

Vedic Astrology and Your Health — Mind and Body



Ep 7: Vedic Astrology and Your
Health — Mind and Body
with Prema Lee Gurreri

Gregory Anne

This is the rebellious Wellness over 50 podcast for women over 50 who aren't done yet. You may have seen the worst of aging and are hoping there's a better way there is. And I'm going to show you how in interviews, book reviews, rants and stories each week, I'm going to bring you the latest science-based info on how to age better. I'm Gregory Anne Cox, and I believe it's time to bust the myth that aging equals decline in every area of life. It pisses me off and it's B.S.. Look, aging happens, but it doesn't have to ruin your life. You just need to get a little rebellious in your approach.

Gregory Anne

I have with me Prema Lee Gurreri, whom I've known for quite a long time and is just such a delight to speak to and a super powerful coach in the spiritual and business realm. So, Prema, thank you so much for being here. Welcome.

Prema Lee Gurreri

Thank you for having me. It's always a joy to dive into wonderful, juicy conversation with you, and I'm super excited about what's going to emerge today.

Gregory Anne

We always have good conversations, that's for sure. Why don't you, I touched on what you are, you're a spiritual coach. I didn't mention you're a Vedic astrologer with, what, twenty-five years experience? And you also are a business coach for spiritual entrepreneurs and people that are up to changing the world, I would say. What else can you tell us about yourself?

Prema Lee Gurreri

Oh, my. Also, I would say that taking care of myself and health and well-being is like top of the list. I was a yoga teacher for many years, had a big yoga and healing arts center. I always tell people all those things that you geek out on those those are some of the things you're really into in astrology was always something like that. And spirituality for me and business. But health and well-being has always been something that I continue to dive into. And how can I better? It's for me, it's about amplifying my energy. How can I amplify my energy and feel the best that that I can feel.

Prema Lee Gurreri

So I so love to support especially women and women visionaries and really stepping into their true nature and owning their what I call their highest value gifts or their divine gifts and really helping them to not only be very, very fulfilled. I was going to say happy, but like a deeper sense of that and really fulfilled because I find at this time of life and for most of the women I know, yeah, we want to be happy again. We want this or that. But there's you know, if we haven't fulfilled what we are meant for or we don't know what that is or that has changed because it does change over time, that'll pull at us and as much as we want might want success or as much as we might want total health or vitality, there's a sense of really wanting life to be meaningful and to be made good use of and do what we've really come here to do. And that's really near and dear to my heart and near and dear to my heart to help other people with as well.

Gregory Anne

And I want to let the listeners know you don't have to be an entrepreneur. You don't have to be a world changer. Don't be a visionary to begin, at the midlife, to start to look inside a little bit more. And it's true, the female brain, we look outside for a couple of decades because it's about family and career. And then at the midpoint we start to look inside to see whether we have a fulfilling life or what needs to be changed.

Gregory Anne

And the work that you do is not only for people in business, but it's also for people that have a life. And that would about include everybody listening in. Your dedication to self-care and health and wellness always an inspiration to me. And like you said, things that we geek out on, we should include in our lives. And that was what yoga teacher owned wellness center.

Gregory Anne

And the Vedic astrology is a little bit of a twist, a unique piece in terms of. How the planets, the energy of what's going on around us influences our self-care, our body. All right. So I want to bring it into people's awareness that this isn't like this person's all about health and wellness. Oh, and by the way, there's astrology over here and it has nothing to do. It really has a lot to do. It can, have a lot to do with how we take care of ourselves and how we manage our energy, when to do certain things, when not to do certain things.

Prema Lee Gurreri

Yeah, absolutely. So let me just define what Vedic astrology is, so Vedic astrology is the astrology of India, and it comes from the Vedas, thousands of year old spiritual, some of the oldest spiritual texts. Deepak Chopra made Ayurveda available. And more of a common word here in the West, the word Ayurveda, Sanskrit word translates to the science of life. And Ayurveda looks at us very holistically. Jyotish, which is the Sanskrit word for Vedic astrology, also comes from the same place.

Prema Lee Gurreri

It translates into the science of light, science of life, science of light. And it actually goes with Ayurveda in a way, in that there's a way to understand what you're how you're wired up and there's places where organs are found, and different states of mind are all found within your Vedic astrology chart.

