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## **Jacqui Burnett interview 2.8.22**

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**0:00:01.1 Becky Parker Geist:** I'm Becky Parker guest. I'm the president of Bay Area Independent Publishers Association and the CEO of pro audio voices. And I'm excited to have with me today, Jackie Burnett, she is the author of her memoir entitled life's not yoga or is it. She is an adventurer, both in journeys of the spirit and also in the world of financial strategy, raised in South Africa, she's qualified in Business Studies, which has enabled her to help numerous businesses achieve their strategic and financial goals inspired by her discoveries on her life journey. Jackie created the Dare to be love platform, which quickly attracted an audience of over 43000 followers and also seeking who are also seeking answers on how to deal with life's challenges and trauma as an impassioned student of life, Jackie continues to practice and promote living a spirit-led life of courage. Kindness, compassion, and love. Jackie, thank you so much for being with me today. I.

**0:01:15.0 Jacqui Burnett:** Bay, it's wonderful to see you today and thanks for making this time and excited for this conversation.

**0:01:20.3 Becky Parker Geist:** Yeah, well, I thought maybe we would just start right off at the top with the title, you call your memoir life's not yoga, and yet in the book, you mark Yoga as a valuable practice in your life, so tell us a little more about why the book is called Life Not.

**0:01:40.5 Jacqui Burnett:** I have to say, that my memo had many titles, but for many years it was day to ask around my day-to-be live platform, and the reason why I came with life not Yogi, not only because it creates this conversation, everybody wants to know why this title Lives not jog or is it... Let's just go one step backward or a bandaranaike as yoga. And for those of us in the Western world who practice yoga, I can face that many of us are doing it from an ego narrative because we think it has something to do with the body, but quickly we learn that yoga is really about watching our processes, our thought processes as we breathe into our movement with the body, so it really is, as most of us know it's meditation iMovie met, but life is not meditation, life froze as covers no different to when you're in a pose at yoga and you're looking at yourself and the POs whether you're feeling uncomfortable or whether you have a conversation about whether you're doing the right or not, or whether you comparing yourself to someone... Well, that's like it's what we do. The yoga teaches us to go to breathe, just breathe, and despite the chaos and the trauma is to be at one with WATERS and to be at one with per...

**0:02:54.7 Jacqui Burnett:** We are in the physical body, where we are in our mind, and who we are in our soul, and that comes from the connection with spirit, so is... My memoir is a crunchy Telenor to Anselmo having read the book. Yes, it deals with my trauma and overcoming my trauma and not just yoga on the mat, it's a bad ones approach to littoral said, knowing that we have a choice, and so it's a play on all of that kind of thinking, the philosophical, the theological mystical and psychological thinking of how we deal with life.

**0:03:27.5 Becky Parker Geist:** I think it's a great title, it really draws us in... I certainly did, me and I was like, Oh, where are we going with that? Even just that title is a great catch, so... I'm well done on that. I know that your online writing has been around for a few years and has this quickly attracted quite a significant following. Tell us why did you publish a memoir as opposed to a self-help.

**0:03:54.3 Jacqui Burnett:** Book in a bay at a very young age, and I talk about that for a moment in the book about I always thought I would be an author in my teens, and as a result, of my trauma,

disconnected from what I would call my true self, the person that I wanted to be in the world, and so my journey was writing was when that started at a very young age, and when I decided... I think it was in 2002, but I knew that I was going to write, and then I knew I was going to write in the public domain, even though I was here working in the world of finance, was a finance strategist. What was interesting for me was having to go back to finding myself in their process, and you know the process of rediscovery, and I always thought originally that I was writing a tell story about the strange story that I had with my father, and I quickly realized that that was the boys of victim, and it's not how I wanted my story to be told, which saw me unraveling the beside of myself, which is about the self-enquiry process.

**0:04:52.0 Jacqui Burnett:** Before we can go to self-help, we need to go through self-inquiry to look at the root of our belief systems, and so I started writing online about my discoveries about my life as a student, as a student of life, and sharing that with readers, and that very quickly, as I say, Grupo, quite a significant funding by my blog and my Facebook, and so there was this interplay all along about do I write a memoir or do I write a book about self-inquiry to help people unless help for soft lab process? And after talking to a lot of industry specialists, they felt that the right way to go is if you want to talk about this work, if the people know who you are, and that wasn't very easy because I had to go back through many layers and actually look at myself and my own damage I was causing to myself as a result of holding on to the belief system of what it meant to be a victim or a survivor, and through the lens of finding myself as a survivor, so this name are unfolded. And so the rest of my work where I talk about what it means to heal and write online and book to which I'm working on to help people through their own self-healing process, is how the memoir came out first was, this is me Watson on...

