

Interview Wendi Friesen

📅 Wed, 2/3 6:16PM ⌚ 40:48

SUMMARY KEYWORDS

people, life, higher self, wake, day, feeling, happen, stuck, relationships, hypnotherapy, brain, mind, breathe, helpful, called, wendi, sat, change, immune system, minutes

SPEAKERS

Brad Miller, Wendi Friesen



Brad Miller 00:00

Wendy Frieden, she has the website wendy.com. That's wendi.com. And on there, she has tremendous resources, they're going to be helpful to you. I'll let her say a lot more about that. But basically what she is about as a healer and a teacher, and a person who is passionate about creating rapid life change for life's difficult problems. She uses all kinds of therapies and all kinds of things to do this, including medical hypnosis, but particularly, she has been focused on issues of, of alcohol freedom and getting over situations of debilitating addictions that people have our guest today, on beyond adversity. Welcome, Wendy freedom.



Wendi Friesen 00:49

Thank you. Thank you, Brad. We're Yeah, I just I love what you're doing. And we had a little talk just before we went on the air and sounds like you just have some fascinating things you're working on. And with the book and how you're transforming people's lives to you know, what's nice about what we do is all these different approaches, each one has a positive effect. And it gets a person a little bit closer to being out of their pain or their struggle, and opening their mind to something different.



Brad Miller 01:16

Where the opening in my part is so important to that. And the other part you mentioned, is just struggling through things or making, you know, making progress. That's what I'm all about helping people to have the strategies and the encouragement, and the tools to make progress. And that seems to be what you are all about in helping people to get through phobias and addictions and all kinds of things. I, in general terms, I like to call it just adversity. But I got a feeling in your life that maybe you got initially, initially got interested in this area of life because something's happening to you. And I'd be interested in hearing your story a little bit in particular, some, maybe some challenges or adversities you may have faced and, and some of the part of that story.

W

Wendi Friesen 02:00

I when I was when I was 25 years ago, now, my tanning salon that I owned, was closing down and I didn't want to sign a new lease because I was not making money at it anymore. And I was pretty broke, I had debt. And I had two little kids and I was a single mom. And things are really bad. And I was scared every day. And I just told people over and over that I can't put one foot in front of the other. I can't take another step that became my mantra. And I just felt stuck. So like, I just lay on the couch all the time for about three months, I pick up my kids from school, get them a hamburger on the way home. And that was kind of my life. I was in a parking lot, walking to my car back to my car. And as I was walking, my feet slowed down, and then they stopped. And I was standing there. And I didn't understand what was happening. But it had manifested itself that I couldn't put one foot in front of the other anymore. Something I had told so many people, I can't take another step. And I stood there for quite a long time, then had to give myself a little pep talk, then, all right, get to the car. So being stuck is a theme for a lot of people. And that moment really represented how my brain made my body manifest being stuck. People so overwhelmed as I did, because I saw no way out. And it was so bad that at one point it was winter in Northern California. And the heat from my house was a big propane tank that was outside. And then I didn't I hadn't paid the bill because I didn't wasn't able to but they came and put a big brass lock on it disconnected the propane and it was winter and we were very cold. So I had no other options then to go out there and figure out if I could break this big brass lock off of the propane tank and brought a screwdriver and hammer and rock. And I went out there and somehow I pried levered and banged on that lock until it popped open. Hook the gas back and lift pilot lights and heat. But my eight year old son was watching me which I didn't realize until he looked it up and said, Mommy, I'm so proud of you. And it was my heart just sunk because not really what you want as that life. So the point was, and I just was so determined. I just can't keep doing this. And then I found an ad in Sacramento Bee in the classifieds. It said a hypnotherapy school started that night. It was six months long. And I went there. I didn't know what hypnotherapy was. And I was fascinated the things that changed in me from being in that

class. were phenomenal. And then the work that I've been able to do for 25 years with clients all over the world. It's been so I'd go dotting that words most of the time, so I'm grateful. But it's beyond grateful.



