

Hey there, beautiful! 🌸 Before you dive in, a quick heads-up: this transcript is a super close-to-verbatim buddy from our podcast, but it's got its quirks! We didn't call the grammar cops on it, so you might bump into a typo or two. But hey, that just adds character, right? 😊 Embrace the wild side of language and enjoy the read! Happy exploring! 🚀



What Is Holding You Back From Using Your INTUITION?

Carmen Hecox: Today's episode is going to blow your mind in the best way possible. Ever heard someone say menopause is really men-pause? Well, our guest, Dr. Lenka Schulze, is here to show us that midlife isn't just about pressing pause on men. It's about pressing, reset on ourselves. Wondering how it works? Stick around because by the end of the show you might just see this whole midlife thing from a fresh, exciting perspective. Let's dive on in.

Meet Dr. Lenka Schultz

Carmen Hecox: Lenka Schulze, welcome to Create the Best Me, it's an honor to have you on the show.

Lenka Schulze: Thank you, Carmen. It's a pleasure to be here.

Carmen Hecox: So Lenka, could you please tell the viewers and listeners a little bit about who you are and what you do?

Lenka Schulze: I am Lenka, I love to just end right there, honestly. Just the stuff behind that, it's not that important to me cause I feel that, the doing is just aspect of busyness versus the being. So what I'm doing, I'm trying to be. Trying to be more, do less. And that is the wonderful time to be in, honestly.

And if somebody would like a little bit more, I would consider myself, a writer, educator, and intuologist. I have a doctorate degree and the world of the unseen. So, I love to talk about the things that people don't necessarily sense with these five

senses. But it is very important that people start realizing that that world of the unseen world is as powerful as that physical that we live in day in, day out.

Understanding Intuition

Carmen Hecox: And the reason why I invited you onto the show is because you have written a book called Intuition Listening To Your Inner Voice. How do we do that?

Lenka Schulze: Yes, I feel that intuition is something that everybody knows what that is, but nobody really does. It's so thrown around and oh my gosh, yes, I got the vibe, oh, my stomach, I got the, you know, the gut feeling.

And yes, that is all intuition, but it's more than that. The intuitive sense is the first sense that we have been born with. Because as a baby you don't necessarily have your vision developed completely, right? You even have your little hands curled, so you can't really touch your mama. But you know where she is. You know when somebody enters the room, and you don't like them because you start screaming. So, these are the subtle languages that we start speaking without words.

So, the intuition is a language that doesn't need words. Actually, words often takes you into the mind and then the mind will bring the intellect in and that's where the intuition stops. It's very important that intellect and intuition does bring in the balance. It's very important so we can make sense of what we sensing.

Yes, but if we go in back into the, what is intuition, it's the language of our soul. And so first is what is a soul? How do I get in touch with that and why would I want to do that? It is actually very important GPS in our system that very many of us are actually, have it turned off.

Carmen Hecox: What do you think makes us turn it off? Do you think it's our experience, you touch something, you burn your fingers and then you just say, ooh, that hurt. And so, our experiences tell us, don't listen to intuition, cause the last time we listened to intuition, we got hurt.

Lenka Schulze: That could be it. But I also feel it's mainly our surroundings. So, when, if you think about it, before the real GPS that we follow in a car, we had our maps. Before our maps, we have our experiences, right. We relied on the horses

and so on, so forth. So, we can go back into the beginning of times that you only had senses.

So, if we are born with that amazing sense to give us direction in life, in any aspect, if it's health, if it's business, if it's relationships, any of that. And then somebody comes in and just says, well, that's great that you feel this, but I'm telling you, you have to do this. So, if that voice is very authoritative, and we have, as a children, we have to listen. Because there's a consequences. You don't fit in, you get punished. And the intuitive sense is squished down. And when we are squishing that down, then it eventually becomes like, if you don't use it, you lose it, right?

The Role of Intuition in Midlife

Lenka Schulze: But the beautiful thing about it is in our midlife, the intuition starts coming back if you like it or not, and it becomes loud. So that's what I love about it. The sixth sense coming back, and it is in females and males, it doesn't really matter. So, it is wonderful thing that we do have a second chance around. To bring that amazing GPS back into our life.