**0:06:09.3 Jacqui Burnett:** This is me and my mess, and some people say that it was very brave sometimes I think maybe it's stupid, but no, it's important, but for me, it's very important that we be fully ourselves in front of everyone and not hide behind the masks and the EAGER projections or even a full III Ty. So that's why the member was first, this is me, and this is why I'm comfortable to share what I believe is being fed to me, to share with the world in terms of this process. I... First sharing with the readers, this is me and how I got you. Yeah.

**0:06:38.8 Becky Parker Geist:** I think that it makes sense to me that you would have a large following and quickly, when people are willing to be vulnerable to share their truth, that is not that hidden behind that mask. And I know certainly, I would say probably most of us have that concern, worry, fear about taking that chance of letting people see us, who we really are, what we've been through, and not fearing that we're gonna be judged in some negative way, so I think that that transparency, that vulnerability is in fact a great strength, and so I wanna thank you on behalf of our many followers or being who you truly are, and being willing to share that with everyone.

**0:07:39.8 Jacqui Burnett:** And I can say it remains a challenging journey, it's not something to be... Or think itself is not easy, because we do live in a world at the moment, it was such a negative unkind narrative, which is around shame, guilt, blame, and I get some very harsh critics of, you have very nasty things to say to me, but what I do is, and this is what the work is about. For every one critic have... I have 99 people who are enthusiastic about what I'm doing, I will support what I'm doing. I feel inspired through, as a result of the way I've shared as to how are they earning their own story, and it's... What do we focus on? We have to up choice of our response, I can feel upset about those people if they are not yet in a place to be kind, despite their feelings, I'm not going to engage, I'm not gonna get caught up in that. And it hasn't been easy, trust me, as you have to, on my

book, I was full of being very mean, I'm very tangential myself, and I catch myself doing it every day, but it's a carriage to look with a notice that I'm capable of being as mean as that person and focus on the line tonight.

**0:08:44.8 Becky Parker Geist:** I think it was beautiful. Thank you, thank you for sharing that, 'cause it's good to keep it all in mind... Right. Well.

**0:08:51.1 Jacqui Burnett:** If any way, I can remain myopathy.

**0:08:55.5 Becky Parker Geist:** Yeah, so in the first part of your book, you talk about your experiences with suicide ideation, what would you like to say to your younger self, if you could speak to your younger self, what would you say to yourself as you were going through that...

**0:09:17.3 Jacqui Burnett:** I talk a lot in my work about the fact that we are all born, we are all born from the essence of love, and I use the word love into change and be with universe universal wisdom. Whether you want to go to the theology that would talk about discard, the psychology that will talk about it is universal wisdom, or the mistakes or the philosophies, whatever, knowing that there's something more powerful out there, and we are born to that, and I talk very much about a lot in my boxers to what that conversation meant for me as a child and how I got to this place where I experienced a miracle of a physical healing, and shortly after that, I include it because disconnecting with the spirit of who we are is how we unravel into the ego narrative of fear and kindness, judgement, Look at me, look at me, or whether we're doing it in an ego vanity or false humility of saying, Oh, you know, I did this very kind thing, look at me, and so it's my human journey with that so what I'd love to say to my younger self, it's okay, and your spirit is still inside you and you can reconnect, but I'm grateful actually that I went through all of this tome because I see that we're living in the world, where we are in the chaotic narrative, and had I not falling out of it to become caught up in my ego, whether it be being an eager to or impossibility, getting caught up in it because it was in falling over myself and in learning that I was in my own way, in my mind, body and soul that I had this deep thing inside to go and reconnect, it was always there with me.

**0:10:53.2 Jacqui Burnett:** Most of us are disconnecting already at the age of two as a result of a rental and societal narrative with the no narrative or forcing our belief systems. So you know a 15, 16-year-old Jake, and yeah, I'm inside you. I'm very much a part of this journey, so I don't know that I can say anything back to that All Jacky, other than... Hello. Yeah, you're on, it's called to have your back.

**0:11:17.3 Becky Parker Geist:** It sounds like a very forgiving attitude towards your younger self, which is beautiful.

**0:11:23.1 Jacqui Burnett:** Is a very important topic in my work in terms of what forgiveness is, because forgiveness, if we're forgiving the other, we're forgiving from an ego narrative, you are wrong, and I'm right. Where is... For me, forgiveness is just total acceptance and accepting the story as it is, so I do look at forgiveness from a different lens to some, I guess in terms of how people have had that conversation with me, but certainly a compassionate exceptions for my younger self and don't get me wrong, even compassion for my 40-year-old Satan, my 30-year-old to an... Mitigate a lot of them.

**0:12:02.2 Becky Parker Geist:** Yeah, yeah. I know that in your book, one of the shining lights in

your life is your grandmother, can you tell us a little bit more about what she taught you that relates to this journey and you know the things that you'd like to share about that?