Brad Miller 05:03

And out of that now has emerged not only for you're able to serve yourself, but you've developed a whole series of courses and work on your website and various training programs that you're able to be helping other folks, and how has to do with that change in your brain does that change in your mindset, that change in your Outlook, and how that comes about, if at you, whether you'd like to say you, you'd like to teach people how to really use your brain. And I like, I appreciate that, because I just think we sometimes sell ourselves short, especially when we get stuck, as you mentioned there and your own life being stuck on the couch, and so on. And, you know, during this time of COVID, and all the kind of things we have, a lot of folks have kind of gotten stuck or feeling blues. And I just really think our conversation, he is going to be helpful to some folks today who are in that stuck area. Tell us a little bit about it sounds like you took a bold action to take this class. So tell me about the importance of taking action in your thinking and your philosophy. No out of your own life, but what you teach folks to do about get get off the couch in your case, or whatever it would be.



Wendi Friesen 06:18

Yeah, it's pretty tough. I remember how deep I was in this darkness and feeling there's no way out. So all of your people listening, when you're feeling like there's no way out, it is about taking that bold action, whatever it is, that just shifts something slightly, that also puts you in a place where there might be opportunities or different ways of thinking, or maybe you just go join a group online that is looking at positive things we can do to you know, change our lives. Being in that environment, as a hypnotherapist was so enriching and so positive. While I was taking the classes, it definitely brought me out of that horrible place that I was in. And so for people are feeling stuck, it is your bold action and knowing that you gotta let go of the fear of failure. And some people have fear of success. And some people have trauma in their lives that they can't let go of. But it's got to be just taking that first step. Like when my feet were stuck, somehow I got myself to continue walking. And that's, that's what's so hard for people. But hypnosis is really nice when you do hypnosis sessions, it changes the way that your inner mind or your subconscious mind thinks about something. So for me, I was only projecting the dismal life that I was living in the hopelessness and powerlessness. When I did a hypnosis session on myself, very early on, I took myself into the future, and you go into this imaginary future where I was one year in the future. And I was there discovering what had changed, and I was, I written a

blog, I saw the faces of all these really happy people who are my clients, and I was making good money really good money. Now, my brain has a totally different mindset that was filled with, it's like a future memory, but my brain holds it as real. And it's filled with confidence and success and the happiness and the gratitude, and the love for what I'm doing. So when I come back from that future moment, in my mind, come all the way back to the present moment, my brain brings with it that belief that this has already happened. And it makes people operate totally differently. Instead of being pitiful or helpless, you suddenly like, wow, I



Brad Miller 08:36

can the motivation for that change to see that, you know, strategy, you're talking about seeing the future and bringing it back to the present? Can it be both a negative thing that happened? You know, so you were you'd lost your job, you had your, your child saw you breaking the lock off the gas, all that kind of stuff? Or it can also be a positive thing where you can, you know, see what can be and tell us? What about the process about the motivations, the impetus, the spark that would you do?



Wendi Friesen 09:12

So even if you, even if you're feeling like really depressed and hopeless, putting yourself onto this timeline is going to be that spark because I asked people to discover what's happening in your future. So like, I have a recorded program that takes you on this timeline. And it's you use it for any purpose, but I have you discovering at three months what is happening, and then I ask you, like, What's the best thing about this? And then it's six months, then at one year, so somewhere along the way, there's some little things that are lighting people up on Oh, oh, yeah, I like that. Okay, then six months, and that is that spark says, hmm, things are not always going to be so miserable. It seems that there are things changing, but what it does is it makes you take chances, do things differently. Reach out. And you do it because you want to because now your subconscious mind knows that there's this huge prize at the end of this, which is your emotional health, your mental health, your happiness,



Brad Miller 10:10

everything. That's awesome, that's awesome. This means we have been very conscious about an inner life, both of her mind and, and. But I also think the inner life, you know, there's an inside out part of that. But there's also a bit of an outside in if we want to be healthy. This is just my take on things Wendy and see what you think. I'm interested in

what you think about how, drawing on some sort of a higher power, maybe meditation, maybe spirituality, could be religious, it could be spiritual, could be any number of things. But is there importance of drawing upon something greater than yourself to help this transformation to take place? Would you commit to so far as kind of that you know, that inner life, but tell me about the outside in as well?

