



Awakening to Your Inner Beauty | Elle Macpherson

[00:00:00] Podcast Intro

Darin: You are listening to the Darin Olien Show. I'm Darin. I spent the last 20 years devoted to improving health, protecting the environment, and finding ways to live a more sustainable life. In this podcast, I have honest conversations with people that inspire me. I hope that through their knowledge and unique perspectives they'll inspire you too. We talk about all kinds of topics, from amping up your diets to improving your well-being to the mind-blowing stories behind the human experience and the people that are striving to save us and our incredible planet. We even investigate some of life's fatal conveniences, those things that we are told might be good for us but totally aren't. So here's to making better choices in the small tweaks in your life that amount to big changes for you and the people around you and the planet. Let's do this. This is my show, the Darin Olien Show.

[00:01:11] Guest Intro

Darin: Hey, everybody, welcome to the show. This is Darin Olien. This is The Darin Olien podcast. I'm stoked for my next guest, Elle MacPherson. She has successfully been a model for the last 40 years. I grew up in the '70s, '80s, and '90s, for sure and she was huge in the '90s. I still think she has a record of five covers for Sports Illustrated. Maybe perhaps what you don't know is that she's been an incredible entrepreneurial person, I think influenced by her dad, was an entrepreneurial person. She grew up in Australia, she has a work ethic, and film and television. She's also been behind innovating and creating other brands, and one that she's super passionate about in this stage of her life is inner wellness, as well as what you're doing for your health. Inner beauty of what you're taking in your body is her motto. The skin, the hair, the nails, it's all about what you're putting in your body. In this episode, she just kind of blew me away. She got honest, she got vulnerable, and she talked about her addictions and how she got through that, and the amazing impact her son's had on her life. We just got into this great conversation. It just meant a lot to me. Elle and I have been great friends for the last few years. Getting to know her more and more on this podcast, it never ceases to amaze me when someone's honest and open and vulnerable, how much of a connection that creates. So I felt honored and connected, and just appreciative of where she was willing to go on this episode. I know that you can relate to everything she says here. I know that at the end of the day, we all have to continue to move forward. We have pain, we have shame, we have resentment, we have sadness, and we can all cope with it in a lot of different ways. The truth is, we have to go through it if we want to gain and garner the actual superpowers underneath it all that are within it, and I believe that at my core. The pain I've gone through in my life by grieving through it, by going through it, by digging in and learning about who I am, what I am, is gained the most in my life, and Elle is no exception. She has driven deep within herself, and you can tell. She's sweet, she's kind, she's caring, and now in this life, she wants to pay that forward. She started an incredible company called WelleCo with some incredible inner beauty secrets that she reveals in those products. So hook in and hold on and really enjoy this sweet soul and my friend, Elle Macpherson.



[00:04:10] First Part of Interview

Darin: Thank you so much for jumping on here. We've got connected through some dear healing friends of ours originally, and I'm very interested in that because it's kind of brushing up on your career. I was like holy shit, you've done a lot of stuff. At the same time, what I saw is this kind of entrepreneurial spirit of doing things just a little differently. You could have easily just rode your normal career of modeling and everything else but you actually started kind of dancing in these other areas in a way that no one was really doing. Then obviously jumping now to the WelleCo and the health side of it, I'm just really fascinated with the spirit of Elle as she was going through this whole process, and then your awakening because obviously, on the one hand, so much focus on your appearance and your body and everything else, how do you not get twisted and turned around in all of that? Then your journey through that and into yourself?

Elle: I'm very curious to understand it too.

[00:05:25] The key word is "Awakening"