Prema Lee Gurreri

The more you understand about yourself. And I'm not a predictive astrologer. So the way I use the tool is I help people to become more aware of who they are and aware of making sense of the energy that they are probably already feeling and more sensitive to

energy if they're not really feeling that and giving them ways to make sense of that energy so that they can make better choices for themselves, know when something is, you know, when you walk into a storm.

Prema Lee Gurreri

So so it's it's I was just saying it's really cold outside where she is right now. So she goes outside and she's got her bikini on she's going to be really cold. But if she knows that it's cold outside and she's going to put her coat on and maybe her hat and it's definitely Mittens Day, she can go outside and she still can do what she needs to do, although she can be a little bit more comfortable, although there's still limitations of what she can do in that kind of a temperature.

Prema Lee Gurreri

Well, that's happening to us all the time. So if we can understand how the celestial weather is affecting us personally, like what's going on now, but how it was set up in effect, affects us personally within our own blueprint and our own inner wiring. We can make better choices for ourselves given the conditions of what we're dealing with. And we can also start to decipher when it's just a storm going by or when it is you think, oh my God, it's going to be like this forever when you know it's not going to be like this forever, that it's a piece of time, then it's very it's a lot easier to strategize and navigate that time.

Prema Lee Gurreri

Like we know we're not going to those of you who had children, you know, you're not carrying that baby forever. Labor is not going to last forever, but we can do it right. So it really helps us to frame things.

It's really understanding timing, understanding ourselves, including our soul challenges and how we can better work with that, understanding our nature. And it, even with Ayurveda, goes into the doshas, which helps you understand if you're more pitta or vatta or so and even going down to the level of things to eat. And so I don't practice. I don't teach that so much. But that is all actually comes from Vedic astrology.

Prema Lee Gurreri

Can can we talk about why prediction is, why I think prediction? This is my opinion that it robs people of choice because you have a certain soul blueprint that you've made soul choices. And and I'm looking at that through the lens of Vedic astrology. Greg can look at that through the lens of Akashic Records. There's lots of different ways to look at that lens. Because of it's a snapshot in time. But the way we're wired up is we have freedom of choice and we're here to transcend, use those challenges and transcend are always, always that choice. So I might intuitively see a prediction, so to speak, with somebody.

And I do often. But if I tell somebody, this is what's going to happen. First of all, I don't really know. And it's me just tapping into the energy or psychic right now and everything could change. But because someone has heard that, they start to they start to create a reality as far as I believe.

Prema Lee Gurreri

So they start to make choices to create that reality when it may or may not be in their best interest or continue to fit them by the time that would unravel. Does that make sense?

Gregory Anne

Absolutely. Which is why I have. Hmm, a sort of cautionary view of genetic testing or predictive disease models. Like, if you have the Snp, which is a piece of a gene that may have mutated, for diabetes, but you're perfectly healthy today, you may worry about everything or you may totally change or you may throw up your hands and go, well, and my mother had it so it's in my family and I've got the gene. So there I go. I'm just going to get diabetes. And so I worry that some of the information that's available from that kind of thing or from what you're talking about is, like you said, it will take people's choice away or put them in fear or anticipation of something that isn't going to happen, or they may decide to do something different.

And then so, yes, I agree with you.

Prema Lee Gurreri

That is such a good point and we know from epigenetics that our environment has a huge part in whether those those genes get turned on or off, on or off. And we just like it, which is the same as I'm talking with in terms of choice, we can turn a soul challenge on or off, we can turn the gift on or off, depending on the choices we make.

Prema Lee Gurreri

So just remember, you are at choice. And even if I say let's be smart, be informed, but then make the best choices you can make for really the outcome you want to have. Don't limit yourself.

Gregory Anne

Yes, and keeping in mind that as we get older, we may be feeling hemmed in by choices, by the life we've chosen, the spouse, the place we live, now with covid who used to have a job or a new business, doesn't they don't know what's happening. There are so many things that weigh on anybody as we start to get older. But in this time of life, because of covid and vaccines and not vaccines, and that's scary enough at times, I think I don't want to diminish the idea that being at choice doesn't mean it's going to be easy.