**0:12:21.1 Jacqui Burnett:** I think why I probably identified with my grandmother more than anyone else is that she was very direct, and for me, honestly has always been such an important thing, and part of me falling over was just because I wasn't being honest with people when I wasn't being honest, with myself as to who I am. So there was something about my grandmother, all men, she could throw out some panties, but it was her on his perspective on how she was hearing something, and I've always lied. Honestly, I do realize that through my journey, it's un-kindness, she was never unkind, even if she was direct, and that's what I love about my two best friends, is that I can go to them and sometimes it feels like a body blow when I ask them to be honest with me. In fact, I was up at 5 o'clock this morning, I woke up, I was chatting to her man who lives in a the Colorado and man let God gave me a puncture I didn't really want, but I knew that was in me, and it's why I took up to her, because I had a confidence for her to Merck and it's in that courage that I found where I can be my thicknesses and I could put my nasty thoughts in front of her and she could mirror them back to me so that I could go with and see kinda all love as I referred to it again...

**0:13:32.8 Jacqui Burnett:** Yeah, so that's why I think I identify with my grandmother is her courage to be that direct...

**0:13:39.1 Becky Parker Geist:** Yeah, I wanna take a sort of almost a side path, but really talking more about your family relationships, and that is early on, when we were in the casting process for the audio book edition of your book, you shared how important it was to find a narrator who could do the voices of your parents justice. So I would love to hear more about what was important to you about that, and then how you felt. That turned out... So.

**0:14:14.2 Jacqui Burnett:** What I realized is when we read, we stroke so much of our own voices on to the characters, and we all know that, and we don't realize that we need to say, get caught up in that at a time... So often I will not read a book and then we see the movie and they say The buck did not live uptime expected. The last... In the very end of the book, I have my acknowledgements at the end, I talked to the journey a little bit about with my mother and my father, which my father and I never heard the combined wound second, my third book actually, I'd love to write the book about my mother's voice. So what was important for me is a lot of people might have got angry with my mother at times because I felt my mother was accent and not available for me. Well, it was my mother who herself apologized for that one day and seeing herself that she could say that, and so I didn't want her to come across as just the victim, I wanted her to come across is this Janet person who was doing the best she could likewise, my father, it's very easy, some people read between the lines that my father was quite creepy, my father messed up.

**0:15:26.2 Jacqui Burnett:** Definitely my father, according to my mother and I, when we looked at the Laser fear that he might have suffered in something by polar, whenever our opinion or perspective was... Yes, he had quite mankind abrasive narrative. He was easily triggered. He was particularly unkind when he drank, I would have described him as a bench drink up based on his behavior, but I've seen myself being on kind when I'm triggered, I've seen myself Maybe not nicer, being myself... I'm not really a drinker, but when I had a drink, and so I wanted him to be... I wanted people to feel... 'cause I talk about the fact that I loved him and I didn't want him to be creepy, I just wanted him to be as I would maybe feel about him at the time, and I didn't like him much that I didn't, but he wasn't resonating or landing with me and I wanted that feeling to come

through, and so that's why it was very important for me, and I know, and even when I listen to some of the additions, because I made them do readings, I stick with the whole group and I gave it out to find this in dedman, your dad, I was creepy.

**0:16:25.9 Jacqui Burnett:** It's not how we remember him, well, he wasn't briefly, he was just made stuff and confused and did some stupid things, so... Yeah, that was important for me for those reasons.

**0:16:35.1 Becky Parker Geist:** Yeah, I think that as... I have a mentor who has said, How often do we get up in the morning and we decide, Oh, I'm gonna be my less than my best self today, you know, we're all just like doing the best that we can in each moment, and in that... It sounds similar to what you're expressing there.

**0:17:00.2 Jacqui Burnett:** I had an amazing experience, sorry, meaning when I was studying in San Francisco and I was given a book to read, and in that pocket suggested when you wake up in the morning, can you notice your first thought... Well, my word, you have no idea, I have better. And you don't realize by the time you think, what am I thinking? You're really on... We have 60000 thoughts a day. You're probably on that 100 thought, I believe for myself, the first time I called that thought, at first thought wasn't very much an awake and a moment for me, and in realizing what the thoughts, we don't realize how much of that energy we carry in today based on those first thought, it might have come from a dream that upset us, couldn't come from a dream that made us angry and a subconscious, or could come from something that was PASL, so I jump out of bed with a good mood, or we don't even realize we carry a bead moving to the day, and I try to look for that first thought, and once I'm aware that I have these thoughts, I do what it's called A Prayer for love, I consciously go and I ask for the wisdom, grace and courage for my mind to be filled with living folks, yourself and all others, and then I go to my soul in terms, I ask for the wisdom, grace and courage for my soul to speak kind loving words for softeners.