Carmen Hecox: Why do you think, do you think because the busyness starts to slow down? Because I have noticed that when I entered menopause and or perimenopause, I have all these like senses, all these changes that are going on; I sort of noticed that there was this stronger sense that was coming. But almost sort of like settling all the other things that were causing disruption, if that makes sense.

Lenka Schulze: Totally. I am a very curious person, so I always take things and I bring it to the more broader perspective. And I grew up in Europe, so I have different experiences, different memories, different way of understanding things. And everything I, believing, I call it the belief systems. So, I'm noticing that the belief system, the BS coming from my culture is different than the American culture when they looks at the menopause. But I also like words.

So, let's just look at the word menopause men- pause. So is it something that we need to pause the men in our life, not stop. It doesn't called stop mom-pause, right? It's just pausing something. It's just pausing everything else around you and have a reset. Have it kind of like, okay, so what's really going on?

And when we are looking at it from the broader perspective and actually bring it all the way to the cosmos. And we talking to the astrologist that, you know, it is really ancient, knowledge. It has a value beyond understanding. And I am not an expert far from it actually. But I found enough information to get people hooked to maybe look at it themselves.

Astrological Insights: Life's Major Changes

Lenka Schulze: So, what I found, from reading books and from my own experiences is that we go through three big, huge, major changes in our life.

So, first of all, it's somewhere around 30. And if people go back into their thirties, something happens. If it's new maybe new family, maybe already divorced, maybe you moved out of state. Completely, something changed on a physical level, okay. So that is one, it's called the, a Saturn, a Saturn return. If people wanna know what actually is happening astrologically.

And around the 38 and 44, we have the Uranus opposition. That is kind of where the midlife crisis starts happening, things are start shifting. You are antsy in your career job. You are kind of like irritated with things around you, but you still don't have enough to get you into making huge changes. I would also like to see it as that is the cosmic alarm clock kind of goes on, you know.

And often we just turn the pause like, the snooze button, kind of like, eh, yeah, it's okay. It's not loud enough. But this is where I found out that the body starts talking to us little bit, little bit. And this is the time where people sometimes say like, oh, the sensitive people go like, oh, I really don't like this. I'm gonna start looking into this. And some people tough it out, like, oh, it's not a big deal, I take a pill, I take this, I take some workshop and I'll be fine.

But, at 50 we having the Chiron return. So, Chiron Returns back to our charts somewhere around age 50, 51 and, it is kind of the continuance of the midlife. So, you could see as the whole thing doesn't stop and end its continuance.

Chiron Return: A Second Birth

Lenka Schulze: So, what is Chiron? Well, it is, if you see that archetypal picture of a half man and half horse. So, it just represents the duality. And it's the duality in us, and it's also considered to be the wounded healer.

So, it comes back to our life to look at our wounds from our childhood, from our beginning. So, how I look at it is that the Chiron Return is giving us the opportunity to give ourselves new birth. So, the first time around you have been born to that family, to that religion, to that city.

You had not that much choice around it. It has shaped you into who you are and what experience you have gathered all along. But throughout the process, if it was not part of your divine blueprint, it became a baggage. It became that BS that you were holding on, and it really didn't resonate with the spiritual aspect of yourself with the soul. That's what I'm calling in, that intuition. The soul aspect, right?

So, what happens in the fifties that the Chiron comes back and just say, okay, that's wonderful girl, you, you got all these wonderful experiences, but half of them you don't really need to drag around. It's time that you now choose your family. And it doesn't mean that the other family are not important, they are. But now this time around, it's the spiritual family. You have to bring the spiritual aspect of your existence.

And if you look at it from the shamanic perspective or the nature perspective, and we are part of nature, we are starting to realizing like, hold on a second, I am more than just a physical body. I have emotions, I have dreams, I have visions, and so on, so forth. So that makes me spiritual, emotional, mental, and all that. So, when we start realizing this, that we are part of the air, part of the water, part of the earth, and so on we start bringing it in.

And I was listening to one of your podcasts and you had kind of already these comments in your podcast when you said, I felt so much better when I was going for a walk. Because when you start taking yourself for a walk, which is so ironic because we should be doing this automatically, we start taking the energy of the air, the energy of the earth into our hearts, into our senses. We're giving ourselves new birth with these spiritual aspect of ourselves.