Gregory Anne

If you want to change something. Some choices are very simple to make but harder to execute, to get where you want to go. So I just want to acknowledge that

Prema Lee Gurreri

We have the power to choose and some choices are harder to make. But when it's that old saying that says, I'm sorry, I won't get it all right. But once one is committed, then all forces move, help to move someone in that direction.

I can't remember who did that quote, but they conspire, you know, it is as long as whatever choice you make and then what you can do your best to step out of fear around that choice.

Prema Lee Gurreri

I think that's what really brings in grace and a sense of ease, because I know for me that I've had to make difficult choices at times. Even letting go of my yoga center was a difficult choice, but I knew it was the right thing to do. So even though I had to go through some things with that, there was a sense of ease and grace about it because I could just feel it was right.

Prema Lee Gurreri

You are whether you're ending a relationship. I know sometimes this timing in mid-life we're facing relationships changing or children leaving or all those things, but. I think it's the energy we hold around the choices that helps to create the climate and sort of pave the way to give us what we need to move, move through and make that actually a reality.

Prema Lee Gurreri

So I believe wealth, my definition of wealth is everything you need to fulfill your purpose. And vedic astrology has helped me come to that definition both through understanding it and my life, but actually even in the science, because it is a science of how it's wired up. All the purpose houses are followed by the wealth houses in the vedic astrology chart. Why do we need what we need and that's not just money, but it translates to money in our culture because money represents our exchange of trade.

Prema Lee Gurreri

But it's the relationships we need. It's our health and our well-being. It's the knowledge that we need. What do we need to take in acquire in order to be or do what we've come here to do or do? And health comes into that not only there's a scientific like one of the wealth houses is actually a health house, too. It's interesting, it's health and wealth is

actually found in one place on the chart, which is really interesting because that same placement, which is the success house in vedic astrology, has disease and health.

Prema Lee Gurreri

You know, it has wealth and it has obstacles and effort and it has both sides of many things just again, demonstrating we're at choice at how we animate that energy. So, yes, the cliché, if we don't have our health, then we don't have our how can we enjoy our wealth? When we go overboard, when we become really out of balance in any area.

Prema Lee Gurreri

So health is a huge part of of wealth and our ability to actually enjoy that wealth. And when it comes down to it, at the end of the day, you know, a certain amount of wealth can make life easier. There is a certain amount, but beyond a certain amount, it doesn't necessarily make you any happier. The studies show.

Where health and well-being, that is where happiness actually resides.

Gregory Anne

So you said to me on a call a couple weeks ago or maybe last week that the physical body is the final frontier and that just nabbed me, because I was thinking the final frontier to change. What do you mean by that?

Prema Lee Gurreri

Yeah. So your thoughts are very malleable. Think about your mind. It's like the chocolate cake/don't. Have an inspiration and you can really play that out in your mind in lots of ways.

And that's very, very changeable. Right. And change your mind. Change your thoughts. Well, then we have the emotions and the emotions are a little less malleable. Sometimes it takes a little bit to get in touch with our emotions, but our emotional currency and energy that is is but it's still pretty fluid and pretty flexible. And you can change from one emotion to the next pretty pretty readily. You could decide to be happy. Happy, right.

Prema Lee Gurreri

Then there's the final frontier, the flesh. This is the slowest part of us to typically to change. It is also the densest particles. So it's energy in a very slow down form in my belief system.

And it's much denser than your thoughts. Your body weighs more than your thoughts to do weighs more than your emotions do. So it changes slower. So, for instance, if you're going to I live in Seattle, if I'm flying to Italy, I'm likely to have jet lag, even though I'm happy to be there and I'm there and I'm present and I'm enjoying it when I first get

there. But my body, my molecules, that it takes a little while for them to catch up with me.

Prema Lee Gurreri

And that's the density of this. When we go to exercise at the gym or whatever. So it is no wonder that it doesn't respond as quickly as we would like it to. And it takes more, more energy to kind of get our body to do what we want to get it to do.

Have your thoughts and your emotions in the right place is helpful for that, but it is a denser form.

