

## **Christy Johnson**

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### **Dr Christy Johnson, An Insider's Guide to Transformation**

**Rev. Anne:** [opening blessing] Thank you for showing up. The world is looking for you.

**Rev. Anne:** The Divine Initiations are what lead us into the work we do

**Dr. Christy:** Akashic records are a vast resource. It also shows the now and some sense of the future. Linda Howe was my teacher, and she brought to light many things. It looks like regular life, just a different time and place.

**Rev. Anne:** How did you make the huge transformation from one end to the other? The amount of work that goes into that level of training is astonishing. To walk away from it is so profound.

What had you say "*I'm walking away*"?

**Dr. Christy:** I wasn't an asker-of-the-Universe kind of gal

**Dr. Christy:** If you're miserable every day, watching the clock. I was 7 years away from retirement. I went to HR. The Finance department told her to ask for a date by a change. Then one day I was giving my husband a massage and his back was knotted up.

She started by healing her husband. I'd given up on the God thing. I wasn't doing Angels. My life just became completely transformed. I was still at IBM for another three years before I was able to leave it.

**Rev. Anne:** Was your husband on board?

**Dr. Christy:** He was already signed up for the fact that it worked. He was very supportive because he saw me being so miserable.

**Rev. Anne:** I'm so in awe about how we orchestrate our changes. Seriously. Think about how the Divine has brought us back together.

**Dr. Christy:** 40 years synchronicity is mind blowing.

**Rev. Anne:** we were what, two summers.....

**Rev. Anne:** each step has required you to open up more and more and more.

**Dr. Christy:** I'm being called to heal more deeply. My initial calling was random, but now I realise that it goes much deeper. The not so pretty side of the story at IBM was that I was binge eating. I went to therapy and eventually learned that I was celiac but at the same time didn't recognise it. The stories we tell ourselves. I had all these reasons for being something that I could not digest. I then found out that I was starving to death.

It became "*What is this about? What am I being called to look at and not brush under the rug?*" I'm here in my world. A lot of this has been about healing pain around perfectionism and all sorts of ways of being hard on myself.

**Rev. Anne:** There is no question that our own journey and our own deep healing just goes deeper and deeper and deeper. It's always about healing beliefs about ourselves, our abilities, to be seen, to be heard.

There's nothing like being a spiritual entrepreneur to get challenged in every single aspect you can think of. That work needs to be done to have the level of success that you want to have or happiness. I think it's just so profound.

**Dr. Christy:** I could have continued to have an unexamined life at IBM. But it was an imperative. ....

**Rev. Anne:** Two Akashic record healers two weeks in a row on this show. So interesting...

**Dr. Christy:** ...thoroughly informs us about phobias, things going on in the present. As far as the future it's about potential. What is your soul trying to figure out in the future. Readings are so rich and a lot of information comes through.

**Dr. Christy:** What works best for me is someone coming in with an energetic challenge. What is this. Positive or negative. There's 20 to 30 people in your soul group that we incarnate and reincarnate with again and again and it's fascinating how this works.

**Rev. Anne:** You said, "*It lights up when I [you] go in.*" Is it light on this long wall?

**Dr. Christy:** No, it energizes. I get a sense of "*Look over here.*" I get stuff like things come on computer. You can relax into the rightness of things.

**Rev. Anne:** A lot of what I do is to normalize my clients' journey.

**Dr. Christy:** You have to calm. Wait for the storm to pass. Away from the urgencies of everything and everybody.

**Rev. Anne:** for me, it's swimming. Someone else may hate the pool. How do YOU bring yourself into that calm?

**Dr. Christy:** For me there are a number of things: time in nature, anything that brings me back into being in a human form. I do different things for grounding. I don't have a one size fits all. I just want to bring more joy through. How do I get back to that joy, which will inform me.

**Rev. Anne:** So much is learning how to move from being in the head to being in the body. That is how we access our intuitive abilities. I tell people to make a list, find things that ground you, work for you, journal. Automatic writing for example is a way to access your intuition.

Let's talk about money.

**Dr. Christy:** This is the interesting thing for me. I think it's a matter of calm to look at what are my gifts and abilities and that society is willing to pay for? It then becomes a matter of cultivating that and looking at it as objectively as possible. We tend to get ahead of ourselves.

Dr. Christy's gift is the *Transformation Mind Map*, and can be found at:

<https://intuitiveheal.box.com/IntuitiveHeal-Gift>

The password is transform.

**Rev. Anne Presuel**

*Your 6<sup>th</sup> Sense Guide to a 6-Figure Business*

**DivinelyIntuitiveBusiness.com**

