your thing or something you wanna get into, find a membership where it's business focused.

[00:16:41] And I understand the importance of this stuff, of surrounding yourself with the right people and why it matters and it's something that I'm working on. So later this year, I do have something coming your way. It is. Behind the scenes at the moment put, putting the wheels in motion and getting things together because yeah, I understand the importance of this and how it can really make or break your journey and, and the, the amount of time it takes you to get from A to B and to c, d and, and all of the other places.

[00:17:17] So surrounding yourself with the right people really will elevate you and help you create the life that your soul is pulling you towards much faster than. When you're doing it, trying to carry dead weight. So play with this, you know, have fun. This is your life you're creating. Have a think about what it is that lights you up, what makes you happy?

[00:17:37] What kind of people do you want to be around? Once you figure that piece out, that will give you some idea of where to start looking for them. You know, Facebook has, I don't, hundreds of thousands of groups on there. Um, go join one, check it out. If you like it, great. If you don't like it, Leave, you know, you're not a tree, you're not stuck in one place.

[00:18:01] You get to move and be patient with this as well. You know, it's not a case of recognizing this is something that you wanna get a handle on, and then tomorrow you're gonna go out and meet your next best friend or, you know, whatever. Sometimes it takes time and, and it, the reason that it takes time is because, Our energy is clearing.

[00:18:27] So if you've got all of this past programming that's projecting out and attracting certain kinds of people into your life, you then recognize, okay, these are the kind of people that I've been attracting into my life. I don't want that anymore. I want this. So you change it, it's gonna cha, it is gonna take a little bit of time to change the programming, the thoughts inside of you.

[00:18:57] Which then changes the signal that you put out and then what you're trapped back into your life. So be patient and be gentle with yourself. You know, if it is a case of some people need to exit your life or you need to exit their lives, there's probably gonna be a grieving period involved. And you know, that's part of the journey as well.

[00:19:21] Just embrace it all. Honor your feelings. Honor yourself and stay focused on what you are here to do. I promise you, as hard as this may be for you, it will get easier and you will be okay. There is support out there and yeah, just, just know that you're hearing this message for a reason to check who you are around, what you're being influenced by online and offline.

[00:19:54] And make your edits accordingly. And as I've been sharing all of this with you, you already know what needs to happen. You've got a feeling in in your gut. You've got thoughts running through your mind. You know, your soul knows exactly what needs to, what needs to happen as a result of you hearing this.

[00:20:13] So trust it. You know, your soul always knows the way, and this journey is part of you. Learning to listen to and trust that part of you again. So that is all for today's episode. My throat is scratchy as, and I've had a tech hiccup tonight as well. So I, I hope that this episode has recorded properly.

[00:20:43] Otherwise, that's gonna be a problem, but I trust that it. We'll be okay and I will figure out my tech. So again, that is all for today's episode. I trust that you've got what you needed from it. Share your biggest takeaways with me on Instagram at I am Jade Stoner, and use the hashtag Soul Growth Podcasts.

[00:21:03] So until next time, big love.