Prema Lee Gurreri

So I call it the final frontier because in order to master this body and I don't mean looking perfect or anything, but feel like you have mastery and connection with your body, that is, it does take effort. And to me it's more about being like really your state of being, I think is the quickest way to move your body, but also to be patient with ourselves and gracious with ourselves, especially as we hit midlife and beyond, to be gracious with ourselves that, yeah, this is this is going to continue to change in a particular direction.

Prema Lee Gurreri

And our efforts we put in, we have to kind of you know, it may be slower, but if we keep with it, we will actually experience that change.

Gregory Anne

This is just reminded me of something that I when I work with a client who has something they want to change, often it's a weight loss thing and they might come and say, I'm going to lose 20 pounds in 30 days. That's what their goal is. And I really won't allow them to bring that to my coaching sessions with them because the body has its own time clock and at midlife and beyond, the time clock is way, generally speaking, slower than we'd like it to be.

Gregory Anne

So I'd like to lose 20 pounds. Honorable, doable. Fantastic. Now, here's the steps that we're going to play with to see if it works for you and the goal or the reward when you get to X number of pounds may happen in 30 days. It may happen in five, but it's very frustrating for people to get. We have all been taught to put these timelines behind our goals. And I think especially when we don't reach them in the timeline that we anticipated, it's really depressing.

Gregory Anne

And some people would say, well, if you don't put it's not measurable and smart goals, whatever those are, then you don't have there's no impetus. There's no motivation. I don't agree. I think the motivation is its own self, but it doesn't have to have a specific timeline.

Prema Lee Gurreri

And I think if you gauge it off of how you feel. And that's pretty much everything like how you feel then and going like, why do you want to lose 20 pounds?

Prema Lee Gurreri

Like, well, how what are you after? Why do you want to. OK, well, I want to feel I want to feel lighter in my body once that oh, I want to actually be able to go backpacking again or whatever it is that you know, and really make sure you connect it to that. Same as if I'm working with somebody and we are looking at. So why do you want to write this book or why do you want to find out what your purpose is or why do you want to make this change from career to your business or whatever it is?

Prema Lee Gurreri

What's the underlying purpose of that? We're not going to write you're not going to write the book overnight. Let's face it. It's actually it's going to put them you're going to have to put in again, like losing weight. You have to put something in there. But again, how do you know you're on the right track and you have to have that vision. And then also to me, it's measuring it by how you feel and then reinforcing that like, oh, so maybe I thought, I want to lose 20 pounds.

You know what?

I'm at 15 # and I feel so great.

And it's not that I'm quitting or anything, but I just really I feel great, you know, so I don't really care when the next five comes off, you know, giving us ourselves that kind of grace.

Gregory Anne

Absolutely. And I should say, having just gone through knee surgery, my husband had total knee replacement surgery. He had a deadline to lose weight because the surgery was a certain date. And the doctor said it would be great if you could lose 10 pounds or 15, whatever it was by this date. So he did have a time. And that's a little bit different. I'm just talking most people are not unless it's the wedding or we don't have weddings and they're all virtual.

Gregory Anne

So, but it's true of everything making money. If you're a business person, all the goals are great to have. But like you said, how do you want to feel? Why do you, how do you want to feel when you get there? But how do you want to feel everyday? Like let's feel that way now and bring in some steps to change whatever it is that we're looking for change

Prema Lee Gurreri

Also understanding your nature. And I think that's what you're really pointing at. And that's another thing that the work that I do and the support of understanding who you are, how do we put and what do we put in place, whether it's making whatever transition, whether it's a business or even just finding out how to use your gifts or whatever it may be, but understanding your nature and being able to honor that and being able to work with that because we're not different and we're so outer referenced in this society. You're always looking outside and measuring ourselves against others and the media and all those things that at the end of the day, that could leave us feeling pretty less then.

Prema Lee Gurreri

But when you understand, like you don't expect your Chihuahua to act like a Saint Bernard, you know, you don't expect it to act like a cat either. You know, I was being a Chihuahua. If we could allow ourselves to find out what is my what is actually my nature, it just frees us up so much.

Gregory Anne

And speaking of, I love the shadow work. So we have we find out our nature. Let's see. Like we're naturally gifted in communication.