Elle: I think the keyword is awakening, in my opinion, because I really sense that within me. Awakening is a spiritual thing. It's something from deep inside, and it permeates everything, your well-being, your wellness, it's a spiritual journey, the business, disciplines, attitudes. It's sort of like when the light starts to go on, and you start to see things differently. Then it's usually circumstances that come to pass in your life that lead to that awakening. I've had, I think about four or five huge turning points in my life apart from coming to America in 1982, 1983 from Australia and starting modeling. Yes, that was one but my biggest spiritual awakening, or my biggest awakening as a woman was motherhood. It was so profound in the sense that I could no longer live my life just for me anymore. It permeated everything from work, the way I looked after my body, to nutrition, to social relationships. I fell in love that I had never ever felt before, this unconditional unlimited love. I had this desire that I wanted to love everybody like that. I wanted to love the world. I wanted to love myself. I was 35, Darin, before I had my first son and 40 when I had my second, and I'm now 57. I was like, I cannot believe I have lived my whole life without experiencing love and it set the wheels in motion for how do I nourish my body, and how do I cope with the changes in my body becoming pregnant? Then how do we lose weight after pregnancy, and how do I breastfeed well, and prepare my body for a second child and work and be a wife? I didn't marry the father of my children, but we were together for 10 years. It was just such an all-encompassing awakening, but it's certainly down the path of higher consciousness, just through wanting to nurture through love and through this understanding that I was no longer living my life just for myself. That was the first one. Then with the birth of my second son, I turned 40 and I went to rehab. I realized that I needed to ground myself as a parent and to start living my life differently, and I really needed help in doing that. I had all these good intentions, but I was finding it really difficult to sort of ground being the woman that I wanted to be.

Darin: What did that look like in terms of not being grounded?

[00:08:22] Becoming grounded



Elle: I was all over the place with drugs and alcohol and just living a life juggling. I was actually escaping. I think I was knowing my feelings. I was feeling overwhelmed. I struggled with perfectionism anyway. It was interesting when I was in rehab, I took the steps, drugs, and alcohol, but then I had to do them on perfectionism as an addiction almost. This belief that if I was perfect, everything would be okay. The belief that if I can just have that drink, everything will be okay, or if I just don't have to feel that feeling anymore, everything will be okay. It was almost like a crutch. If I could just get it or if I could get everything buttoned down, if I could control everything around me and be perfect, then I'd be able to cope with my life. It was a bit of a trip. I went to Arizona. It was interesting because Phoenix, out of the ashes comes the Phoenix and that was my experience when I was there.

Darin: Wow. So all of that struggle, and all of that looking for something or whatever led you to this part of you that probably wanted to rise.

Elle: Absolutely. It was a sort of life and death situation in the sense that to some extent, physically, but I think spiritually, it was a huge leap of faith to say wait a second, I can live. I want to live a life of love, not fear. I want to be motivated by love. I want to be motivated by faith. It was a crossroads in my life. I gotta tell you, I loved it. I went to rehab. I was the chic that just had the best time.

Darin: Like this is a retreat. I get to focus on myself, everything's got it controlled.

Elle: It was fantastic. I had six doctors looking after me. You had the therapist for this, and the nutritionist and the psychiatrist. I didn't take any meds when I was there but I just had time to focus on healing, my childhood perceptions, healing, I don't even know what you would call them, sort of like my fight or flight syndrome. Focus on "wait a second there is stuff in my life that isn't working for me, and I'm doing them compulsively." How can I heal the root cause of that so that I can live a free, open, loving, confident life?

Darin: You're just kind of in a groundhog day living from this subconsciousness that was maybe imposed upon us or we adopted it as we journeyed along, and there's no freedom in that. It's interesting as I'm listening, there's a couple of parallels actually because my father, he actually passed away 21 years ago of alcoholism. He was sober for 30, and he had this perfectionism. Through most of my life, he'd come home and he just militantly kind of came after us. At the same time, as he got older, I realized how close I was to him, meaning that he really wanted to live from his heart. He was an empathic person, but tried to squeeze himself. He was a professor, he was highly educated, and he just tried to be that, but in fact, he was a musician, free-spirited, and I saw glimpses of that, so it's interesting. The compensation of the compensatory actions we take of "I got to control everything," and all of that is actually keeping us from what I'm hearing and you, keeping you from the access point of your own heart and leading from that place.

Elle: Absolutely. A friend of mine said to me today, there are two ways of living. Sometimes over a period of life, we live a little bit like we're in an amusement park, you know when you're in the bumper cars, and you just sort of bump into things, and then I'll correct my course, and that's one way of living. The other way of living is consciously having a purposeful, meaningful life and constantly realigning your choices and your actions and your thoughts process to aligning to that heart-centered consciousness. It's difficult to live like that