**0:18:20.1 Jacqui Burnett:** I go to a body of my being and I ask for the wisdom and grace and courage for my behaviors to be loving and kind for self and all others, and then I go to the spirit of who I am and I ask for the wisdom and grace and courage for everything that I believe in the day to be infused with love, so that everything I think, say and do can manifest, love the miracle, and then a bow at to the student and teacher in me and the student and teacher in every other human being and Becky I still mess it up a 100 times! I was like, What did you say to Jackie members in trying to... I think things or I write things on and as a pace, my own psyche in women... It's a fascinating process. Yeah, shiny helped me.

**0:19:06.8 Becky Parker Geist:** Yeah, that's beautiful, thank you. Thank you for sharing that. And then I was coming back to the audio book piece, what was that like for you to hear your story told by someone else in the voice of Sierra? And she narrated it.

**0:19:25.5 Jacqui Burnett:** Well, as you know, I've went through many companies before I go to your company, and it was a lot harder than I thought, particularly as it's a memoir. I think even if you're writing fiction, you have a voice in your head when you're writing that, but writing on reflection and needing to find someone who I believe resonated with me, and I didn't do that on my own, I did that with... I have my own feelings toward it, and then I understand to, you know, friends and people on my team from marketing to social media, and I gave it to all of these people, and you know, it was a matter of... We very quickly identified two voices that made things to us, and then

we went through it again and again, and as you know, we went to second round auditions on the back of that and did another reading, and there was just something about CRA that made sense to me, and as you know that the audio works being a little delayed due to circumstances in her life, and it was wonderful for me to be able to know that I made that decision from the heart and to be able to support her and your company as we went through that process and not once again, just push, because I want the audio book out, so it was a very deep, very real experience for me and an honor to have her reading and your team working on it with me felt very supported.

**0:20:50.7 Becky Parker Geist:** And as you listen to the story, as did you have that experience of either re-living it or hearing it as if it was someone else's story... What was that like for you?

**0:21:07.7 Jacqui Burnett:** She took the brief so well in terms of everything that we gave her and all the hard work that you know yourself and your team did, and I always felt that she was me, I always felt that she was inside me, and I felt that she was making the effort to do that. And I remember there was a time where everybody said, Jack, I peered the audio uploads, read the audio book, and I kept saying, There's no way that I can do these characters, there's no way I can do this justice, and all I can say is it's her training as an actress, as well as what everybody else... Like audition, I inhuman experience. And so to me, it was such a privilege to have the working on this project and know that she had my support and your support, so yes, she always felt like me and she had me crying for me, I iterate. Well, to myself and come back. So yeah, I think she got a good job at being Jackie, and I had someone else listen to it with me in terms of offers round of editing, and it wasn't just my perspective.

**0:22:15.6 Becky Parker Geist:** Yeah, yeah, I was gonna ask, was it... Did you find it hard to listen to your story or are taking it from the level of just listening to it in someone else's voice, but actually to hear your story told or...

**0:22:33.6 Jacqui Burnett:** Interesting, read this manuscript hundred times to Eitan through after was published, through working with editors, listening to the audio book, and every time I've tried again a different spot, so I can at least receive... It was hard. It was a privilege. I was grateful that I had worked so hard in terms of the storytelling, I was grateful that I had surrounded myself, but very competent people through my writing process as I have with your company and with someone who's a skill to eras, there were moments that were very hard and there were moments at the very joyful, and there was something about the Botanist Ning that hoped my Mom and Dad in this saying, and I invited them along and I say, Look, look, look how... What an amazing job we've been at bringing our message to the world in terms of healing, because I don't believe we die, I believe we live on... And so my healing process with my dad and Mennonites today, and into whatever form they come back and all don't come back, it is a bit of ongoing costs because the Spirit named...

**0:23:44.8 Becky Parker Geist:** Yeah, coming into the... More about the content. So you talk publicly about recurring PTSD and its effect on mental and physical health, so your memoir shares your multiple traumas, including nine near-death experiences that extraordinary. Can you share with some of your healing journey beyond what you share in your memoir.

**0:24:09.5 Jacqui Burnett:** Getting to the end of my mind, one, realizing that I was so untamed and trying to figure out what it means. So in some ways, the end of... Maori some ways, the beginning of my healing journey as an integrated individual, so whilst was always going through being... Process of healing modalities. I didn't know what had really managed to work on my body, in my

mind, on my soul and on my spirit, and now I can spend the same amount of time on each of them because they're all equally important. And so my healing journey after that said me, what has been interesting for me, because of the interior, a had no native experiences, and last year I was subject to another two significant situations of 20 ad, which bore back my PTSD in a moment. And what was interesting for me was watching how I had to come back because when we are in a PTSD mode, we are not integrated, we are in the amygdala brain, it's like there's a snake fight or flight, and when I operate from that space, I've made some terrible mistakes and being integrated and working from a healthy state, integrating all those parts, making sure that I know that my brain waves are acting in the back of my mind, bringing them back to Alpha state, so that I can work from the Alpha mind.

