



# GODDESS, WAKE UP!!

Author, Speaker & Coach Ashley Holt on How To Recognize our Highest Potential To Live our Best Goddess-Inspired Life.

**INTRO:** Goddess says hello and welcome back to the victim to Victor podcast. My name is Anu and I am your host. In today's podcast episode I have a stunning guest, Ashley Holt. Ashley is passionate and committed to bringing women's voices and leadership in to the world. She is a mother of two daughters, a best-selling author, a non for profit founder, motivational speaker, performer Mrs. International finalist as well as an international podcast host. After facing divorce and becoming a single parent, Ashley reinvented her life and turned her pain into power and purpose. **"Goddess wake up"** is Ashley sixth book. Her mission through all of her work is to empower others to claim their power, recognize their highest potential and live their best life. Her other works include I am Brave, Soul Strong Living Foothills, Nikko, The Perfectly Imperfect Pug, Fearless with Finley, Make a wish with Molly, and Beyond the Woman. Visionary women join their forces and reweave the tapestry of human consciousness. Ashley's dynamic professional experience includes a successful career with fortune 500 company where she excelled in personal development, coaching and women's leadership roles. She is currently connecting women to their community through her impactful role with the South's largest digital publication for women. Ashley's passion is to inspire children and teen and women to find their voice and to live life to the highest potential. Her words and methods will inspire you to dream big, focus on what matters and to embrace a life filled with infinite love and possibilities. Listen on to see how you can awaken your goddess within.

**Anu:** Hello Ashley, you beautiful being, how are you today?

**Ashley:** So excited to be here.

**Anu:** I know, I've been looking forward to this all week.

**Ashley:** Yes, you definitely were the best pre podcast conversation.

**Anu:** Oh really. I think because we just connected, right? We both have goddesses within us. And I think it's important for us to teach people you know if they do want to awaken their own goddesses from within themselves, right?

**Ashley:** Yes. And you know, I just told you and I'm on the first half of your book. And I'm so inspired by you, and your journey and your transformation. And just how you dug so deep within yourself to find your inner goddess. So you are my new inspiration for sure. So thank you for everything you've put out into the world and being so vulnerable, and your desire to just want to make a difference.

**Anu:** Oh, thank you so much. Wow, I've got like, shivers down my spine. That was really touching. Thank you, and I know that.

**Ashley:** Like I you know, listening to every word and I'm just like, I see you and I hear you and I you know, across the world from each other, but connected to you in a very soulful way. So I'm just so honored to have met you and to be here talking to you today.

**Anu:** I know likewise, I mean, you are at a published author of so many books so far. I mean you know, you've also a podcaster you've been out there inspiring children who are next

generation, you're out there speaking, out there coaching, and just helping women and children to become the best version of themselves. I mean you know, this is why I'm so inspired to have you on because I cannot wait to hear more about your journey and how you got there you know?

**Ashley:** Well, I love you and knowing your story and in your childhood, why the books I write have inspirational messages in there, positive affirmations, because when I was going through, and I don't know necessarily your story with positive affirmations specifically, but that was so transformative to me and I was like, why had no one ever taught this to me, like I've been spending 40 years or at the time, I think I was 36, 36 years being so insecure and feeling so worthless and so powerless. And all it took was just me talking to myself and saying changing the script in my mind. And so for my children at the time I was going through a divorce, I just want to like feed them like all the time affirmations. And so I know that from your story that you probably would have had a lot of that would have impacted you as a child to like why is that, not out there more and how can we provide our children with more positive messaging from a really young age exactly. Math and English and science are also important but I feel like personally that this should be in schools too, like self-worth should be taught in schools, because you never know the story that behind the child.

**Anu:** Exactly, absolutely. And plus, there are so many millennial now who have graduated from university, and they haven't got a clue about how to have a relationship, how to buy a house you know, and how to lock themselves. It's just this key vital element of life which they haven't got a clue because I've been so caught up in you know, academia studies and...

**Ashley:** It's important to, take too much away from that. But they're just for some people who as a child are lacking love and affection, and just the light of who they are, when that's taken from them. So important that someone's breathing that back into their eyes.

**Anu:** It is absolutely. So obviously your books, we'll go on to that in a second. But what was it that motivated you to start writing? I mean, was it from your own childhood experiences?