but it's way more fulfilling, and loving, self-loving. My spiritual journey has really evolved over time. At 40, I had my kids, and then when I turned 50, my health started to fall apart. I started to realize that the things that I was doing when I was younger, even though I'd been practicing, I was sober for 10 years. I had a better understanding of health and well being. I was on a bit of a spiritual journey because I was practicing the 12 steps, and I was meeting people in my life. I was resonating with more evolved, heart-led people, but still at 50, I hit another wall with my body and it was hormonal. It was a variety of things where the things I was doing before were not working, whether it was attitudes, practices, food choices, exercise routines, none of it was really working. I just thought this is it, I'm going to be fat in 50 and I'm done. I was still working so it was hard. It wasn't like I was retreating off into the forest and just being a hippie. I was out there still on the cover of Vogue, still doing my stuff and really struggling going. I didn't understand. The things used to always work and it's like I put the wrong gas in the car. So I went on a journey to try to find a solution and I found this doctor in London. She looked at me and she said there's nothing wrong with you. You're not sick. I thought I was really sick. She said you're just inflamed and you're sugar addicted, your cortisol is through the roof, you're sleep deprived, your body's acidic.

[00:15:00] Finally understanding your own body

Elle: We can change those with simple lifestyle changes. So I started to go down a road where I started to understand what we really put in our body can affect how we feel because I was just taught wellness equals fitness. It's sort of like calories in, calories out, you do your exercise, you do spiritual work, and nothing is connected. It was almost like I was just compartmentalizing everything, like, I'll do the 12 steps, and then I'll make sure I don't drink and drug, and make sure I'm a good person, I work hard, but it was all kind of like separated. I started to understand when I was 50 that it's all connected.

Darin: Literally, it is.

Elle: That was really the birth of WelleCo. When I started to see that, and I saw the changes in my life when I made those changes, whether it be hydration, sleep, nutritional foods, organic foods. I thought to myself this is not just about me, I really want to create a company that produces products that can help other people. That's when I started to move into this new level of consciousness, which was to be of service. How can I help the greater good? How can I help people be their optimum selves in their own well-being because when your well you can do anything? So that's been sort of my progression of awakenings per se.

Darin: That's cool, and that is so true. I've said that in many forms and other ways, in that, when you take care of yourself, the abundance of energy and ability for you to project out in the world and support. It's like part of our nature and when we're, I don't want to use the word controlling, but when we're integrated and nourishing and nurturing all of these aspects, or at least a lot more than we used to, it's a natural progression to be able to want to share and give. That's where it's cool where the entrepreneurial side of you kicks in because it's kicked in again, like it's kicked in several times in your career because you're like, well, why just this, why not that and I love that.

Elle: When we talk about entrepreneurial, what I found is when I focused on money as being the sort of the aim, if you focus on money, that's all you get. So you just get money, and you



don't get health, you don't get wellbeing, you don't get happiness, and you don't get love because we are the ultimate creator and this is this creation mechanics. This is another part of my spiritual journey is really the final part of my spiritual journey of my own awakening is the understanding that we are the creators of our lives. What we focus on, we get. I've said to people in, and I've said this to myself, if you don't like what you've created for yourself, create something different because you can. There's been times in my life where I've been entrepreneurial, where I've focused on money, and that is all I had. Now I realize if I focus on what I love, when I focus on my purpose, my higher purpose and my values, the byproduct is very financially successful, but it is a byproduct. I have all the enrich love and joy and learning and community along with the financial reward. That just for me has been a much better way of living.

Darin: Yeah, because if you focus on money, it's the exclusion of the other because it's inherently imbalance because the definition of abundance in the universe is not get your money. It's the energy form of assistance and your ability to continue to create and expand in the world, so it's just one tiny aspect of representation of abundance. What you're defining is true abundance. So what if we redefined abundance because it naturally includes money.

Elle: You can be prosperous and purposeful, and that is abundance.

Darin: Speaking of integration, you integrating like as you sit now, and you've gone through all of these things, you've learned so much about yourself, take us through like a day so that people can ground themselves into understanding what this now new balance is? Instead of in the boxes of things, how are you now? Paint that picture of a day of integration. There's discipline in that so it's super important to have discipline in that.