Gregory Anne

We're a teacher, we're a lover. We're this we're a nurturer. Well, there's always the flipside of that and the good news about the shadow side, first of all, knowing what your shadow is, because if you know who your, what your gifts are on the light side, then you also have the dark side. Then when you feel that coming up or if you see yourself being, let's just say judgmental self or outward or a little snooty at times, if that is your shadow characteristic.

I tell you what, and I said this during my everything is food. I'll probably say it a million times over the course of this podcast. Once you know something, you can't not know it.

Prema Lee Gurreri

Yeah, that's true, isn't it?

Gregory Anne

You could kind of forget that maybe your flipside of your fiery deliciousness is sarcasm. Greg. But once you hear it enough, it's like you're opening your mouth and you go, shadow, what do I want to do with this instead? Tell us a little bit more about this. I don't know.

Prema Lee Gurreri

Yeah. So I'm going to circle back. And so I have a body of work that is your Sacred Wealth code as woven into some of what I do, and your sacred wealth code. I sort of downloaded this based on a scientific principle in vedic astrology, helping people understand where their purpose and their prosperity come together, because I noticed over a long time of working with people and myself and through a whole dark night of the soul I went through that, that's that sweet spot of where your purpose in prosperity, literally like when I look at somebody's chart and how that intersects, but within ourselves is really where we where your highest value gift, your divine gifts, the gifts that when you use those gifts, you're actually on your purposeful path. You do not have to worry about your just what is my purpose? Use your gifts, you will actually be on your purposeful path.

Prema Lee Gurreri

So then in that work, there's also noticing where you're not and when you're on the shadow side of your gifts. Just to take you a little deeper in, as I'm working with this and understanding this even more so, my the way I'm wired up is to take spiritual principle, bigger concepts and make them bring them down into really practical form for people so that they can be really user friendly. So then the sacred wealth code archetypes showed up. Now, archetypes is a soul language. And just like I can say, the teacher or the mystic or the engineer and all of you just have a little story that opened up that's very personal to you, but is representational of that particular archetype.

Prema Lee Gurreri

And I was so thrilled when the archetypes showed up and they are connected to the planets and they're connected to some, they honor the mythology and archetypes of India. But they're in very English, because I live you know, I speak English and I live in this in the West, terms.

And so we have archetypes like the the connector who I have on the wall, the administrator, the visionary. And there is a shadow side to the archetypes. Now, the archetypes give us a way to tap into our sacred wealth code tap into these energies I've been talking about in a very user friendly, but personal way. So, for instance, in the archetype of the connector, so one of the shadow sides with the connector, as great as

I'm a connector great is a connector is and connecting in with one another and very intuitive and caring.

Prema Lee Gurreri

Well, the shadow one of the shadow sides is the people pleaser. And this I see this in the feminine, in women a lot. And underneath the people pleaser, it's going to be unique to you, but it's kind of looking for love in all the wrong places. It's and so on that Great Nurturer. It's also the over giver and the feminine women are have that natural nurture. But if somebody really has a strong archetype of the nurturer, again, that over over giving, that leaves one feeling depleted and usually leads to martyrdom on the on the other side of that.

Prema Lee Gurreri

So great to know when you're slipping over into the shadow or how your shadow is actually wired up and then you can kind of look back at your life and see, oh, that's how that's been showing up, then we can understand what beliefs are. And I have clearing processes and such to help us clear those beliefs and rewire and be able to step more into our gifts. Now, our shadow is not to be pushed away. It's more like sort of the misinformed part of our self.

Prema Lee Gurreri

So imagine that you have a child, that you're all families taking a walk. We have a five year old stubbed their toe. And that five year old is like lagging back three blocks behind. Well, and they're limping. Well, you're not going to say, well, just hurry up (somebody would). But if you go back and maybe give it a lift for a while and find out, like we don't even know why it's lagging, like what's going on.

We put our arm around it and we and we figure it out. Well, our shadow I always say everybody's welcome at the party. So you want to get to know your shadow because there's part of your gifts that you can't fully access when you're in your shadow.

Prema Lee Gurreri

And by getting to know your shadow, we get to unlock that and get to get that gift and move through that challenge that keeps that shadow in a particular state, people pleasing so that you'll get love or get recognition or whatever that may be. And usually those things aren't on the surface. We have to we have to dig a little bit. But it's nice to know, oh, if you're an overgiver, the Mars, the honorable warrior is tends to be a rescuer on the shadow side, pics, relationships and situations where they have to swoop in and rescue so they can feel.