**Ashley:** Well, so I was 37, when I wrote the first book and I had no intention of writing or even knew I could write. I was in sales and marketing for 20 years, for maybe 15 at the time, and knew nothing other than that. So I just happened to be going through a divorce. And you know, it's actually I'll tell you this, I've never told anyone this before. One night, I had a dream. And in my dream, it woke me up in the middle of the night. And for some reason, the dream was like write your bio, it was like a voice that was screaming in my ear, write at bio. And I remember waking up in the middle of the night being like, that is the weirdest thing I've ever heard. I write to need a bio like, so I just like sat with it that whole next day, and I was walking around like, in the yard, and then it hit me. And it was like, you're supposed to write a book, like I heard a voice, like in my ear say, you're supposed to write a book for children. And I was like, what, what? Like, what is it? Like, this was like a moment, this is like a really like lightning strike me moment. And I was like, this is crazy. And then that was it for a second and I was like well, that's actually a really good idea. That would be really fun and I can do all these things. And then my creativity kind of took over. But there was like a definite moment where something just hit me and it was like, you're supposed to do this. And he knew like, they would get into so many other things. So many, so many stories.

**Anu:** That's amazing and obviously you know for this angel or you know, this voice that came to you and would have been because you have a belief you know, you must have faith in order for this to happen?

**Ashley:** Yes, and especially at the time, I feel like I had gone through a huge transformation in my belief system. Actually, it was kind of I was, I'm in the deep south of the United States, and everything is very, in a box and I had kind of gone outside the box because I was very confused on why am I in toxic marriage, that devalues and domains my very existence. How is me staying here?

**Anu:** Yeah

**Ashley:** Right. And I was just like really drawn with this guilt of I know, there's this burning desire deep in my heart and soul that there is something meant more for me and more for my children. And at the same time knowing if I divorce that I am a failure to my family, to my children, to the community, and so is right there. So I was really questioning all of that. So I had actually started you know, dabbling and other holistic healing methods you know, not identity counseling you know, I done. We had done the counseling, and I've done all those things. And it was at that time, I was introduced to a Reiki Master and I had my first Reiki class. And like from day one, I was like, this is the most powerful thing anyone has ever done with me or for me, and completely change. It took me out of the box. And that kind of opened up everything where I just, there's nothing wrong with questioning, why are you where you are, who am I and what do I want and where do I want to go next? And why am I so afraid to do that?

**Anu:** Yeah. Wow. Reiki, Oh my god, the power of Reiki, the amount of talk that I've had recently. And it's Reiki that really impacted on people transformation. You know, spirituality is the power.

**Ashley:** Yes, I know you're a Reiki Master and then I ended up later like pursuing that as well. And you know, I do believe in that. I just know it made huge shifts in my life for the better and nothing else had ever done that. And then I share some other modalities as well with the **[inaudible 10:38]** to me were the most life changing, transformative, radically improving methods that I've ever come across.

**Anu:** Oh yeah, and you're right, in my last talk, emotional freedom therapy is, in terms of like, tapping on the meridian points you know. There's something in that and for me, it's helped me so much. I mean, I even can help to cure my sugar addiction.

**Ashley:** It can everything. I mean, I can, and you can do it. What I love about it is yes, it's great to be you know, to be done with a practitioner, or someone who's certified to begin with, but then you can take away what you learned. And you can do it at any time at any moment and its immediate like, no, it probably took me longer at the beginning but now it's just like 30 seconds and I'm like, I'm good.

**Anu:** What you actually use there during what kind of stages of your life.

**Ashley:** I think well, at the time, it was definitely around self-limiting beliefs. So just unworthiness and powerlessness and hopelessness, sadness. Those grief, like I remember just in same, I mean, so many things, so many deep, deep, deep emotions, and I am an emotional person anyway. And so it just helps me ground and balance and just really remember the truth of who I am. And I don't have to be so afraid all the time like, everything I need is within me at all times and I just have to connect to it.

**Anu:** What do you do on an everyday basis to help you connect?

**Ashley:** I am so regimented. And I'm sure you probably are you know, once you do it and, and that's why with the book, its goddess wake up. And it's the 28 day goddess mindset transformation, because I just asked for five minutes, like if you can give yourself five

minutes a day, and so many people don't do that. Just to take a deep breath in and have a moment of gratitude, and kind of be a witness of your thoughts. Like what's bothering me today? Like, where am I? Am I like on a scale of one to 10? How am I feeling today, but check in with yourself? You check in with your spouse you check in with your kids, you check in with your friends, you check in with your customers and your clients. Are you checking in on you? And then you have to kind of be like, Okay, well you know, I'm a two, well, why are you a two? You know, if you just go through this process for five minutes a day and say, Okay, well, what do you what can I do for you today? Just like you do for a friend, or your boss or your spouse. What can I do for myself right now? And when you just add these little, I mean, they're not complicated tips and tricks that are that are in the book, it's just a matter of everyone making themselves a priority for five minutes a day.

**Anu:** Okay, and I think yeah, and that's nothing to be done about that. You're right, because I think especially as moms you know, when we're working in full time employment, we're just giving continuously, aren't we? And who's given to us you know, isn't given good, good. We have to first of all, give to ourselves.