Elle: And it changes. It's not like you have to do the same thing every day, but there are few non-negotiables. I wake up in the morning, and the first thing I do is meditate. It's a conscious decision, it's not easy. I have been through many, many years where the first thing I do is pick up my phone and check my emails, but today, I wake up. I've just got the Chopra app, which I've never had before. Then you can choose from things. For you guys at home, it's a really interesting app because you can kind of look at what you feel you need. There's music just for sounds that are just for your own meditation, there's guided meditations, there's sleep meditations, there's programs on relationships. It's very complete. It's about 60 bucks a year, I think. So I just bought that app and I'm loving it because it's new. I've had a meditation program that I done over years. Often I'll do a 21 day clearing of the same meditation every day that clears the body on a cellular level, so I can make space for new, and it's sort of like the ultimate cellular, emotional, spiritual detox. The first thing I do is meditate and that could be anywhere between 10, 15, 20 or 30 minutes, and I breathe. Then I do some Reiki. I learned to do Reiki on myself a long time ago by spiritual guides that I still work with, I've been working with 20 years, but they taught me how to do Reiki. I usually wake up and do some sort of Reiki on myself just before I wake up. Sometimes I have overwhelming anxiety, like a sense of doom. So for you guys, it's not like I'm just living this life. I have this sense of I don't even know what it is, and I need to calm myself before I even get out of bed, and I'm okay.

[00:20:02] A day in the life of Elle



Darin: Was that almost done every day kind of thing?

Elle: There's just periods of my life where it is. It's usually when I'm undergoing great change or solid change. It's growth, growth and healing. It's scary because we think the change means bad, but it doesn't.

[00:22:22] Safesleeve Ad

Darin: So I have a question for you. What are you listening to this episode on? Is it your phone? Is it your laptop? Is it your computer? All of these things have EMFs. Whatever device you're currently using, it's actually exposing you to these harmful effects. Am I using a phone? Yes. Am I using a computer? Yes, we all are. But there are things that you can do, and that's why I'm super excited to be partnering with Safesleeve.

Every phone has a warning signal to keep the phone away from your body. So they have a sleeve that has a shield, and that shield blocks over 99% of the infrared radiation, and over 92% of the electrical low-frequency radiation that just comes off the normal everyday devices. If you have listened to my fatal conveniences on the EMF, then you already know this- that this type of radiation has been linked to increasing the risk of certain types of cancers, as well as having negative effects on the biology and the mental health, and on the actual cellular activity. Whenever I have my phone, I have the Safesleeve panel on my body. If I put it in my pocket, either I shut the whole phone off and I put the radiation protector Safesleeve to minimize virtually all of that EMF coming to my body. For all of my listeners, you get 10% off your order. Believe me, this is so worth it. Head to safesleevecases.com and use the promo code Darin10, that's safesleevecases.com and use the code D-A-R-I-N 10 and protect yourself, your family, and your kids. You could do that now without losing the convenience of a phone.

[00:24:28] Second Part of Interview

Darin: Especially now for people, you can wake up literally every day by what's going on in the world and what mass media is saying you should or shouldn't do and all of these things, everyone on the planet can feel a higher level of anxiety right now. I think that just being a human and having things like where's this gonna come from, do I have enough money, how are my kids, am I gonna be able to succeed, do I have a job? How much rumination is possible to get in those loops? I think that what you're saying is probably the majority of the people are feeling on some level.

Elle: To me, it's like taking those conscious steps that seem like they could seem to people as fluffy or airy-fairy or not grounded, but they're actually the exact opposite. I find it really grounds me in my heart, and it requires discipline, it really does. I've been so fortunate because one of my god-given gifts, I guess, is discipline. I find discipline comforting to some extent. That doesn't mean being rigid. It just means having the willingness to stick to something and to commit to it, and I can see it with my wellness program with our products. I know when I take these products every day, when I first started taking them for months, my whole life, everything, my skin changed, my hair changed, my nails changed, and I was like, wow. If you do something consistently, change happens. That is so empowering to know that we are in command of the changes that we want to see in our life.



Darin: The most important thing is even when you think you're not choosing, you're choosing. So if you're not drinking a super elixir of nutrient density, then you're doing something else, or you're starting your day drinking coffee or whatever. Not that there's anything wrong necessarily with stuff, but that discipline of, I always use this as an example, I use Australia all the time, actually. So if I was here, and I wanted to make it to Australia, I have to set my course. If I'm off, I'm going to end up in--

Elle: Timeout.

Darin: Exactly, very much. The discipline is what takes you there. I know Mike Tyson talks about this all the time. He literally says, "If you don't have discipline, you have nothing."