Prema Lee Gurreri

So it's wonderful to know that. Oh, I like to say get excited about your shadow because there's a lot of currency in there and we want to find out what that is instead of continuing to push it away.

Gregory Anne

So I just want to tie this together. We are at any moment in time, no matter what age we are. But I'm going to say especially so at the midpoint and beyond, faced with things that we, we wake up one day and we say, I'm not sure I feel very good about this, this person, this place, this whatever, or my body, what am I going to do? Sometimes you need a little I mean, we talked about we are very outward focused.

We go outside for information and all the juicy stuff is really inside.

However, oftentimes it takes an outside person to reflect back to us. This is what I heard you say. How much does that mean to you? What would it feel like if it wasn't there? How can we help you? Right? Those kinds of conversations, I think are really great in moving forward, because if we don't take action or at least introspective action to decide what we want to do now.

Gregory Anne

Why? It's going to stick around, sometimes things get worse if it's a health problem or if it's a relationship that is dragging on you or not supporting you, they don't generally get better on their own. And I also think why postpone the joy of feeling fully expressed and being all that you can, and having all that you can. I mean, we talked about it earlier. It's not every decision is not an easy decision. And then what follows the decision can sometimes be heartbreaking wrecking, and all of that stuff.

However, there is a light at the end if you've made the decision for yourself from a place of soul, heart, surity. Checked in with yourself once you've gotten these outside bits of info, would you say?

Prema Lee Gurreri

Absolutely we were never meant to do it alone.

We are there's a reason why we hold babies inside nine months and then we have to hold them.

I say you have to hold them for another nine months before you can finally put them down. We we will die without human contact or not do very well and not thrive. And as women, we are all connectors at some level.

Even if you're an introvert or whatever we do better in community, we do better and I don't open up a whole can of worms.

Prema Lee Gurreri

But there has been from the outer reference there is for some women have experienced a competition between women stuff and I mean, not healthy competition. But in truth, we all just we want a sense of belonging and we do really well when we get like-minded together, whether that's a one on one conversation. And that's why, you know, Greg and I are both from helping business and it's important to be able to get support for wherever you are.

Prema Lee Gurreri

And if you haven't changed something and it's been going on for a while likely, you need some help. And I think also women in our culture, it has it's for some people have it wired in and it's almost a sign of weakness to need help.

And it's not you were hear this you were never meant to do it alone. We don't thrive alone. We just don't. So if you're someone who's been if this conversation is stirring up something in you like, oh, yeah, I have one of those things, or whether it's an inner thing or whether it's a physical thing, you know, you love yourself enough to to reach out because there is there is help all around.

Prema Lee Gurreri

And if you're feeling better and you feel better about yourself, there's just life becomes more meaningful and there's so much more you can do.

Gregory Anne

Absolutely.

Tell people how they can find you and what you offer, which is lots and lots of good stuff. Including readings.

Prema Lee Gurreri

So you can go to my website and I'm going to give it to you the easy way, my company is called Solutionary and I have a Solutionary website, but the backdoor is easy. It's sacred health code, dot com and sacred wealth code will get you there. There's a free quiz on my on my website where you can find out one of your sacred wealth could archetypes what it is.

Prema Lee Gurreri

There's other goodies there for you and readings. And I help communities in different ways and such and it's all there.

Gregory Anne

When I did the quiz the first time, I was very excited to get an archetype. Of course, then I wanted all the archetypes, which I mean, not all the archetypes, all of my archetypes. And I then had a reading and we went from there. But even the one it just it's like, oh, I recognize that in me, like, you will see whichever archetype you take the quiz, it'll pull up your one of your archetypes and you'll go, oh my gosh, yeah.

Gregory Anne

That's totally me. This is so cool, right. It's not like you're going to end up with some random person archetype that isn't anything to do with you. And if you don't feel like, oh, what does that mean? I'm a communicator. I don't think of myself as a good. I think I said that to you like I can't be a communicator. And but you'll get a whole description of what it means. And if I remember correctly, because it's been.

