

Dr. Cara Gubbins

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Dr. Cara Gubbins, *Spiritual Intuitive, Animal Intuitive, Pet Medium and Biz Coach for Woo Woos, Your Spiritual Business Plan*

The link for today's show is at:

<http://www.blogtalkradio.com/divinely-intuitive-business-radio-show/2014/06/25/dr-Dr.-Cara-gubbins-your-spiritual-business-plan>

After studying dolphins for 20 years, Dr. Cara remembered her childhood dream of becoming Dr. Dolittle. She went through a training as a psychic and medium and untraining from old belief systems and after she spoke to her first dog, decided to walk away from academia, enter a totally different world and work as an animal intuitive, for animals on both sides of the veil.

She also works as a business coach for woo-woos because she found that every year she gains more skills after progressing from animals, to people, to intuitive coaching, and energy work as she found people were drawn to her.

She finds coaching a fabulous opportunity to work both on herself and other peoples' blockages. She loves helping people align with their souls' callings, to live from their spiritual truth and authenticity. Her work is an amalgamation of her gifts, her academic knowledge in psychology and her own business experience.

She is interested in moving towards retreats to connect with animals and has a trip planned to Africa to take groups next year.

When we take care of the being, the doing takes care of itself.

Rev. Anne: Tell me about your spiritual business plan....

Dr. Cara: There's no distinction in our world. The traditional model is that you go to work and go home and have two separate lives and personalities. A necessary work evil and they get to live on the weekends. It's a disjointed model.

I wanted to make money being myself. The more you work on yourself to be more who you are, the more your work will be an expression of that and be more fabulous and talented, using your strengths and following your intuition.

Key: we live life on two lines – the Goal Line, the Y-axis, “*I want to make six figures this year,*” and as you move toward there’s going to be a moment when you need to do some work on your X-axis, the soul line. The inner-growth work.

The soul-line work is the upset, “I’m not good enough,” “I’m not qualified enough.” The voice that stops people in their tracks. As we move towards our goal, anything that doesn’t fit with this, has to get released through the soul line work.

Releasing the skin, get triggered, have to go deal with your issues to be able to step into that place.

Rev. Anne: I was able to use the healing tools I needed to learn to help my own clients. I don’t know anyone on this journey who hasn’t had to do a boatload of work. They’ve had to learn to articulate their messages, what they do, all the pieces in order to continue to grow.

I see over and over again that new entrepreneurs see where I am and expect to get there overnight and then think they’ve failed. Often they don’t realise the blood, sweat and tears. There was a lot of joy, but I had a lot of clearing to do.

Dr. Cara: people stop when they get triggered. So many of us believe that inner-voice.

Rev. Anne: Yes. It’s not the truth, it’s just your crap coming up. My Pixie, my sweet healing kitty, came to my life 14 years ago and we saved each others’ lives. She taught me how to be a healer and anchored that energy for me.

A couple of years ago she was diagnosed with hypothyroidism, then IBS, and in January we had a really bad bout and I did a deep connection and she told me she would tell me when she’s ready. But, I’m not ready yet. She has bad days, and today, she’s having a good day. And about 6 months ago, we lost our other 14-year old, Cubbie, very suddenly.

So I must be mishearing these things. I am triggered. I’ve decided I’m not travelling until she transitions, I’ve done a ton of tapping, healing, reiki, herbs change foods to support her, and I’m not ready to lose her. I find myself very resistant to have her leave. I get that she will really really let me know. I told her that she has to stop eating to let me know. That makes me think you’re fine. How do you help a spiritual entrepreneur who deals with this?

Dr. Cara: I would talk to Pixie and ask her for a timeline and ask for the signal. Cubbie is a go-between on the other side. Pixie is taking you to the next level. This is your spiritual evolution, this is your spiritual growth.

Rev. Anne: This is what I'm talking about, there's no separation between business and life when you're a spiritual entrepreneur and intuitive, this perfect blending. I mean we ARE our businesses.

Dr. Cara: I had a similar experience with my dog. When she turned 13 she went down really fast. It was a very difficult 6 months. I had to hold her up to pee outside twice a night. She looked at me and said, "I'm done with acupuncture," and said "two weeks."

I interviewed animals, what's your spiritual gift, etc. and put it into a book. Those questions were a part of my fibre at that point. I did a reading with my dog and she said "you have learned how devoted you can be." I've always been very independent, out there alone, doing my thing, and when she passed I realised how devoted and dedicated I can be. That is an amazing gift to give to me.

Rev. Anne: OMG, I so get that. That's exactly what's going on over here. 100%. There's no anything except 100% paying attention to what's going on with her. What an incredible gift. I don't think I've ever been this devoted. She's called forward something so deep from within.

Dr. Cara: That's another gift. This cat is really generous, bringing forward so much, healing, awareness. That's huge.

90% of what we feel isn't present-time emotions. When you said you don't want to lose her, I meant what don't you want to lose in the past? What loss in the past did you experience that you weren't ready for?

Rev. Anne: After Pixie came, my sister died very unexpectedly in a car crash. Before that... we all have losses, um, but that's the biggest one that is standing out in my mind. But things do get in our energy fields and in our brains.

Dr. Cara: If we were in a coaching, session, that is where we would go. Healing is circular. We heal it, and then we heal it on another level.

Rev. Anne: I feel Pixie is quite calm about everything.

Dr. Cara: Buddha's definition of life to resist what is. Pixie is bringing forward the opportunity to have a beautiful passing. That transition time being like a beautiful opportunity to deepen into that relationship

Rev. Anne: If I can stay present, we're okay.

Dr. Cara: Feel your pain + heal it. We do most of our grieving before the event.

Rev. Anne: I joked with my husband that my workload will halve when she passes, because she keeps me so busy.

Elizabeth: Do animals understand business?

Dr. Cara: On an individual level.

Rev. Anne: What about the ants in my house???

Dr. Cara: They're calling you to stand up.

Rev. Anne: Dr. Cara's free gift is: **Live Your Right Livelihood - Clearing Blocks to Abundance**, and can be found at: www.caragubbins.com/right-livelihood

Rev. Anne Presuel

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