Elle: I think willingness and courage as well. The willingness to give it a go, and the courage to put yourself on the line when it's not comfortable. The courage to be heart-led. I always say 'Use your heart as a compass. It will never ever lead you astray'. The mind is just an administrator. The brain is like a computer. It's just good for kind of getting the job done, but we have to set the course from the heart. My heartfelt desire is I want to be in my power. I want to be loving. I want to be present. I want to be of service. I want to feel joy. I want to be in joy in my life. I want to use my time wisely and purposefully and enjoy it as well. That's coming from deep within my heart. Then my brain says in order to do those things, you need a bit of a schedule. So this is your work time, and these are the kind of people you're going to work with. To get up, you got to get up at this time of day. In order to be prepared for your job, you need two hours because in that two hours, you want to do a bit of meditation, you want to drink your celery juice, you want to wait 20 minutes before you have your coffee, you want to ground. I like to put my feet on the ground. I like to feel nature. First thing when I get out, I get naked and I put my body in the sun very early, like seven o'clock in the morning. I think that's super important for our immune system. I'm very pro in giving the body the tools it needs in order to be at optimum wellness and it's not something out of a bottle. It is nature, it's sunshine, it's fresh air, its breath, its connection to source, and great nutrients obviously and coffee sometimes.

Darin: Sometimes, yeah, throw that in, but really good coffee for sure.

Elle: Mold-free, pesticide-free clean coffee.

Darin: How do you brew it?

Elle: I grind and then French press. I got to be honest, I really like espresso. I wish that Dave Asprey, which I know he doesn't really do bulletproof anymore, but I wish he would do espresso pods so that I can have a clean coffee in an espresso pod.

Darin: You know the challenge is--

Elle: But I saw your thing which was so amazing. Every time I watch load of your things, Darin, it's like fuck! I saw that. I never thought of the water just sitting there and even pods that are recyclable and made out of paper and stuff like that, you still have that stagnant water brewing.



Darin: Listen, it does breed and I hope it breeds innovation because there's typical solutions for this stuff. Every time there's a solution for this stuff, maybe not as quite as convenient. At the end of the day, how much time do you spend brewing your own coffee. It fairly saves time. So I apologize for doing that but not sorry.

Elle: I find you truly inspiring, and whilst you want to talk about what how I do my day, I'd much rather hear about how you do your days.

Darin: Well, we'll flip that at some point, but people want to know about you.

Elle: I go through phases like a good start with celery juice, or my super elixir, which is the nutritional greens that we do at WelleCo, or I'll make myself a fresh juice. I think it's super important to feed the mitochondria of the cell as soon as you wake up. I don't want to wake up and put fire in my body because I'm already feisty, and I'm passionate. The last thing I need to do is add fire to my flame. I tend to nourish my body first. Then I get up and I do my day. I work from home. I'm passionate about what I do. I work most of the day, particularly in the evenings because my company is based in Australia. I really start the mornings, maybe I'll do my personal stuff. Then I start to get ready in my office around midday at one o'clock and then I work until 10 o'clock at night. It's a long day, it's in the evening, but it's wonderful working from home. During that time, I nourish and hydrate, and I take time out to meditate a little bit and I take my creams. I take a clean lean protein for a snack. I have these skin peels, which I'm loving at the moment, these so-called skin capsules from WelleCo. We've just developed them for people that don't like taking their greens, and it's just a sort of skin formula. I've noticed huge changes in my skin since taking them, so I do that. I steam in the evenings. I have a Therasage, infrared sauna. I do that at night. Then I do a cold plunge in my swimming pool, which I don't heat. I have a salt water pool. I'm mindful about what I put inside my body and mind and who I connect with and what I watch on television, for example. I'm working all the time on creation mechanics, making sure that I'm putting my energy into what I want in life and withdrawing my energy from what I don't want in life. I'm so grateful that I've had some great teachers, particularly a guy called Paul who has been really helping me with his creation, Mechanics. That's how I do my day, one foot in front of the other with joy and purpose. Sounds like really corny, but it's actually super fulfilling.

Darin: I so relate to that. I think the starting of your day, grounding, starting with light on your body, starting with the alkalizing foods, realizing your body what you need and obviously, your adrenals can run hot, as you discovered earlier in your life and you can burn out and that can easily through stress, through rumination, through what you're putting in your body, we can just wipe ourselves out. You have created it through the understanding of who you are, what you are, where you want to go. I think that's really important. So you've got this, again, a nurturing routine that's not militant. I mean, listen, 97% of our lives are freaking lived in doors as human species, which is insane. It was actually the opposite to put our feet on the ground, to get the sun, all of this stuff at one point I think sounded hippie dippie.