**Ashley:** This can be taken maybe a little aggressive, but I have it I write affirmations all over there everywhere, especially like in my office on my mirror in my car, but don't have one that says this reminds me it just says no one's coming to save you. It says goddess up. I think that I have to save me. I have to make myself the priority. I have to feed myself healthy thoughts just like I feed myself healthy food. And if I'm not going to do it, no one else is and it's kinda like up, it's in your face. It's a little, but sometimes some days you need that sometimes you don't, but sometimes you need that, Hey, I got me and I'm awesome and I can take care of me and I'm gonna you know, make sure I prioritize myself. So I can prioritize everybody else to you know, it's kind of like the on the airplane you got to put on your oxygen mask first rather than everybody else. Five minutes a day is your oxygen mask. So you can be even better to everybody else.

**Anu:** Five minutes a day of being selfish you know, we can all do this.

**Ashley:** 5 minute, how much time do we waste on social media going like this. Have you ever like recorded or actually haven't done it, but I have friends that like watch, they record their time how much time they spend on social media and it comes up being like 20 hours a week, just you know. Or five minutes a day times 35 minutes. If you can spend 20 hours on Facebook, you can spend 35 minutes on you.

**Anu:** The most, the most important asset of the universe is ourself. Come on. Yeah. Right. So yeah, I'm really intrigued to know more about your book. So did you want to talk about all of your children's books and the recent book as well?

**Ashley:** Sure, I'll give a quick recap. But I do, I started writing children's books because I was going through a divorce. And I just wanted to make sure that my children were staying positive, that I was staying positive, and that we had something to do together. So they're filled with affirmations. And just, and my mission with all my books are just to build confidence and self-esteem, and then as they got older, my oldest went into middle school, and I was, I think I was more stressed than she was she didn't know what she was about to walk into. So I'm like, Oh my gosh, I think I need to do you like affirmations for teen girls you know, that middle school age or a book about all the things I wish I had known to have had more confidence to have been you know. Not ashamed of who I was, or don't let other people steal your power. I think that's a huge age, people start taking from you and you don't know how to protect you, your soul and your heart and you know, really everything your light. And so that's what that book was about. It's called I am brave soul strong living for

girls. And so I started aligning with groups, nonprofit organizations that worked with teen girls. And I started speaking at their events, and then the moms would pull me over after and say, that was so good. Like, that's a book for me that's not just for you to you know, middle school. I need that too. And so that really inspired me it was always in the back of my mind to do something for women, but I just didn't know what that looked like yet. So that really kind of was like, Okay, I think I'm doing things right. I guess you know, now it's time and so just last month in May, I released Goddess Wake Up, Goddess mind transformation, and it's all about helping women claim their power, recognize their highest potential and live their best goddess inspired life.

**Anu:** I honestly love what a title honestly that is, so inspirational. I had it on my story about with your photo and one of your quotes. I was like "my next talk, I can't wait". You already out there go friend.

**Ashley:** So sad when this is over, we're gonna have to figure out another way to do it again.

**Anu:** We'll do another podcast and you're gonna do your own podcast too right?

**Ashley:** Yeah. Oh, my gosh and I meant to tell you just from our talk two days ago, is connecting with you just like light bulb started going off. And I was like, I can do this. I don't know. I just feel like you have really inspired me. And I guess you really touched me and know that I'm not alone in so many things that I've gone through and just the mindset, and the low, the stumbles and the falls, but ultimately the choice to rise again.

**Anu:** Yeah and for you listeners, we kind of shared our journey of relationships. And you know, obviously being a mom, single mom, and just how we're out there. After all of our experiences, it hasn't beat us with all those experiences and now you know, we're here to inspire you all. So yeah, I think that's really touching. And just again, looking at you know, what you've achieved and the fact that you've been reviewed by Gabby Bernstein and author, Oprah Winfrey. I mean, that is amazing.

**Ashley:** So she's the super soul expert on Oprah show, but I was just honored and privileged to be part of her teachings in her class and to work with her directly and she was probably the first when I was going through my darkest time. The first person I found you know, so she was kind of just got first initial, I was reading over books and just absorbing everything you know, I think at that time and you can well, I kind of know because you've traveled the world and you've done so many amazing things. And you've always been, I think connected to your spiritual journey. But for me that came about 35 when I was going through a divorce, and that's when I just started questioning everything. Why do I think this? And why do I believe this? And what if? And have you ever done the whether thing? Have you ever heard of this? I love this. And to back up just a little bit, so and Goddess wake up is this seven key steps to the Goddess mindset. So each letter word Goddess is an affirmation with a powerful intention. So for D, it's dear to dream big. So how do we know, we are dreaming big enough, right?