**0:25:33.2 Jacqui Burnett:** My alpha waves, and getting into space where I can speak well and have the feature was operating, to be able to stay in the process of being integrated as leoben, there's just been such an incredible experience and my life's work now to help other people in terms that because we are working and we as... First of all, we've grown up in a time where we educated the body in mind, we do so little work on the soul and spirit, and right now we all think that we have the answer and we can all teach each other, whereas the teaching is really within so my work is really not about the teaching, it's about how sharing with individuals my journey as a student of life and what it means to be integrated, and then talking about it at the moment to moment as we had a fabulous teacher said, Life is working on officials, as you walk on the fish and you stumble and for... And what you can do with that. So a lot of my healing has been as a result of the last nine years, we went... My book ends five years ago, even though that he become published.

**0:26:35.7 Becky Parker Geist:** Do you think that the aggressive, shame, guilt and blame narrative being used in the world these days is driving division and war and...

**0:26:49.7 Jacqui Burnett:** I do. And how do I do it?

**0:26:53.7 Becky Parker Geist:** Do you have.

**0:26:54.0 Jacqui Burnett:** For... For me, if we don't operate on this or who we are, we are operating a lolly was of being... And that is MINDBODY, and even MINDBODY sold, and if we operate from that space, we are gonna keep blaming anything that we don't want to deal with or blaming someone to make injures or her, it doesn't upset us. So we'll shame somebody or share myself or feel a Shannon use a guilt narrative to bring about somebody else's behavior. So I do believe that we are in an over-stimulated, over-triggered world, and we're reacting to fast and we are using... We are all using the guild then the narrative as our driving Marat influence other people, and I'm trying to my best as a result of what I believe I've been gifted through all of this trauma and my healing to share with people in other way, in terms of bringing compassion and something, and there's so many incredible teachers aren't there at the moment and after in the world who are saying, We've got to go with it, but the way that it's been given to me with my courses, I've been a launching online as the information I could pay to me in 2001 that I've written about over the last six years, is what I'm excited to share in terms of a way that we can do it when we don't have to force our stories on to others to find our happiness and find happiness and peace with him.

**0:28:22.5 Jacqui Burnett:** And so they... For because as Andy says, You be the change you want the world to see, and in being the change, we can actually manage face to bring change in the mood. So this is a big part of the dare to be love platform, right?

**0:28:39.8 Becky Parker Geist:** How did the Dare to be loved platform arise from the book, and what does it even mean to be sort of hashtag Darre to be love.

**0:28:47.6 Jacqui Burnett:** What has... My subtitle, as you know, is finding love in the chaos of life. For those of you that are wanting your romantic story, I hate to say that that's not what this is about, although all of our juice is in the book, if you want to read it as a crunchy tell all fictional narrative, you can... 'cause it's sort of written that way, but for those of you that have read my book, or listened to the book now, you'll know that at the end, the very last word, you know that lands with me is this aspect of what it means, of what love means and what it means to be low, and it goes down to the simple thing, as a child, I was told for his life... And so my question was, What is life? And I go out into the world. So I love... And so love is the essence of being, that is the essence of wisdom, levels of compassion, love is the essence of universal sense of God, and when we can be love and we can be at peace with ourselves, and so a manifest change in the wild...

**0:29:49.9 Jacqui Burnett:** So my day-to-be lost platforms, how do you be love? How do you be love... How do you operate from the spirit of self and be at one with what is meat one with last year, one with acceptance, head-on with life and manifested to refute and manifested at the moment are difficult, 'cause if we can manifest the different present moment, we can manifest a different future. But if we stay in the chaos, if we stay in the Christ, as if we stay in the noise, if we stay in the negative narrative, that is what more will keep attracting to Waterloo, the teachers that are at there where they would... The secret or of course miracles, all of these things are fantastic material, and I think maybe the course miracles is one the base one in terms of how can you impact your belief system, because everything we are saying, as I'm saying this now to you now, and reinforcing it on the back of my belief system, but do I have the courage to look at their belief system and say, Does it hold life... Right, and that's really how... Through the work that I do is how do you look at a belief system and really question it from the deeply curious mind and from the courageous mind and say, Is this embedded in love not good messines, 'cause I can get either narrative as well, a good...

**0:31:07.2 Jacqui Burnett:** I am looking at... And versus... Look at me, look at me. Is it embedded in little... Not forcing any anger, you're just holding the strategy.