W

Wendi Friesen 10:58

Yeah, and I do use the words, your higher self a lot in my work, if someone is a client, and they believe in God, we will use God, or whatever their belief system is. But I think everyone can relate to a higher self. So let's say I was taking you into that future, and then having you bring back all of that, and while you're coming back, your higher self knows what is going to happen next, and how to guide you and how to keep you on track, keep you excited. So allow your higher self to bring you this information while you sleep. Or when you first wake up in the morning, and along the moments in your day. So we're putting that higher self up in there. And for them, that can be a real awakening to that, wow, I just woke up with this really great idea. And I feel like I could actually do that, you know, and that's that higher self message.



Brad Miller 11:49

And then what are some resources folks might be able to utilize to help them to make some connection to the, to their higher self practices or things that you can do to, to help to facilitate that manifesta?

W

Wendi Friesen 12:04

Well, I have a great thing that I love to do. And it's called a temple of wisdom. And the description of this temple of wisdom is to take you to this place that I sent it to be like up there somewhere. But you go to see this temple of wisdom. And this represents, like so many things about you, currently, what's happening for you? And I have you looked at it from the outside? What is it made up? Does it have a color? What kind of materials are there? And I'm not suggesting that this is this beautiful palace, I'm, I'm wanting them to get a realistic view of the condition of them. You know, they're online. So they go in the temple of wisdom, and they're in the middle sitting on a pillow is your sage, it is that higher self waiting to help you. So you sit on a pillow facing your wise stage. And you ask a question. And that same guides you. So now, are these things coming from your own consciousness? Or are they coming from some higher wisdom, there are some things that people have experienced with the messages from their Sage that they're like, wow, I had no idea and

they gave them guidance, you can keep going to that temple of wisdom. And you can create this on your own, you know, just going there and sitting with that white stage. And then at the end of it, I say in the hands of that white sage. And I don't say that it's a hammer. In the hands of that white sage, there's a gift that they're holding for you. Just reach out your hand receive that gift. And now notice what that means for you. You might feel that it has great meaning. The other thing in the temple of wisdom is what is the condition of it? Is it beautiful and, and light and airy? Or is it falling apart? Are there parts of it that are kind of, you know, old and funky, which is reflecting the condition of our own psyche.



Brad Miller 14:00

That's awesome. The Temple of wisdom, I love the whole aspect of that you mentioned about the search for wisdom. You know, that's the thing about even though I have a young son, he's 23. But he loves like Greek and Roman mythology, because it's that thing and you know, the the journey, the search for the Golden Fleece or whatever it would be. And I think that's a that is a concept that we're talking about here, you know, searching for that which brings meaning and fulfillment in your life. And I really truly believe that almost every person is in the search for fulfillment. And when bad things happen, they can get stuck. And getting unstuck is the real challenge and the transformative power of mind and spirit and so on. And that's what we're talking about here. But now let's talk about so we talked a little bit about the actions that we got to take to get off the couch. A little bit about the future. Her life and the outer life, spirituality, the sage, and so on in search for wisdom. But a lot of things that happened to people, when they when they have these times have stuck, they feel alone with hopelessness or a feeling of meaninglessness often comes, that sense of loneliness. Sometimes it's self imposed, sometimes you are paying the rear to live with anymore, you know, people get up getting, you know, mess up their relationships, and all kinds of stuff can happen. But let's talk about positive relationships or how the role that relationships play especially loving, caring, affirming relationships can have in helping someone navigate through adverse conditions or be in that stuck area. Tell us about how you in your work, talk about empowering relationships.



Wendi Friesen 15:49

So if it's a relationship, like with your husband, or wife, or boyfriend or girlfriend, we want to use hypnotherapy to help you see it from a different perspective. Because generally, your conversations if you're having difficulties are going to come from resistance, and the need to be right. And it's not going to result in anything healthy. If we can get you to do this in in a trance state, and that you are there in front of your partner or spouse. And you're going to have very honest communication, of course, you're just imagining that

you're there with that person. But you're going to let that flow with very honest and gentle and compassionate conversations. And there's questions you'll ask and you'll get honest responses. And it's not just what you experienced in the session, but it also opens you up to having a better conversation, and being more open and not resisting, arguing. And it can be just a really heartfelt change that people have. So relationships with your kids. You know, there's a lot of a lot of issues we have with kids. And we want to open the conversation up in a different way. So if you were to use this process, to have an imaginary conversation with your teenager, for instance, and you're listening with a really open heart really compassionate, just total honesty on both of your sides, you'll learn something about yourself and about your teenager and create a different connection with them and a different style of communicating.