**Anu:** Yeah

**Ashley:** Because sometimes our sub conscious puts these limits on us. And we don't even know what's possible because just by default, in our upbringing, and our experiences, we're still limited. So it kind of takes someone else to come in and be like well, dream bigger. What's next for you? So I thought the, what if game, so think about you know, the biggest dream that you want to accomplish next in your life, which you've already done so much as well. But maybe it's

**Anu:** Right

**Ashley:** If you want to throw it out there you can, but I don't mean to get too personal. But the key to it is during those five minutes a day, people don't even have any dreams. So one,

what are your dreams? Who are you? Where do you want to go? What do you want to be? And then go, Okay, well, what if that comes true? Tomorrow, I get that phone call, I get that check. I get that experience. It comes true. What what's what are you going to do next?

**Anu:** Wow, yeah.

**Ashley:** That comes true. What are you going to do next? So it's like, what if? What if that comes to tomorrow? What are you going to do next? What if that comes to you? What are you going to do next, if you do it six times, it pushes your subconscious, it pushes your limitations, it pushes your dreams out six times more. So it's just a, it's a fun easy way to expand your mind and expand your potential and your possibilities of what really is possible. Because that's you know, part of the whole mission of the book is to recognize your highest potential. So you shouldn't even stop it six really, but that sometimes it gets a little up you know.

**Anu:** I love that amplification you know, and the people you're right, I think people, they dream quite more, because I think there's a lot of limiting belief and you know, society keeps that kind of trapped in our 9 to 5 jobs.

**Ashley:** I'm so glad you said that, because when I'm when I'm coaching the book, but that can't happen, because I'm a mom, or because I'm stuck in this location or all these excuses. Is it hare? No, it's not. What if like, let it go and just say what if and because they give too much power to the fear or the obstacle, instead of just allowing your soul to speak. Like listen to your heart, like it has a lot of wisdom for you. And then the next day is declare your desires. So then we talk about how do you do that? How do you say what, how do you figure out what you want? And then how do you really declare it and expect to receive it? Because you can't, you can't receive it if you don't ask for it. If you don't even know what it is like, how are you gonna get?

**Anu:** Yeah, and if you don't believe that you can achieve it, then how is the universe gonna allow you to have that if you don't even believe it yourself. It's like, it's so important that you have that belief within you. And you know it just enlighten your soul and realize that we are infinite potential and we can achieve whatever we desire you know, we just have to be mindful for it.

**Ashley:** Just have to make yourself the priority. Because you know, I know that I am not the only woman that has felt stuck and powerless and hopeless and insecure and worthless. Unfortunately, I know I am not. So I know that you know, I feel like it's my divine mission to create a platform to one show it can be done to how to do it. And three that you can you can be supported. You don't have to do it alone. Because I'm sure there was times you felt so alone, or that no one understood you or no one, no one's been in the same place.

**Anu:** It's so true. It's so true. And I think you're right and social media is probably a good example of it. Because everyone's on their posting selfies you know, all Photoshop edited selfies.

**Ashley:** It is, and I wish I had the answer that to that, because I feel the same way. I know, I've seen, I don't know if it was a quid or post from somebody that it was you know, always look like don't be fooled, but that that successful picture you see on social media, what they didn't post was you know, the 40 50 failures that it took. That's true, right? Everyone just, like maybe has a little bit of resentment or like, why are they happy, because I'm not and I don't know how to get there. But that's not the point of it. The point of it is, I've been unhappy too and I've been stuck. And I've been at the bottom of the bottom. But at the end of the day, I had to make myself strong enough to know I had a choice. And for

listeners, like this is your moment. If you're listening to this right now with us, this is your moment to say I have a choice. And regardless of the past, I have the choice right now to change it.

**Anu:** Wow. Yeah. And it's like in a Tony Robbins quote, he said, it's in the moment of your decision that your destiny is shaped.

**Ashley:** Yes, yes. I love Tony Robbins too and I'm so jealous, because I think you've been too. Actually I am a huge follower of him and he's been a huge inspiration for me too. But you know you, and I think I heard this in your book along the way. When you make the choice, the universe has no choice but to respond to you because you made the choice. Like at that point, you become a law of attraction, right. So all of a sudden, your point of attraction from being the victim, choosing to be a victor. And so like the law of attraction has no choice but to shift things in your favor. And you have to make the choice to invest in yourself and that can be so scary. Because it's money you know, and that goes on with this lack mindset. But when you believe in yourself, like get yourself into the things that you need to understand, get yourself into the people, get yourself around the people you need to be around, learn the things you need to know, grow, expand, decide and when you do, so many things are going to fall into your lap because you decide and that's part of acknowledging your power. But when you don't know you have that power, it's so hard to accept that as reality but you got to know your power. And when you decide, the universe responds.