**0:31:18.4 Becky Parker Geist:** When you say that people are stuck in their beliefs... So is this what you mean by that? Talk to us a little bit about your thoughts on how we can shift our beliefs as we recognize them in order to begin thriving. So.

**0:31:37.2 Jacqui Burnett:** Going back to the importance of a year that we need to change our thoughts or we need to change the way we behave, or we need to change our thinking processes, one of the things that I go to is in order to really see love and accept ourselves, we have to be able to look at a belief and say, What is this belief made up of, Why do I have this belief? He did it in come from... So why I share the early part of my life is so that you can see belief systems that are being part to me to consider, most of our belief systems come from our parents and a society narrative and then reinforced and reinforced and reinforced until we make that thing real. And we will use it and keep manifesting and pulling things towards ourself to reinforce the belief, so whether it be a faith-based belief or whether it be any belief that we have, if we can't lose, we we can lose with or keep manifesting and we'll keep saying I need close, right? I need to lose weight, I need to close work as opposed to, I want to lose weight, what is my belief system around that, and then talk can go and actually look at the belief is in Tucson, look at...

**0:32:52.0 Jacqui Burnett:** I believe you first gotta say, This is my belief, and what if it's not true, right? What are the alternatives? And we too skate to actually take that belief because we as you're holding on to it, no matter what it is, and steadily in mind, it was a faith-based belief of, this is the only way to live. This is the only way to go. And what I do in my book of First and packed say, What if it's not true? What else it is? And in red, I could find the options, and then I realized there wasn't just one option, they were handmade and hands and handle the... We had... When she talks about washing dishes as to how many ways people believe is the only way to wash invites, and I first have to look at the belief and say, This is my time, Herbie it to wash dishes. I put the dishes on the side, I run very hot water with, so I have parents water only way class, and this is an EA to do. So can you look at any other belief, particularly believes that aren't Meester in the physical... It's a very hard class and you look at that, but you can say, What if it's not true, then look at the other hundreds and then you can pull in all of them and find something more power than a belief that is excluding others, because a lot of our beliefs exclude others, are judgmental and kind fear-based, and we need to hold on to them, and so we will exclude people and we will create walls in the world, we will create political divide, we will say We united as a country and go to war, each other on colour on opinions on the things that have no value.

**0:34:23.7 Jacqui Burnett:** But we hold them to it so tightly because it's how we want to define and identify ourselves, and it's bigger than mat to me when we can break up and I believe...

**0:34:32.9 Becky Parker Geist:** I love that. Ask what is whatever.

**0:34:36.5 Jacqui Burnett:** Wachtel true. And then can we consider all of the other beliefs that reinforce the same story, and the key thing is as long as our belief is infused with love, and it's all inclusive, and it's not hurting anyone, when we are sitting with the belief of love because there's no boundaries on it. As soon as we have a belief that one to impart or heard somebody else, and then we're not a mining tools, we're not a wonderful or the universe or universal wisdom, whatever word you wanna use, it...

**0:35:13.3 Becky Parker Geist:** Right, right. Through the Dare to be love platform and through marketing your book, you must have met and interacted with a lot of people, what is something that you've learned about human nature through that experience?

**0:35:32.6 Jacqui Burnett:** Probably the most important thing for me is that everyone's a mirror to me, even when I don't like them, or particularly when I don't like them... And so talking about this material has been such a challenge for me because I have – if I want to - I don't have to anything - if I want to talk about this material then for me, it's important that I continue to access the courage to look at what... at how I'm bringing it forth in my behaviors, in my words and in my thoughts, and sometimes I can sit there saying to someone and I'm looking and I'm nodding my head like this, and I'm thinking "You're boring me, you're boring me, you're boring me, I disagree with you, I disagree with you, I disagree with you." I've met people who immediately the message resonates with because their spirits are so open and they're deeply curious about the content and they're deeply curious about what this means, and want to share the message from their own perspective, because it always is from our own perspective. And I've made people who are very unkind and all of them are teachers to me, so that's probably the most amazing thing is to humble myself and realize that every human being in front of me is a teacher, and in that moment, finding the courage to be student and surrendered to Love...

**0:36:50.6 Becky Parker Geist:** And that is a real lesson right there, I think, for us all to hold to is looking at everything, especially those challenging ones, that we want to dismiss it or reject, but being able to accept them with compassion and to step into the possibility of that being a teaching moment or teaching experience.

Would you like to tell us a little bit more about... So that full journey of writing, Life's not yoga. When did you start... What inspired... Sharing this vulnerable story.