Elle: It's survival today. We need to and we're so bombarded with technology. Listen, I live in the real world. I'm not living some fantasy, but I live in Miami. I'm on two acres of land, I'm very fortunate. I work in the fashion industry and wellness space and I'm on air, and I'm talking with a variety of different people. It's not like I just retired from the world and decided I'm going to live this hippie-dippie life as you say. I am absolutely 1,000% present in a



modern world. I realized that I need to do different things today in order to survive. It's like nutrition, it's like supplementation. I believe that there was a time when I grew up in Australia where our soils were not over-farmed like they are now. So when I ate the food that I ate when I was growing up in Australia, I was getting the nutrients I need. A lot of people said to me "Why do you do supplementation?" It's because we've overfarmed our land, and there are no minerals anymore in them. There are no vitamins in our land. We've overfarmed it. The soil isn't rich. I mean I love all the work that he's doing, Zach Busch, on understanding the relationship between the microbiome within the body and the microbiome within the soil and how we can integrate that connection with nature.

Darin: Yeah, we have to. That's the key. I've been talking with Zach and Paul Hawken, who wrote Drawdown and regeneration.org. The conversation oftentimes from a climate change gets a little off base, I think. It turn to "It's about CO2 sequestering." No, it's not actually. It's about now is dirt and building it to soil and the complexity that that is, and then strong soil creates a strong plant. Strong plant creates a strong human who eats it, and that whole ecosystem gives the power back to the farmer now has the sovereignty that he always should have had, instead of giving his power over to the agro, chemical, and GMO world. So that's really what it's about. And in that whole process, you sequester carbon as a side benefit. Again, it's like what you're saying, it's incongruence with Nature. Once we divorce nature with our own living, and with the systems that were in place, or that we're a part of, there's always going to be consequences. Nature doesn't have consequences when you're flowing with it. It's abundant, and it's giving, and that's what it's about. We are in this modern world, you are in this modern world. You are charging forward passionately. Then it's realizing that in order for me to really sustain a happy, fulfilling life, I have to integrate these things that are of nature, or else the wheels are gonna come off the wagon.

Elle: And I felt the wheels come off the wagon, and it's not Freddie, let me tell you.

Darin: Listen, it's a course correction, it's an opportunity. Life is definitely going to hand us these opportunities, and what do we want to do with those, and that's the biggest thing. What would you say is your main focus now, and then what would you say is your focus for the future that you still want to create?

[00:37:14] Elle's current focus and focus for the future

Elle: My main focus now is building WelleCo and creating products for our community, and that are supporting people's health and well-being, so nutrient dense, functional foods, and beauty products, beauty from within, educating people on the importance of feeding your mitochondria, feeding yourself, feeding your heart, feeding your soul through great supplementation. I want to really see our company grow and flourish so that we can be helping the most amount of people. It was a combination of my own wellness journey. It feels like it's not complete unless I'm sharing what I've learned from myself with others. But my ultimate dream is really wanting to see people that their ultimate dreams. Giving them the tools to be empowered to live their dreams, to live, their authenticity, to live in alignment with their finding their own purpose, their own love center, their own heart center, and living in alignment and not separated living their wholeness, aligning everything, their actions, their voice, their choices with their heart-felt purpose. I'd also love to see a world where people are understanding that they are the creators of their life and choose to consciously create



the life they want for themselves, not feeling a victim of their life, that life happens to them. I hear so many people, it's like this happened to me. No, it's happening for you. I want to give and receive love. I want everybody to be in that space of wanting to willing to give and receive love. They're big things but they're very grounded in everyday stuff. It's like that concept of charity starts at home. If you want to change the world, the most important thing is to start to change the environment within you, and that's through who you see, how you think, how you feel, what you put inside your body as far as nutrition is concerned. That's our responsibility and to maintain our personal sovereignty. As you so clearly mentioned the other day, I loved your rant on sovereignty, it's really great actually. Go for it. I'm with you.

Darin: Sometimes I never know what's gonna come out, but it is authentic, without a doubt. I share that with you. I share that that was the whole reason I called my book Superlife. It's because I ultimately just want people to kick ass and just live that.

Elle: Live their best selves, the greatest version of themselves, and to be healthy people, healthy emotionally, spiritually, physically, and mentally, and realize they have the power to do that to create that.