Brad Miller 17:23

That's awesome. Well, you can it gives you a different a well, alternative to to be this being stuck area often means that we have to have our way set, and we are not seeing the other person's viewpoint. And what you're sharing here is to put yourself in a state that helps that connection to happen. And true transformation can happen on our on our own I don't believe what do you think?



Wendi Friesen 17:51

Yeah, yeah, I agree. It's not from our conscious mind, because our conscious mind is still hanging on to all the anger and damage and trauma and things are like, so the next step I have people do is I have you go into that body in mind of that person and see through their eyes and feel with their heart and soul. And notice what's happening and what the feeling is, when we go into whether it's imaginary, or it's our our higher self allowing this to happen, it is a really eye opening opportunity to look through different set of eyes, and feel from that perspective. And again, it makes you more compassionate, which is really good in healing our relationships.



Brad Miller 18:33

Well, it also makes things so much more, more fun, more productive, more fulfilling, and those relationships that we have, if we are, you know, kind of at loggerheads with someone else, or you know, that's not good. And, and sometimes when we are feeling alone or upset, we tend to kind of sabotage relationships as well. And so that's a, you're using our mind in a different sort of way and like to talk to you for a minute about how you use mindfulness, hypnosis, other things that you do other strategies you you use. I'd like to

be a little more specific now for just a few minutes here. Wendy about practices or about habits, disciplines, maybe morning routines, or evening routines or whatever, what are some things that people can do? Maybe a little self hypnosis, whatever it would be, that can be helpful to help us have these transformative aspects. Teach us a little bit about what you do.

W

Wendi Friesen 19:35

You just mentioned when you wake up in the morning, in 2008, when the economy was tanking and things are going very badly for everyone. It was all negative, just like right now, when you wake up now, so in 2008, I had this idea when you wake up now I'm wondering what kind of thoughts are in your mind at the very beginning when you wake up, you're still kind of in trance, you're kind of half sleepy. Your brain is ready to do some meditation or mindfulness. But maybe negativity is what you start your day with. So in 2008, because I thought everybody is so worried when they wake up, and there is valuable space of time to do something positive. So I made these sessions that are only 15 minutes long, and they're called wakeup happy. So you're to turn it on right away, when you first wake up, when your earphones or just listen, close your eyes and take 15 minutes to program your day to be something better. And there's different topics, there's eight of them. So one of them is to wake up and have a worthiness of wealth. Another one is to wake up and have more confidence and be more adventurous than another one. And this one, when I recorded, it brought tears rolling down my cheeks. It's about gratitude, to wake up in the morning. And just imagine experiencing gratitude for the people in your lives. For the things that you've learned for the valuable people that you're going to be meeting and experiencing things with and the beautiful conversations, and I have them just taking it out into the world farther farther farther out. And it just, people love that one a lot. Cuz it just sensitizes you to looking for things in a different way, instead of just talking about the bad news, you actually are opening yourself to something bigger and more important, which is the gratitude that we can share. And he rubs off on other people too. But yeah, the wake up happy man, that's a total mindset change. So



Brad Miller 21:31

basically, just in terms of how it is applied, and how you do it. If I was going to do this, I would just plug in my earphones and listen to a 10 or 15 minute, guided meditation or whatever we might call that, to help us to be either to have gratitude or to be the various aspects here. That's one of the things that we do. Is that what's happening here?