**0:37:38.1 Jacqui Burnett:** Writing actually in my teens, I felt strongly about... His design was creating this thing inside of me and I shot back down, and then over the years, I would always... And I still do that every day, I'll pick up a... Look at my phone and I'm recording it, I use to have a dictate. Why write something down. But in 2002, just things were changing in my life, I had a terrible part of chronic fatigue, and in that experience of going back to some eastern modalities, have been involved somehow with eating philosophies, whether it'd be judo, karate or Tai Chi. And I was doing a lot of Tai Chi at that time, and I was opening up my check was, I think, and I was looking and questioning again, I was questioning. A lot of my thought processes are pushing, a lot of why I was doing what I was doing was because I had a great therapist at that stage and a great doctor who was helping me realize that my chronic fatigue and my chronic fibromyalgia that I was having was coming from the unexplained, and I wanted an explanation I wanted to pull and they couldn't give me one, and it was actually in 2002 that I approached my father to say that I was going to write the book, and I wanted to let him know that part of me, writing was to share the secret that we were carrying, this secret shame me, we had...

**0:38:58.5 Jacqui Burnett:** And what was hard for me, he was sharing that with him, and in the book, I... The his view on that, and it was an unfolding of layers, and then something happened, my husband literally had an emotional breakdown and a store that ensued with one of the world's leading accounting firms and being bullied again and threatened again, and wanting to protect the person I love the most sort of brought all of this anger again for me, and then I started writing their op because I wanted justice, I wanted them to suck her, and the idea of wanting my father to and wanting this big corporate super... Is how the story unfolded. Way, I kept going deeper and deeper. Not understanding the pain that I was suffering, I then started having literally seizures were debilitating me, grains that had met in an out-of-hospital, and all of this was as a result of my own internal pain, and how do I manifest and cure myself on all of these things was unpacking my stories, and part of it was writing, I first had to learn the first book, which I talk about in the hole, I had to get out my age, I had to look at it and go, Wow, this is not a good book, so very angry, but at that dismantle noise, something I wanted to say to someone, she said, Oh, I got not cool.

**0:40:19.3 Jacqui Burnett:** But I have the carriage to take my antithesis out of me, not react to it is Francis is the moment of choice and put it in front of someone who I trust and respect to hold my mic for me. And so my book went through these transitions to telling the story as it is.

**0:40:36.4 Becky Parker Geist:** Now, so your rating really was a big part of your healing journey, it sounds like...

**0:40:45.4 Jacqui Burnett:** Very much so. And it's why I still race when I want to say something, when I'm on set or angry with someone, 'cause I'm an amorous... To say to me, How do you do it? I said, Mommy, I still have a lot of guys. She's so call me Star. Not study it. Very great read. I also give it on, but it was very much a part of my healing crisis and also my mother reading the book and sharing with me her bionics... Very, very powerful for me.

**0:41:18.1 Becky Parker Geist:** Yeah, I've also had experiences where writing was very, very healing, a deliberate part of healing process, so I definitely feel that... What do you feel your purpose is, and how do you feel you're living through that.

**0:41:42.2 Jacqui Burnett:** Back... Considering that we patched up in a physical world, I believe at 16 when I had that first hearing that my purpose was to share that and what it means to fully heal from a physical ailment, so whether we look at the work of... Of course, America's branding bays and the journey, all of these people who had spoken to and the hammer people out there who have manifested my leaps, Cal medical, I don't out anymore, the importance of sharing my journey and the healing process, and another way of being able to do it by helping people. Sick what they... Deep questions, I'm not going to ever profess that I can hear anyone, I can only share with them some of the how that I didn't, and how hard it was for me, and the courage that it takes to really go and look at those deep noted questions. If you want to manifest the American Physical to change of Bowers and needs and to help them find the coach to go to the root of their belief systems, and look where I came from to bring about change in my life, I believe from every part of my being that my spirit and what's being fake to me out, sometimes I feel like as to his...

**0:43:02.2 Jacqui Burnett:** Don't know, you know is the Hicks Abraham. Yeah, it's... What happens to me is this message comes, and some days it's hard because of the physical impact of my position at the moment, and then when I sit down and yesterday, my partner came and I looked to him and I said, I really think I'm the latest person in the world, but I get to do this work. And so whenever I'm in the work and I'm in the prison moment, there's no doubt in my moment, as I said with you, this moment, there's a bit of shine is me talking about a kind of owned store, but there's also this experiment that that as you as universe universal wisdom is available to all of us. I'm grateful that my trauma abort the places where I had to be silent to listen to it.

**0:43:48.7 Becky Parker Geist:** Beautiful, just fearful. I wanna ask just a couple more questions about the audio book process, I remember we actually, this is maybe more about the writing, but I remember when I first looked at your manuscript before, when we're just figuring things out and reading those first paragraphs about, you know how growing up in white small to Apartheid in South Africa was nice. And I remember at that moment, I felt startled that... It may be a little nervous, Thrasher, are we going? Where are we going with this? And then, of course, continuing on and really getting into the meat of the story or learning more about your journey, can you tell us about how you chose to approach the start of the story.

