

Marisa Ferrera 10.12.14 **DIBRS Review Sheet**

Marisa Ferrera, Life & Relationship Mentor, *How to Transform Your Biz & Relationship Conflicts into Deeper Connections.*

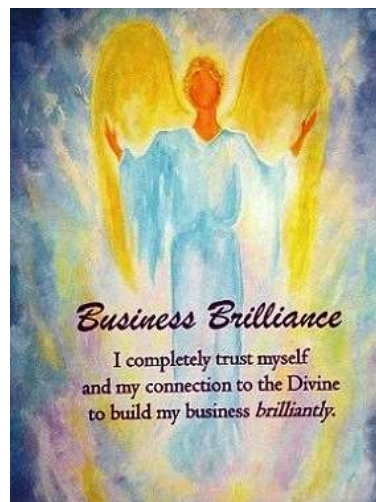
The link to listen to today's call on Blog Talk Radio is at:

<http://www.blogtalkradio.com/divinely-intuitive-business-radio-show/2014/12/10/marisa-ferrera-transform-biz-relationship-conflicts-into-deeper-connections>

Rev. Anne: Hello Divine Ones! Welcome to the show and I want to welcome our special guest, Marisa Ferrera.

Before we start, take a deep breath in. Know that whatever you choose to create is moving in the world around you with power, elegance, grace and love.

Today's Angel card is the ***Business Brilliance*** card.



Today we're going to talk about relationships, mostly about our relationship with yourself. Today's call is all about how you can transform conflicts into deeper connections.

Today's guest is Marisa Ferrera, Life and Relationship Mentor and author of the beautiful upcoming book, *Magnify Your Magnificence*. Marisa has often been



described as loving, compassionate and non-judgmental. She understands the pain of feeling stuck, unworthiness and feeling incapable of achieving your dreams, and has created for herself a relationship and lifestyle that is beyond what she imagined was even possible.

What brings Marisa the greatest joy is to help others, to see just how magnificent they truly are by first helping them uncover what is stopping them from having the relationship and business they long for and then sharing tips and strategies that will support them in recreating their lives to match their hearts' desires.

So, having said all that. Marisa, welcome to the call!

Marisa: Thanks I'm excited to be here!

Rev. Anne: How did you get to where you are right now?

Marisa: Well, I feel like I've lived a lot of lives in this life....But my story got started way back in college. As an adolescent I was very unhappy and when I moved to college I put great emphasis on creating a new life. The same happened there. I just wasn't putting myself out there and I realized I had to do things differently to change my outside world.

Rev. Anne: It sort of anchors in that statement "*Wherever you go, there you are.*"

Marisa: At that point, I started looking at self-help books and getting mentors. It's been 30 years that I've been on that path. And my life today is phenomenal; I've been through tough times, and had moments when I've felt really stuck, but I've always been able to go back and apply the principles I've learned.

Rev. Anne: Yes, the idea of recognizing when you're stuck. For some people, they don't realize they have another option. It's easy to blame it on others: your clients, your boss, your relationships, your parents, your kids. One of the big things is recognizing that you are creating what you are experiencing in that moment.

Marisa: Yes, that is one of my top three reasons that relationships and businesses fail. *Playing victim.*

Rev. Anne: So say you're in a space of feeling frustrated, blaming someone else and being annoyed, how do you detach from that? Do you still get in that space?

Marisa: Yes, sure I still get in that state. It's always easier to point the finger. The key is not to look for faults but to let go of blame and look at what is happening underneath.

Rev. Anne: That seems very conceptual to me, because when you're in it, you're in it and it's really easy to **say** (when you're not in it), "*Well there's no blame and it's all fine.*"

How do you step away?

Marisa: At that point, I like to journal about what is annoying me or frustrating me. And the more I write, the more I uncover and it usually comes back to a core issue that I've been carrying up since childhood and that has crept up again: that I'm not good or smart enough, etc.

Then, when I am able to stop and realize the difference between the trigger and the cause, then I can own it and put the truth on it. Its lies that I'm not good enough, etc.

Rev. Anne: Yes. Sometimes life get us by the jugular and demands that we give them attention.

One of my key themes is that it takes a lot of guts to build a sacred spiritual business and claim your gifts and to get them out into the world; everything that you believe about yourself will come up to get cleared.

For me, just by setting goals and moving forward to implement those goals, I can get triggered and get an opportunity to really do clearing.

Marisa: In those conflicting moments, it's when you start to know your true self more. Not the part of yourself that wants to be loud and obnoxious.

Rev. Anne: Yes, you stop the "should" and anchor into your true self. What other suggestions do you have for people who are triggered so that they can move through it? Personally, I do tapping because I find it so amazing.

Marisa: If you don't express your feelings in a healthy way, they don't go away. I will sometimes have a dialogue with my younger self or my guides and I write whatever comes. At first it felt like I was making it up, but then I went back and read what came through and I was amazed.