**Anu:** Wow. So what are the kind of the key things that my listeners could do as of today to gain the sense of belief and to gain this inner wisdom?

**Ashley:** I mean, I'm glad to hear your answer to this too. I love, I'm at the very beginning of the book, you got to know who you are, where you want to go and what you want to do. So how do you do that? So at the beginning of the book, I have a goddess wheel of life. And this is just a fun exercise. So look at all the main areas in your life, career, money, friendship, romantic partner, children, hobbies, all of these main areas in your life, and you rank them a score of 1 to 10. So one is, I am totally miserable in this area of my life, 10 is I am Excel and couldn't be happier. And when you take that snapshot, look at your lower scores and say, why are these so low? What is holding me back from this being attained, usually it's fear, usually it's an excuse for it some sort of self-limiting belief, which I call a little SLB. These SLBs creep into our mind, to steal the show to steal our happiness from us. And so you have to say, what's my excuse here? What are my excuses I'm using, I don't have time, I don't have money. I don't have support all of these things. And then maybe you don't in that moment, but you can change it. So then you flip the script and instead of saying, I am unsupported. I don't have any friends, I don't have anyone who believes in me you say thank you for the abundance of friends who I'm introduced to now. If the support circle that I find today, and you speak it into existence and you say it every day again for 28 days, and things change. You have to do the snapshot to say, I don't know like, where am I in my life? Am I giving excuses to myself? Where am I giving my power away to fear to excuses to the things that don't serve me? You got to take it back, that's the first step. Take it back.

**Anu:** How to take your power back. Who has the power and who's trying to control you? There's always someone that's a controller, whether it's you know, propriety you know, the government. Well that's another story. It could be our partner could be our parents could be a friend. No one can control you, but yourself.

**Ashley:** Yes. And you know, I don't mean to put you on the spot but I feel like you know, you're such a good example of this you know, you felt like, from what I've read so far, like you

are attracting the same relationships into your life over and over and over again, means like, I've been there. So how do we change that part of you had accepted the fact that you weren't worthy of someone who loved you are that you aren't worthy of you know, the most amazing partner in the world. So, one you had to know like, why don't need a partner like I got me?

**Anu:** Yeah, yeah

**Ashley:** It became stronger from within. And then when you became stronger from within, it appears that.

**Anu:** Wow, yeah, not yet. But yeah, watch this. I'm sure he will appear.

**Ashley:** Self-love

**Anu:** Self-love, I mean I know, you know, from your early childhood, I feel that you've learned a lot about what love is?

**Ashley:** So well, you know, I feel my dad was very loving. He was very optimistic. He's the most optimistic person I've known to date. I lost him a few years ago. My mom was not, she was always skeptical and pessimistic and you know, emotionally unavailable. And it wasn't until I had my own children, where I realized like, this love is like pouring out of me. Like, how can anyone hold that back. And there was a time where I would be very mad, but then I just have to have grace for her and her story, she's not willing to talk about. Something influenced her to make those choices and that's not for me to figure out my job is to give her grace and say you know what, you are a great teacher to me. And as I didn't have that from you, it's made me so much better of a mom. And it's inspired me to do things that would never have been on my radar. Otherwise you know, I think there's a reason I wrote those children's books, and I was breathing positive affirmations and confidence into children, I'm not expecting it to be many others because what I wanted so bad.

**Anu:** Oh wow. Again and sometimes it's hard when you've come out of you know, some traumatic relationship, obviously with the ego you know, defending it's difficult sometimes to give love because we've got our defense mechanisms, and we don't want to be vulnerable. I think it's really empowering to know that you know, despite whatever happened to you that you still able to love so abundantly is very special.

**Ashley:** Yeah, I do. And I feel very grateful for that actually, I'm doing you know, I talked about investing in yourself. So I've invest you know, always wanting to learn and grow and expand. So I am always doing some sort of workshop or course so I can grow and expand to you and part of the exercise was s3 friends you know, your strength or what they would come to you on advice for, and I got them back and I just start crying because they were so beautiful. And it's just like I haven't you know, is shocked that they saw me in such a beautiful light, but it was just that you are able to give unconditional love, and you're able to forgive those who need to learn how to do it most. And I just like I was like, that was so deep to me. So that's what she taught me. And so if that's what the end of the day, that's what I learned from that and that's what how the gift I get to give someone else then.

**Anu:** And it's just the power of gratitude because that's one thing that I would definitely tell everybody to start practicing as of today, if you're not already doing it, for what are you fighting for love you know, there are many things that come out in the morning when I do my gratitude. It's just thank you for the ability to listen, the ability to talk and the basic thing which we just forget. But when we always want anything.

**Ashley:** Have you ever heard this before, what if you woke up tomorrow and the only things you have were what you said, you are grateful for the day before?