W

Wendi Friesen 21:57

Yeah, it is. And understand that when you first wake up for about 15 minutes, you're in trance. So you're already in that alpha state where your mind your brain is ready to accept and experience something, use that valuable time to decide how your day is going to go. If you're feeling stuck, and you haven't been getting much done. Let your mind just say, you know, today's going to be a productive day, I can feel it. I'm going to snap out of this. And I'm going to feel excited and motivated and just enjoy this process today. That alone is going to have such a huge effect on your day. And you know, I'm catching myself right now, when I wake up, sometimes I'm looking at the news on my phone. And that's not a great thing to put into your brain when



Brad Miller 22:44

Yeah, well. That's the normal thing a lot of folks do, I have to admit mafias myself included to wake up And see the weather in the news. And especially the last year, it's the news has been pretty tough to swallow. And everything else in the world, you know, has been tough to deal with. And so let's, let's go there for a minute, let's talk about this time that we live in about how the some of the things that are tough for people to deal with, and how maybe what you teach can be helpful to people. I know, for instance, that one of the things that you focus in on is addiction, alcohol, and so on. And people often use that as a substitute, or a way to deal with the pressures of life, whether it's COVID, you know, I've had members of my own family deal with COVID, I tested positive wild back myself, that kind of stuff that gets your attention. You know, it really does. But how you deal with it can be through artificial means, or something else. But tell us a little bit about how would you teach could may be particularly helpful right now in this era that we're in right now.

W

Wendi Friesen 23:46

Yeah, so the important thing right now, and I just wrote a newsletter about your immune system and what you need to do to support it, stress, and anger and bad news, and complaining, all of those things create a physical change in your immune system, and it really suppresses your immune system. So you're taking all your vitamins, hopefully, and you're eating healthy, nutritious foods, and not drinking too much alcohol, but that stress is the thing that will kill you. And right now we need to have our immune systems at the peak that they can be. I don't know if you got sick when you have the COVID. But I



Brad Miller 24:24

I did not fortunately I did not but members my family did so

W

Wendi Friesen 24:29

well. So you can by having times during your day of taking some 10 minutes of mindfulness or doing some actual hypnotherapy on yourself, by putting yourself in a different state is going to change how you react to stress. So there's stress all around us, but we've got to react to it differently. My new way of doing what's not new because I've been doing this a while but when there's something difficult it's don't use self talk that says Oh god, I can't do this. I don't I always screw things up. I know I don't have enough, you know, resources or telling yourself that cheese, I'm so stupid, why did I do that? Stop yourself talk, don't beat yourself up for the self talk, just say, ha, that's not who I am. And that's not how I feel anymore. I do know how to handle this. And I know how to find a solution for this. And I'm going to find that something that gives you a little direction. Or just say, you know what, I'm really smart. And I can like myself, anything positive, that negative self talk, talk, it's every cell in your body. And it has a profound effect on your immune system.



Brad Miller 25:44

So it's kind of goes back to what you were saying earlier, out of your own initial experience, how you were physiologically stuck about the whole metaphor, not even metaphor, the reality, putting one step, put one foot in front of the other, you couldn't do it physically. And you had to break out of that. And so what I tried to get out with is that there's something to be said for how our mental state or emotional state or spiritual health does impact us physically, health wise, and physiologically, it is all interconnected, isn't it? It's all it's all? Yes,

W

Wendi Friesen 26:16

it is. And why dread something thing? Like, Oh, no, I have to go do that meeting today, man, I know, it's not gonna go well, I just, I can't stand being with that person, or I don't know someone in your job or whatever. Right? doing that. And dreading it is not helping, obviously, but a lot of us do it and you want to shift and say, you know, this is gonna go better than I expected, this is going to actually be a really productive meeting. And I'm going to find some new things to like about that person. Now what has happened, your posture changed, your face changed, the chemicals in your brain that go to your body changed. And maybe you even smile, when you think that there's no downside to changing it to something like no, today is going to be better than expected. When I was moving to Hawaii, it's been three months that I've been here, it is very, very difficult process. Because you have to sell all your stuff. Other things. So I started creating a mindset that every day, things are going to turn out better than expected. And then with

my son and I, we drove from Colorado to California, so I could ship my car from San Jose or Oakland rather at the port. And every day it was it's going to be better than expected. And with that expectation, it relieved the stress. It made us excited to see what's going to be the cool thing today that happens. Anybody can do that. So think about better than expected when you're feeling like something you dread or things aren't going well, today, better than expected?