**0:44:50.1 Jacqui Burnett:** Or... There's many layers to bet. I talk about that. This is my... I had manuscripts before this and my manuscript of times was where I am in the mountains at 45, looking back at my past or sharing some of my past, my childhood, and then going into where I fast forward into current day, that wasn't easy. And I seek, depending from many, many people, one of the things that everybody said, whether you like it or not, that cost paragraph or either may people continue to read or stop leading. And my book Triggers everyone, I haven't had a person that I know of from readers that haven't said to me, Wow, this book was straight during at times, I've had people love part one, part, 112 one. You can't influence how the reader is going to experience it, but what we did do is we work through the first page and the first paragraph, if I rewrote the manuscript a hundred times, probably better off a 1000 times and sure I'm exaggerating. But it is triggering, and that's why it is really early on, he actually says, growing up in the 60s and 70s in South Africa, and it's sitting for the reader that the fact of what...

**0:46:09.3 Jacqui Burnett:** We only know what we surrounded by it, and so if you're not gonna open your mind in the first chapter to that end, in the first paragraph of adore, first part of that, then how do we even look at our current warty, then my question is, the courage to go deeper, because I think people who really resonate my book, see the book as the Moroder, you get to read that chapter, there's a perm, my imperfections on my Beauty spots along LINEAR wall, I share these guys externally, so you can see them all. My shame, my guilt might blame my dad, my lactic clean, the freedom Sunday Stenson projections it to be... I know now the Taurus truth reflects the perfect men and complicated for its grace, my heart gives things to be... So you have that home before you read that to is paragraph, and if you carry that home in your heart, it's why someone like you could notice what it brought up for you, make your reading... Yeah, it's the wisdom, the courage to notice, this is how it makes me feel... What's behind this? Yeah, and so people who see the mirror of themselves in the book, or the people who are enjoying the book and talking about the book and sharing the book with others...

**0:47:41.1 Becky Parker Geist:** Yeah, thank you for sharing that poem just now, it actually relates to light, so I wanna ask you a little bit about the pole on this, and I know during the production of the audio book, we did a little bit of back and forth and out the poems and who would read them, would Sierra read them? Would you read them? Can you tell us a little bit about your experience with that?

**0:48:08.1 Jacqui Burnett:** As a child, I didn't like to get up and read in front of the class, I can get up and you can interview me and I'll talk... I can get up and give me a topic and I'll be able to talk too long. I think don't ask me to read anything, so what happened is when I went into the studio and listen to myself reading these poems, you might love a big experience here in you're doing it, but I don't... And also just in terms of looking at the poets that I read and looking at the parts at set error, I just felt the flow was like that she read the terms. I did read them and then I listen to her reading them, and I actually was the most amazing to Paris. I sat with one or two people and I asked them to listen to it, and then I sat with my part and he said to me, Why are you reading the ones I said In my Don't... No, I don't think I shocked. He says, Well, I don't think you should abuse. I said, Let's unpack that. And we spoke about it, and the first recordings I did into Judy, listen to them, and I said, I also think I can do became...

**0:49:08.4 Jacqui Burnett:** And it was so amazing by him sharing his new with me how... And I think if I went back to studio now sure I could do a bearded, but I don't have four years or however long to Folsom one, to go and learn the things and study the things that you increase studied in terms of voice control and acting, so had softer, I'm very on a bet that I gave it to her and... And bee that I did. Yeah.

**0:49:33.6 Becky Parker Geist:** Yeah, thanks for sharing that. That's valuable. So I just wanna say again, thank you so much for being with me today. This is Jackie Burnett, author of the Memoir life's not yoga. Or is it... Thanks again for being with me.

**0:49:54.4 Jacqui Burnett:** Back, and I'd like to just say for those that are listening out there, it's been such an incredible experience working with a company where I felt so safe because this was a tricky material, as well as having someone like Sierra on the team, as the person who's done the reading, and just knowing that anyone out there that's wanting to do an audio book, I have the courage to look beyond your own voices. Work with pro audio, I did interview with other

companies and I'm sure I would have had an amazing experience, but certainly on every single level, I have felt supported on every single level, the professionalism has just been amazing, and even one day I had... I was in the middle of a complete emotional Melton because I hadn't slept just how having a kind... Your entire team was on the Zoom call, What an honor and a privilege to work with your Company, and thank you for being the amazing human being that you are, and for the work that you do...

**0:50:53.9 Becky Parker Geist:** Thank you so much, I really appreciate that. Please visit Jackie Burnett dot com. Thanks for being with us.

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