**Anu:** Alright

**Ashley:** And that's what we don't have. And I think about that, because gratitude is huge for me. And I always, when I'm speaking, I say, why is why does people I mean, we know we should be grateful when someone gives us a gift, or when we are happy, we should be grateful for it. But maybe there's something so much more powerful to it. Because I associate the law of attraction with gratitude, because again, we're always walking around as these magnets for something, whether we intentionally mean to or not, our mind is working for us or against us 24/7, even when we're asleep. So our thoughts are so powerful. And if we are in constant gratitude of what has not even shown up for us yet, magnet for what's on its way, when we're a magnet, we're a magnet, instead of that lack mindset. Well, I don't have this or I don't have that, you're getting more of what you don't have. It's just the law of the universe, like our points of attraction at all times. So what are you calling it to you and I mean, when you really, that's part of claiming your power back to you, like you have the power to attract what you want in your life. So you have to take your power back and know that you are powerful. So start using your power.

**Anu:** What are you waiting for? It's true and just I know you mentioned about you know, standing in your truth, as long as just being true to yourself about who you are, and not trying to be anybody else. Because everyone else is taken.

**Ashley:** Everyone else is taken. And you know, I feel like still every day I stand in my truth a little bit more. But that's the point, right? Like you're not supposed to be the same person for the next 20 years, you're supposed to grow, you're supposed to expand. And when I talk about standing in your truth, to back up to the first step is get outside your comfort zone. The second step is overcome negative self-talk, you got to dare to dream big. The next D is declare your desires, the E is expect miracles. And when you learn how to do those, when you get the tips and the tricks and the goddess secrets I say, to master those, it is so much easier to know what your truth is and how to stand in it. Because you know, I'm a big, i don't know if you ever talk about the law of Dharma. But it's another universal law and the law of Dharma states that everyone is here with a unique purpose and know that you came here with one specific role that no one else has, maybe more than one though there is at least one.

**Anu:** So true

**Ashley:** No one else can do. Like you can, like there's no other than you, like no one can do what you do and the way that you do it.

**Anu:** Wow. Such a spectacular way to see it really big. And I think a lot of people lose that then and they lose the uniqueness of themselves. And they just think oh you know, there's so many people in the world you know, what am I and again, a lot of this has to do with their own self awareness. And you're right, they're maybe just looking at what it is that you are gifted with which you have not even realized you know, what is your potential?

**Ashley:** Yes, and that you can do is you can you can figure it out on your own. And I tried to make it really easy with this 28 day transformation. You don't have to do it alone. So that's why you can find groups of people who are like minded individuals so like, do the work. You can just do Google searches, Meetup's, Facebook groups, find like-minded people who can breathe life into you and see your greatness because it is hard for us. We get in our bubble and it's hard for us to see it in ourselves. Just like I just did this exercise yesterday and I was like what, I can't believe this you know.

**Anu:** What do you think your purpose is?

**Ashley:** I think I have this like amazing ability. And I don't mean that like, the ego in egotistically

**Anu:** Oh no, no, no

**Ashley:** But like I have the ability to tap in to someone's heart and say like, I have an ability to tap into your light that you are hiding in your dimming. And I can like, max that thing out, I can turn that up to 10. And I love doing it. It's you know, they say you're in your passion or in your purpose when you lose time. And I'm able to work with women and I can, they'll come in and that dimmer switches that 1 or 0 or -10. And by the end of that 20 days, it's like you know, you need sunglasses on to be around them. It's funny and I don't know why or how but that's what inspired me to write the book. I would love to work with women. But how many of us, especially when we're going through a divorce, and we're single moms don't have the money to do an empowerment coach or workshops. So I can put it into a \$10 book. And then I can also put it on YouTube, so that each chapter has a YouTube video to go with it. So you can just plug into that. So it's a little more personal with me and you know, a face to look at. So I don't know, that's what I think it is anyway or that's what it is for me right now.

**Anu:** Well, I can see that your energy, you're just very vibrant and alive. And I just think that you're impacting so many women out there, I can see that already.

**Ashley:** What do you think your superpower is?

**Anu:** I actually believe that mine is exactly what this podcast is. And it's helped sexual abuse survivor you know, to inspire them. Because for the past 38 years of my life, I was in a dark place you know, highly insecure or lacking self-worth. And I still haven't conquered my self-worth when it comes to a relationship because I'm still meeting damaged men you know, and I am still healing. So there's no way that I'm healed right now. And just by talking to so many inspirational people on my show, I feel like it's helping me and it's healing even more. And you know, this is what I want everyone to realize is that you know, a healing can be a lifelong process for us, especially when we've had lifelong cases of trauma and abuse.