Rev. Anne: When I first started doing channeling and automatic writing - bringing through my connection with the Divine - I found it was a weird experience. But then it became more natural and I wanted to be able to do it on command.

Marisa: Yes, an important point there is WANTING to do something. Once you set that intention, the ways to solve things will appear. And, if you're not willing to do the work, then things are not going to get better.

Rev. Anne: And, as human beings, if we don't do the work, the whisper turns into a yell, and then into a Divine 2-by-4.

Marisa: Yes, I don't know who came up with the phrase, "*Struggle is optional,*" but it's true.

Rev. Anne: For me, when I'm triggered, I need to be away from the trigger. I adore my husband, but sometimes I get triggered by him. The first thing I have to do, after yelling, is get calm and clear - before lopping off his head, well, because he needs his head. [laughter]

I mull it over. With my husband it's quick; but if it's a business issue, sometimes I need a couple of days to work out my appropriate response.

Marisa: What I've noticed around triggers between people is that most often we end up going into "child state." When we do that, we drop into a state where our adult intellect and rationality gets thrown out of the window.

One thing that I've discovered over the years is that when someone is triggered, they're already in that child-space - in the sandbox. Then it's the other person's responsibility to stay in an adult state. That's when it's time to stop throwing sand at each other. It's the child wounds that are coming up; you talk to them as an adult, but recognize that they're in a vulnerable state.

With my husband, I say, "*I notice that what I said really upset you, what can I do to help you now?*"

Rev. Anne: I usually get blame at that point.

Marisa: You just have to say to yourself, "*This is not about me; this is not about me; this is not about me.*" And now something that used to take me 3 hours to resolve 5 years ago, now takes me 15 minutes.

Rev. Anne: How would you manage this in a business situation, with a client or colleague who is not happy with something that you've done?

Marisa: The important thing to do is to diffuse the conflict. One way to do that is to acknowledge that importance of your relationships, *"This relationship is really important from me. What do you need from me to sort this situation out?"*

Lashing out is sometimes the easiest way, but by extending love, you can diffuse volatile situations.

Years ago, I had a holistic school and I was getting lambasted over the phone from a parent. I didn't engage with her and I just extended love with her from my heart because she was in fear. I didn't get triggered; I kept saying, *"I understand you're upset; I'm sorry you're upset. I know that we can find a resolution to this."*

At the end of the situation she said that she loved me and we're still friends today.

Rev. Anne: It's holding the space for the other person to find their own way out.

If you're running on anxiety a lot of the time, you might have some food allergies. Those things will affect your emotional world if you have something going on in your body.

Marisa: The same with stress; the more stressed you are, the more volatile you are.

Rev. Anne: Yes, entrepreneurs find it difficult to find time to do all sorts of things. How would you suggest they step away from the stressors?

Marisa: Well, they can look at how they are choosing the things they are putting on their to-do lists and their calendars.

Booking in a massage once a month is going to help you to attract more of what you want with less effort. It's all about priorities. Not looking after your body is a detriment to your business. That's a priority for your business if you want to succeed.

Rev. Anne: It's important to take things off your plate to create space.

Marisa: Gratitude is also so important. Taking 5 minutes to thank someone just before going to sleep doesn't take extra time.



Rev. Anne: I'm so grateful for all my clients; it's so important for entrepreneurs to give appreciation to their team and their clients.

So Marisa, tell us about your gift.

Marisa: I have two gifts. The first is my special *report 5 Keys for Transforming Conflict into a Deeper Connection*. You can download it at www.MagnificentRelationships.com.

My second offering is for people who are in relationships but are not feeling as happy as they'd like to be. That's my complementary Relationship Renewal Breakthrough Session, which can be set up via <http://magnificentrelationships.com/relationship-renewal-breakthrough-session/>

That is a 45-min free consultation when we can look at the relationship you have right now, what you really want, and what's in your way. We also look at strategies you can implement right away to improve the quality of your relationship right away.

Rev. Anne: Marisa, thank you so much. I'm so grateful for you being here.

I also want to invite all of you to a Joint Venture Giveaway we're hosting in the month of January. There's a Teleseminar call on it next week. Go to <http://www.divinelyconnectedbizlive.com> and there's a gift for you there if you want to learn about how a joint venture can help your business and there's a great little checklist there for you.

If you're interested in being a joint venture partner, here's the link for that: <http://divinelyconnectedbiz.com/go/3/jv>

If you're interested in just receiving the gifts from the giveaway, then here's the link (opening January 1, 2015): <http://divinelyconnectedbiz.com/go/3>

[Closing Blessing]

Thank you everyone for being here live, thank you for those listening later. Now, take in a nice deep breath. Know that you are Divinely-guided in each relationship, and in everything you do.

Allow this guidance to shine forward and let it take you forward where your spirit knows you are to go. Allow it to guide you in each step of your business and relationship.

Take that now, go into your week, and we'll see you on the show next week.



Rev. Anne Presuel
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