Darin: You can't skip steps either. Some of the weirdly, the hardest things are to slow down, stop, breathe, and go in. I love what you did in terms of just put your hands on yourself. Even if people don't know Reiki, you can start getting in touch with yourself yesterday. As crazy as this sounds, I had this incredible kind of superheroes of healing here. I just discovered them about six weeks ago, incredible group of people. This one healer, she tunes in. She doesn't have to touch you. You're right next to her. She literally sat me down yesterday and all we did, she just goes go into your heart. I was like, okay, but then she's like, no, you're still in your head. I'm like she's turning into me and I was like, yes, she's right. Then I'm like, what is that? And on one hand, I live my life with my passion but at the same time, it felt so challenging in a way to just literally shut off my brain. We sat there for 20 minutes just creating this deeper establishment of heart without my head leaving. I can leave my head and my heart to come but I actually want to flip that script.

Elle: You want it the other way. You want your heart to be your compass, I get that and it's not easy. But when we get in, it's practice. When we practice doing it, then it becomes flow full, it becomes second nature. That's why meditation helps because I think that people have this kind of concept that when we meditate where you go into an altered state for 20 minutes or 30 minutes, and that's really great for relaxation. But to me, what happens is connecting even for 30 seconds to source. It means that throughout the day, it gets compounded over time, but throughout the day, I find myself making different decisions, I find myself more aware, I find myself more connected to my intuition, my inner sense. I've come to understand that my inner sense is as important, if not more important than common sense. Most of my life, I've been looking at common sense, and that meditation practice has allowed me to hear my intuition, share myself in the most bizarre times of the day.

Darin: Inner sense over common sense, or in conjunction with because common sense can be an intellectual thing and that can be common sense, but there's an inner sense that is also tapping into the entirety. You're tapping into yourself, which is self of the ultimate source and that is infinitely more information than just looking at something from a mathematical that makes sense. When you said that, it's right in the sense that it's hard. I think it's hard



because our culture has kind of adopted a whole nother way of being in life, and that is make the money, do this thing, look a certain way, act a certain way, say the right things. Then culture is changing ever more. It presses upon you more of its ideas that it may not have anything to do now more than ever. It's like, I don't necessarily believe in that or agree with that. Do you find that as you know yourself more, you're more discerning on even business relationships and personal relationships that gets more refined and could maybe even look like less and less of those?

Elle: Its more and more. Yeah, absolutely. I think the key word there is discerning.

[00:43:52] Knowing yourself

Elle: When we choose from heart, truly how we want to experience our life on a day to day basis because we are so scarcity driven. We could feel that, it means our life is getting smaller but it actually is getting larger. I barely leave my home. It's like, really, I have to go and do that? But I find myself so happy in my space. I'm so happy and my days are so full that it's almost like, I don't want to say there's not enough time in the day because we have infinite time and time is no longer linear. It is very cool and it is past, present, and future all in one. I think it's something completely different from what we've been taught. I'm starting to experience that anyway. What I'm finding is that I am becoming focused on what truly matters and that is extremely fulfilling. It doesn't look like what I thought it should look like. It looks very different, but it's okay. It's interesting, just being in and allowing the day to day life unfold and allowing the relationships to come like it's a flow, people come in the flow. It's extraordinary.

Darin: That's an interesting thing because I'm gathering, I used to like to control things. I definitely have been a control freak in my life. Something that I've been literally practicing is surrendering to that divine flow. I had this moment coming out of a meditation one day. It was literally like the divine was speaking. My brain was starting to try to control things and whatever this voice was, basically, everything that you really, really, really want at the deepest part of yourself is in this divine flow. It is there to nourish you, nurture you, and provide you the greatest experience ever.

Elle: And for you to be the highest version of yourself along the way, absolutely. I think that in relationships, that's always a good one to remember because I think we try to hang on to relationships. They could be friendships, they could be family relationships, they could be love relationships, and I've come to understand that anything that is truly meant for you will not pass you by. We never have to fear not getting what we think we want. They will say rejection is God's protection but it's a very kind of glib statement. I truly believe that what is meant for you will not pass you by and we have the capacity to be in command of our life to create whatever it is, that is our true heart's desire. We can do it consciously, or we can do it subconsciously. I prefer to do it consciously. It's way more efficient.

Darin: Amen to that. It's fun because being a participant and learning and in that process, you're also letting go of all of this other stuff, that's not me, and to see and to feel and experience more of "me" in that divine river. Count me in. But sometimes, even what I'm feeling now, I'm like walkie and full moon and my body's achy.