**Ashley:** Of course, that is your superpower. And you know, you are starting a conversation and that matters. And it's so important to me and special to me too. I can tell you, I have a group of friends. You know, there's so many women that actually have a story of abuse in their life. And until they actually feel comfortable with someone to talk about it, they don't talk about it. And then when you are the lighthouse to that conversation, they feel like you are a confidant or a safe place for them to talk about it too. And I can tell you, I've known some of these people for many, many years and it never was discussed until you start the conversation. There's too much silence.

**Anu:** Yeah

**Ashley:** Way too much silence and there's too much shame around it. And so what you're doing is not only giving it a voice, but you're taking away the shame. And you can say when someone can look at you and say "me too" that's a miracle that's happening.

**Anu:** I have more shivers down the spine. What you are saying is really resonating with me. And wow, I really love just what you're doing out there. And I'm really intrigued to know about you and some of your success stories or some of your plans. I don't know, if you can share, you obviously don't need to give names but just kind of examples because I think that'd be really inspirational for the listeners to see what can be achieved you know.

**Ashley:** I can Gosh, what's so interesting is the different areas that every woman is impacted. So for some you know, it might be financial, like this lack mindset around their financial capabilities. For some it is you know, they've been so mentally and emotionally torn down to see that first glimmer of light in their eyes that is like Oh, that's not who I am. You know, so it's everything from financial goals to just finding your worth to, I mean, I've had women who just start massive businesses after you know, they just let this fear shell or

these blocks or this box that they put themselves and we just knock it down, tear it down and we build up the new. I'm going to compare it to this, this is a funny comparison, I'm going to compare it to a bottle of champagne because when we celebrate, it's a bottle of champagne, it's like all these amazing goddesses are stuck with this cork. And then all it takes is one person to believe in them and support them and just to show them what they're capable of, and you take that cork off, and it's time to party and celebrate. It doesn't stop. It like opens the gateway to so much more. So I mean, that's a funny comparison. But just like you need to pop the cork, let's party, let's celebrate in a great way you know in a healthy way

**Anu:** All these women have come to this place of just you know, inhibiting their true potential because of their partner who may be controlling and putting them down.

**Ashley:** It's so many things you know, it's society, it's commercial, it's social media, it's men, it's others, it's father's, it's you know, the world is a hard place. Hard place and again you know, we look at social media, and we compare ourselves to everyone's success story. And there's so much truth that well, that's not posted as the 50 failures before that.

**Anu:** Exactly, I know that

**Ashley:** So I try to be very honest and vulnerable and when this book came out specifically, because I never want another woman to look at me and say, Oh well, she hasn't had any struggles in life. Yes, I have.

**Anu:** Oh yeah.

**Ashley:** I lift myself up and figure it out. And it all came from an inner journey that's where it starts. It's never going to start from anyone else out or anything else outside of you. You have to make the decision that you are worthy of more, you are worthy of everything that you dream of. And it's time that you take your power back, realize how much power you have that you are, you are supported you are valuable. And when you tap into that power, amazing things are gonna happen.

**Anu:** Oh amazing. Wow. Thank you. So where can people find your book? And where can they find you?

**Ashley:** So glad they can find me here on your podcast and on Amazon "Goddess wake up, the 28 day goddess mindset transformation". I'm on YouTube, it's just Ashley Holt author, speaker, coach. There are videos to go along with each chapter just to keep you motivated to make sure you don't feel alone that you always know you're loved and supported. And then social media I'm on Instagram, Ashley\_Holt and Facebook Ashley Holt.

**Anu:** Amazing. Just a few questions as well before we do finish this talk, of which I don't want to but I know that time is running short. So okay, what is your favorite book till today?

**Ashley:** This is so important to me because I'm a book nerd. Like I am always reading like four or five books at the same time. But my all-time favorite, it's quick, it's easy, it's simple and it gets straight to the point and it will change your life. **Seven Spiritual Laws of Success.** Have you read it?

**Anu:** Yes, I love Deepak Chopra

**Ashley:** I have loved this one. It talks about Dharma and your purpose. And just the laws of the universe. This one I will tell you this was my dad's, I'm certain he is always like, right next to me.