Prema Lee Gurreri

Yes, and sometimes when you when you don't recognize this part of yourself and I see this often, that's because you have been trained by society, by culture, by your family at what you're good at and who you are, instead of being raised in an environment where you just got to explore and naturally who you are and what you're good at emerge most of the time that sort of pushed at you where you feel like you have to you have to be something.

Prema Lee Gurreri

So if you if you get in and if you get your whole sacred wealth code and you get an archetype that you're wondering, OK, well, like, oh, like I'm an organizer or I'm a great nurturer. Well, I don't I don't know that much about myself that I that I am. It's actually something very valuable to you. But you dialed it down or you're so much in the shadow part because that was that was a fire that was never fanned and nurtured in you. So wonder why some things aren't working. Well, you have some of your greatest gifts that you have been put on the back burner because and a lot of time people were told, well, you're not good at that. You or you can't be that and that shuts. I mean, literally like one instance like that for young child can just that switch right off for you.

Gregory Anne

I was told I was never going to be good at science when I was in high school chemistry. I loved biology. I did really well. It got to chemistry. And the teacher said, because I want to be a doctor, she said, no, you can you need to stick to language. I think that it was a good recommendation because I was skilled in communicating and language, but knowing how a geek I am with research and studying all the medical stuff and working for a heart surgeon so that I could get close behind the scenes, it was all still there are part of me, but I just didn't have the once that happened, I was like, OK, that's it.

Gregory Anne

We don't want that. But even as adults, right. It's never too late now. I'm not going to go to medical school now. However, I found ways to use that part of me that was so interested in it. And even if, let's say somebody gets an archetype and they say, I don't think of that for me, but I want to explore it and they explore it and they think, well, if I did this, that would nurture that part of me. It's never too late to take on something, even if it's a hobby start a business. Whatever it is, it's never too late.

Prema Lee Gurreri

Yeah, and I'm glad you said that because we have also have this sort of culture that says your purpose is what you do and you have to know what it is and you have a purpose and you have gifts and they get to be expressed in lots of different ways. And as long as you're in touch with them and you're expressing them, other areas of your life thrive. Think about your health and wellbeing. If you're taking care of your health and wellbeing and you're thriving well, lately, your relationships are probably more likely your your work is probably more likely to thrive because we're not separate like that.

Prema Lee Gurreri

We're holistic beings. So I see with some people that they might make a living doing one thing, but their their purpose is expressed through maybe it's some some charity work they do. Maybe it's through art and they don't make a living through art, but it just lights them up and lights up their souls. And when you do that, you never know where that's going to lead. If you take the pressure off of it has to be this one thing and you take the pressure off, you open up.

Prema Lee Gurreri

So many other opportunities will start to come to you. And that's why what I love about the sacred wealth code, it's just understanding your gifts, get out of the shadows, just start using your gifts in whatever way it comes to you. And your soul will start to deliver. Other opportunities, too.

Gregory Anne

That's a perfect ending. Let the soul deliver things to us. We just have to honor the soul's calling. And for people that don't really think in terms of their soul talking to them or something, we're just talking about intuition and come with this inner wisdom, call it all kinds of things, as many different names.

Gregory Anne

But in Prema's world, in my world, it's a soul. And your soul has a blueprint, it speaks to you. Yeah. Well, thank you very much for all of this great information. We've covered an

awful lot here. I'm always so happy to have a conversation with you. I hope other people will. We will put your page, your URL for your website on the page with podcast so people can find it.

Gregory Anne

But if you're listening and not going to be on a computer, it is a sacred wealth code dot com.

Prema Lee Gurreri

Just sacred wealth code dot com

Gregory Anne

OK, great. So take a look and see what you can see there, take the quiz, because it's fun if nothing else. Thank you again. And be will till next time everybody, we'll be back next week.

That's the end of another episode of the rebellious Wellness over 50 podcast. I hope you've enjoyed it. If there's anything that you heard or hear when you tune in that you think would benefit a friend, a sister, a mother, a even some guys send in my way, would you? And if you've not ever been to the website, Rebellious Wellness over 50 dotcom head on over there, there are resources, things that I don't always get to on the podcast that might help you age better be well till next time and stay that way.