Elle: You went to a big healing session yesterday, so that's not surprising because you're probably letting go stuff that you've been hanging on to on a cellular level, and sometimes that ache, literally aches.

Darin: It's generational. I saw it, I was like, whoa. Then she picked right up on it. It's amazing.

Elle: We're so blessed and anybody who's listening to this, I always recommend that finding your guide, whoever it is, and I've had many in my life. I have one particular one, you and I share one, but I have one that I've had for 20 years. It's just extraordinary to have that sort of support. Mine started with this book that I read, a quote from Atoms to Angels. That was the beginning of my realizing that I could have support in this journey into greater self understanding and empowerment, I think self empowerment. But having guides and leading people along the way, and being willing to try new things and explore and see what works for you, they're all trial and error thing. If it works for you, great. If it doesn't work for you, try something new.

Darin: That's the thing, the universe, gods, spirit is really only talking to you in the way that you can learn to discern what that is. The guides are great steps, but at the end of the day, that's sitting in and looking in and feeling that connection. Like you said, now that connection that you've been establishing, now you can walk in your day and get those messages because you've created those--

Elle: The pathways.

Darin: Exactly, and it continues as well. It's such a big question, but I want to just fling it at you. Maybe from the current set of the world or not, what is one thing or one system or one thing that you'd like to see change?

Elle: So big. I think the integration of masculine and feminine energy is extremely important right now.

[00:49:43] The one change Elle wants to see in the world

Elle: I feel that we've been a very masculine dominant society where we look to Big Pharma, we look to governance, we look to outer authority, we look for logic, education, academia. We pedestal that as being the superpower. There was a time where kindness, intuition, connection, community, co-creation, nurturing, where that was the superpower. I think feminine has been perceived as being weak recently, and the masculine is been strong, and therefore, we gravitate towards what we feel is strong. I feel that there's a huge imbalance in humanity at the moment. We are and I believe a lot of what we're going through now is that rebalancing of the masculine and feminine outside and within ourselves, embracing the masculine within ourselves and the feminine within ourselves. When I say that feminine, it's the intuition, it's the willingness to love unconditionally, it's the desire to nurture. I know that's a huge kind of question and probably a bit of an ethereal answer, but I do think there's something in that balance between masculine and feminine energy.

Darin: I mean, I literally just had this conversation coming off of that session yesterday. I couldn't agree with you more. As weird as that may sound, I think you gave great examples.



There are pragmatic ways where this is way out of balance. They already know statistically and in business, when you have female in high positions, or the highest position, businesses always run better. I looked around without even trying. My team, all women because there's something that they're contributing to that giving me that it's just better.

Elle: I think it's a willingness to nurture. There are many female CEOs and founders of businesses today. I think it's because they treat their business like their family, they nurture. They're intuitively making decisions based on what they sense is of service rather than the mathematical equations that a lot of businesses have relied upon. It's just not working. So it's interesting times that we're so blessed to be living in this time and to be able to communicate like this. Can you imagine that we can have a conversation like this that will put into the ethos, and people will have an opportunity to listen to it and maybe there'll be bits and pieces that will resonate with them, and that will enhance their perspective on their life, give clarity or inspire or encourage or just comfort? It's extraordinary, the time that we're living in right now.

Darin: I couldn't agree more. Again, how do you want to look at life right now because it will largely dictate what you're going to receive because you can easily look at the glass is empty, or half empty, or whatever and/or look at their propeller that this is creating, like the push and pull the negative and the positive, the light, the dark. Just like you said in the beginning, it's not happening to you, it's happening for you. When things occur, and they hurt or they're painful, it's an opportunity of propelling us forward to a new awakening and that's what I see, obviously, on a massive scale right now. It's unbelievable. Well, I could talk to you forever. Thank you so much for your time, and I so enjoyed your contribution here today.

Elle: Much love. Thank you so much, and thanks for everybody for tuning in. Thanks for being willing to be as open hearted as you are, Darin. We really appreciate it.

Darin: And I'm trying to open it even more.

[00:53:38] Generic Outro

Darin: What a fantastic episode. So tell me, what is one thing you got out of today's conversation? If this episode struck a chord with you and you want to dive a little deeper into my other conversations with incredible guests, you can head over to my website, darinoliem.com for more episodes and in-depth articles. Keep diving my friends. Keep diving.