**Anu:** Oh yeah. Oh wow. How about the Goddess guidance, how about that?

**Ashley:** So I just got these but I have some goddess cards and so you just pull a card and it's just going to give you like intuitive guidance, right? So I did this before the show, because I didn't know how much time we had and I still love the cards I pulled. Okay, so I'm going to say I was only going to pull one and then I pulled four so, I'll lift them up just to show

you but I got these two which are undying love and true love and I thought of course those cards come out as these are the two self-love cards of the deck. So where do you have to start? The journey begins with you, the healing journey begins with you. So all you have is out there listening, take a few minutes, take some deep breaths and acknowledge who you are, how powerful you are, and that you matter and you're here to do great things. You're here to transform the world, you have us here to support you. Just confirmation of the conversation and everything that you're doing is like self-love comes first. And then I kept going, and I got the Goddess of humor, and Goddess Gaia of Earth. So I'll show you these because they're really beautiful. What these meant to me was, during this healing transformation, it can get heavy and deep and sometimes dark and sometimes you're going to cry, and you're not going to know what way to turn and this is like the reminder to know that you made the choice to make a change in your life. So you don't always have to take it so seriously like, look at it, ask yourself, this is what I said when I looked at this card. How can I see this differently? Look at your pain and look at the people who've hurt you, or your trauma, or whatever you're going through and just ask yourself, how can I see this differently? Because it was meant to be a teacher to put you on the path of your greatness. So I say you know, it's not about these big scary obstacles that we don't think we can overcome. These are stepping stones to our greatness and that's exactly what this card says. And then last but not least with Gaia, and this is about to me. So this is like if you see her pictures, she's basically Goddess of the earth you know, she has this garden around her and birds and nature. And what that meant to me when I think of Earth, I think that's how I ground myself. Like when I connect, like my heart, mind, body, soul to the earth. I know that all of this is bigger than me. And so the earth is my foundation to like come back to myself. There is like a reminder of this. This is a new foundation for you. Embrace self-love and embrace this healing journey. How can you see this differently? How can you see this as steps to your greatness? And how are you ready now to form a new foundation of your life where you are goddess? This life, that's what I think about

**Anu:** Okay, so we have to enjoy the journey. Right?

**Ashley:** Enjoy the journey.

**Anu:** Do you have any regrets in your life?

**Ashley:** Oh man, it depends on the day, right? I think regrets creep in. Then that's okay. I think we all have those moments where we're like, well, what if I had done that different? But at the end of the day, I have to say you know what, just like right now, if I had done anything different or anything had been different, would I be here right now? And I'm so grateful for this that you know, I can't give power to regret, I have to give power to the next great.

**Anu:** Oh, that's a fantastic answer. No regrets. That's it, a life of no regret is a life well lived.

**Ashley:** It is, and I mean it's impossible to say you're never gonna feel that moment. But there are moments they're not, they're not real. They're just a moment where you go. I'm over it.

**Anu:** Yeah, absolutely. I love your energy. Honestly, really yeah, it's so inspiring. I'm sure everyone's gonna notice this as well. So okay, what's your goals now? Like, where do we see you next?

**Ashley:** Oh I have, I just did this this morning and it's like my creativity just exploded. So I do have a podcast and I have a great new idea for season two of that so I'm going to be launching that you know, I wrote this down I was like I'm gonna do it on the 4<sup>th</sup> of July because here in the states that Independence Day.

**Anu:** Independence Day, yeah.

**Ashley:** Yeah, we're gonna do Season Two and talk about freedom. And you know, women who have freed themselves from all of this stuff. Goddesses who have freed themselves and I'm gonna ask you to be on it so

**Anu:** Its 4<sup>th</sup> for July. Oh, that'd be exciting. Oh fantastic. And finally you have a freebie for listeners, right?

**Ashley:** I do, did I mention that? I talked about each chapter has a video to go along with it. But the most important of this 28 day Goddess mindset transformation is your five minutes a day. Right, I think I've said it so many times. So it's good to make it super easy for you. And on the YouTube channel, there is a five minute Goddess meditation. So everyone can do it. You can listen to it on the way to work in the car, you can listen to it before you go to bed while you're putting your makeup on the morning, five minutes, listen to it every day for 28 days. And send me a message on if it worked because I know that it will.

**Anu:** And I will add a link on the profile as well to that, so it'll be easy for people to connect, just using the link. Oh fantastic. Oh my goodness, it's been an inspiration. Thank you so much, Ashley.

**Ashley:** Thank you so much. And I know our friendship is just beginning so I can't wait to see what's next.

**Anu:** Me too, watch this 4<sup>th</sup> of July here we come. Oh, it's so lovely to have you on my show. And wow, just Wow. You're so beautiful. And it's been such an honor. Thank you so much.

**Ashley:** Oh, thank you so much. And just let me know anything else we can do together but we'll be in touch

**Anu:** We will indeed

**CLOSING:** As this episode comes to an end. Please do not forget to check out my book “**Victim to Victor**” which is now available on audio in which I have shared my journey of healing. It is my humble attempt to reach out to fellow survivors of abuse and to impact the lives of those who feel helpless. I'm sure it will help others to find themselves just as I did. I also have a 12 week self-development plan that is free and aims to help you throughout your journey to recovery and in achieving competence. You can find the link in the description below. Please do rate this podcast and share it with somebody you know who may need help. I will be back with another podcast soon. Until then take care and stay blessed my friends.