Brad Miller 27:51

Yeah. Well, the reality is that we choose our state in so many ways, and the circumstances are going to happen to all of us, you know, all kinds of things and how we deal with it makes all the all the difference in the world. And so I'd like for you to speak now to people who may be listening to us who just need a little more of that direction and guidance and maybe the resources that you may have on your website to be helpful to us. And and perhaps you can, you know, there is a you know, for instance, in my ministry, I've talked to several people recently who they who've had to really deal with some, you know, harsh realities, you know, losing jobs, health related things, death and families, and which are some hard things to deal with. But let's just say that there is a woman in her mid to late 40s, who's had several things happen to her losing her job, people in her family being ill with COVID just some difficult things. What are some things that you might share with this person to be helpful in her life? To change the pattern, change the story, change the direction? What are some things that she might do practically, I know, there are some resources at@wendy.com that you might be able to point her to.



Wendi Friesen 29:10

Yeah, there's, there are some free things in there so people could get started and experience it for free. And that's a good way to find out how it affects you and how it feels. So like if you do, there's one called deep trance training, and it's just to get your body and your mind into trance to let go of the stress and create a different image or outcome or feeling and it's a really nice place to start. The thing I like for people to do is a program called timeline journey. It takes you into that future into like three months, six months, one year in the future, and my voice is guiding you, asking you to experience these different moments in there. And knowing that your higher self was aware of all the things that are coming your way and the changes that are being made. Then there's a past timeline on it and things that have happened in the past that make you blame yourself, or blame to someone else or that are unfair or you're angry about, you look at those events in your past, and you look at them from a distance disassociated. And so you're not going into the pain, but you're looking at them, and my voice is guiding you to have understanding compassion and let go of some of the either sadness, grief, anger,

whatever it is. And that changes the way you feel during the day. The other thing is repetition. If you're having trouble, you're depressed. How many times a day do you take five minutes to just reset Close your eyes and say, things are going to get better? I know they are, this is just a rough spot in my life. And they're going to get better. And that's something like I accept all the beautiful gifts from the universe that are coming to me. So now your expectation is different. When I was stuck, and I couldn't fuck another step. I wasn't doing any of that. My life was really, really hard. all I was doing was repeating that I can't put one foot in front of the other. So think about that, what if you did this every hour, for five minutes. I mean, everyone has time, your life would change in one day, you would see the world differently, and your expectations would be different.



Brad Miller 31:22

So instead of saying what you can't put one foot in front of the other, even if you just simply change it to say I can put one foot in front of the other. And sometimes it's as simple and profound as that to just switch.



Wendi Friesen 31:34

Yeah, so there's, there's a phrase that I like to use with clients. And it's like, if someone is feeling like really angry and stuck, or something, I would say, even though you're feeling very angry right now, there is something different, that's going to happen. So we're acknowledging the feelings are having, even if you say it to yourself, that even though I'm feeling completely hopeless, things can change. And I will allow it to change, and I want to change. So that means you're not fighting, whatever the problem is, you're not saying okay, I'm not gonna do that anymore. I'm not gonna do that. So even though I'm feeling that, yeah.



Brad Miller 32:14

Well, one more thing, then we'll bring this to a close here in just a couple minutes. But I really like to hear the good news stories, the success stories of people, especially you've been working in this area for some years. Now, you've said and I know that you've had some success working with groups with individuals, but tell us about an individual who had some working that you've worked with, who had some really profound transformation in his or her life and how that came about. And tell us his story a little bit.



Wendi Friesen 32:49

There are so many, it's and people email me even from my recorded programs all the time and say, you actually saved my life, you really seriously saved my life. Whoa. So the one that comes to mind that is, in my heart, the one that I am so so grateful to have experienced was a woman named Martha, when she was about 60 years old, and she had been unresponsive for three years. So she lived at her house or two adult daughters took care of her, and she was in a hospital bed in her house. And nothing moved in her face. Her eyes could blink, but her eyes couldn't move anywhere. And nothing else moved in her body. Her hands were clenched, tight and couldn't move. So the first day I went there, did a session with her, I simply described what I saw, in my mind. And I took her to this meadow, where there was a little creek that was just a nice cold Creek. And I had her imagine putting your toes in that Creek because I wanted her to start feeling something. And there was a path that these two little girls came down the hill on the path. They sat on this blanket and I described the blanket. And they started making daisy chains with these little flowers that as young people we always did. And there was some other things there that I saw and described. After I was done with that first session, her two daughters are in the room. They said, How did you know that's exact place that we went with mom, and we made daisy chains. And that's the blanket we sat on and that Creek that's right there. So anyway, the second



Brad Miller 34:23

time I came Oh, that's pretty cool in and of itself that somehow that that connection was happening. That's all



Wendi Friesen 34:29

yeah. So we're not to the miracle yet. But okay, second, second week, I went there. And when I walked in and her eyebrows lifted. When I walked in her room the next week, she smiled. That was a little smile, but still her face suddenly was working. I got her fingers to soften so they can be removed. So they weren't all clenched. And I talked about playdough and colors of playdough on each of her fingers and they were all soft. Now I had her lift the finger for the yes And lift a finger for No. So her daughters could ask her questions. And she was in there, she was still completely in there. So doctors couldn't find anything wrong with her. So the This continued for many months that I kept going there. And I got her entire body to be flexible enough that they could sit her up and even put her in a wheelchair and take her for a walk. And she wasn't verbal at all, but they could communicate and do things with her. So there was some quality of life. And then she, one of the daughters called me a few months later, I haven't seen Martha for a while, but called me and said she's got an infection in her whole body. She's on a breathing tube.

And they said, when they take it out, tomorrow, she's going to die. But she's not going to know how to breathe. Because, you know, she got multiple problems. So I went to the emergency room The next day, and I sat with Martha. And I was just right there in her ear. And I said, Martha, you know how to breathe. You've always known how to breathe. It's so easy. And remember, when you were born, the first thing you did, the first thing you knew how to do was take that big, big breath. And you're going to breathe. So I was doing this it had been going on for about 15 minutes. This man walks in the room, who has a nurse or an orderly walks and listens to what I'm saying. And he says, she's not going to breathe, she's going to die when they take it out. You and I know that that's not true. You are going to breathe. And so I went home. A couple hours, three hours later, when they took the tube out. Her daughter called me and said she's breathing. She took this biggest breath when they took the tube out. And she's doing well. And she's breathing. She was my Yeah, she was definitely my miracle client. There's everybody had given up on her because they said there's nothing wrong with it.



Brad Miller 38:26

Yeah, well, people need miracles these days. And they can come in all kinds of forms. Sometimes they're through medical science sometimes or through spiritual development. Sometimes they're through, really connecting with the physiological connection with the emotional, mental, and relationships are all helpful. And you provide a lot of help and nurture and care for people. And so Wendy, how can people find out more about you and your website and what you have to offer to them?



Wendi Friesen 38:52

Yeah, if you go to wendy.com and spell Wendy with an eye, instead of a Y, you'll find a lot of courses there. And like I said, there's some that are free so that you can get started. So you might have something that's a really difficult problem in your life, and you find a solution for it. And some of my things are only like 10 \$20 some of them are a little more depending on how big the program is. But if you could just endure insomnia. I know people are lying awake these days, and they're so worried about everything. Just get the insomnia program and sleep deeper at night. And then also when you listen to that before bed, it says, if you do wake up during the night, you'll just roll over and when your cheek touches a pillow, you'll fall right back asleep. And people do hardcore insomniacs say I am amazed. I'm sleeping through the night from day one. So just listen to it while you're falling asleep. If you get into insomnia, you're going to get rid of so many terrible things that are happening in your body like your brain. You got to have really good deep sleep to get your brain to cleanse itself at night. And this is true And just everything. So



Brad Miller 40:02

you're having so of course, a great place to start Insomnia, Sleep, sleep, the restorative power sleep and what we're talking about is restoration and, and transformation. And I know that's really what you're about. That's what I'm about is and you are an expert on how to make rapid and massive changes in your mind and your body and your spiritual life and transformation. And we're looking forward to how your resources and what you're about can be helpful. Our guests today and we thank you for being here with us Wendy Friesan, her website, Wendy come to the end i.com Our guest today here on beyond adversity with Dr. Brad Miller. Thank you, Wendy.