You were talking about meditation, that's the aether. We are start consciously bringing in the vibration of frequency of thoughts that we choosing. And thus, deleting the programs that have been put in us. And the programs coming in

consciously because our mind literally creates over 60,000 thoughts a day. 90 some percent are unconscious. So, during meditation, what happens or after meditation, this garbage that you are holding around in your lifetime start coming forward. And you are looking at like, what, why did I believe in that? Well, that's silly. Or wounds. Wow, I really did, really suffer. Or I was abandoned. Or I was ignored, or whatever. And you have to feel it.

And you have been betrayed, and you have been lied to and all these things that we all going through it. And we are choosing consciously with Chiron Return. He's helping us to see these wounds, giving us the spiritual allies, the earth, the sun, the, water and all that to get stronger, to have the courage to look at our wounds and also the wounds that we caused others.

Because if you are going to therapist because somebody hurts you, trust me, somebody else is sitting in the therapist chairs because of you.

So, it's that cycle, we have to own it all and be courageous enough to go through this. And so, when we are looking at hormones, I find it very interesting is that we are going back into the age where our hormones were not that active yet. So we go back to infancy, literally.

Isn't that what we are going through when we are in a midlife crisis? When we go into the Kundalini Rising. When we are not capable of holding back the words that we want to say, well, that's the child within us trying to get everything out. But now we are adults, so the intellect goes, oh, hold on a second, you can't say that. Well, you don't need to say it. You need to understand why you saying it. Where did it came from? What BS, belief system, had been instilled in you.

So, all of these things going back into the infancy. Then the teenage times comes in, and again, if you've been a teenager, you know what the heck's going on through your body and your parents of course know. And then during the thirties, you really solid with your hormones, and that is, again, done on purpose. You have to build your family, build your surroundings, make yourself secure and strong. You know, have the vitality to go through the emotional rollercoaster that life gives you.

And then at the fifties, it is time. It's like a season, so we are now, in the fall, we are collecting the beautiful harvest that we have collected.

And we don't have to be the spring and jumpy and being life of the party the other way around. It's time to sit back, relax, and enjoy the fruit shared with others, and understand that yes, hormones will be adjusting back. So yes, they have names in a Western culture, estrogen, progesterone, testosterone, da da, da, da.

If you are going into that BS belief system, good luck going into some kind of self-sustainable piece. But if you're looking at the more ancient ways or the intuitive ways that our ancestors have been dealing with it or living with it or thriving with it, you're gonna have a completely different ways of looking at it.

And if you are looking at the basket of the harvest, come on, our life was so rich. It is beautiful. So, we don't have to dwell of what we feeling right now, but like ponder of how I can share these wonderful things that I experienced. Good, bad, ugly, who cares? That's how I see. It's like the Chiron is bringing us, the healing of the duality within us.

The good, bad, the whatever we feeling, it's that battle of the forces. And you know, one of my favorite quotes, lift the veil of duality and you will see the light.

So, when we stop fighting that, that I have pain, I don't have pain and all that, it is tricky. And I am not a medical doctor and people do have to consult with the professionals. I am just approaching that with a different BS, different belief systems.

Carmen Hecox: And so, tell me we're in the Chiron because we're in menopause, or we're postmenopausal, we're in the fifties. How do we, and we're, looking at our infancy, our adolescence, our teenage, our thirties, and where we are now.

Harnessing Intuition for Personal Growth

Carmen Hecox: How do we use intuition to look at the good and create strength and grow into something better versus into, some people tend to maybe steer toward the negative?

Lenka Schulze: That's the polarization of it, isn't it? It is the wiring within us. So, if we have been wired the last 50 years in environment that have been mostly negative and we have bought into that. Then most likely we have to do some really

deep rewiring in our brain, and there's so many amazing people out there who are helping with that aspect.

But if you are naturally kind of like looking at the butterflies and seeing the sunshine and rainbows, it will be easier for you. Because it is not about polarization, it's about the neutrality of it. So, if we have a negative aspect of bringing things in, like, oh, this is bad, or spiraling into that, catching that and bringing it into it is whatever it is. It's the neutralization of it that will give you the opportunity to make a decision.

But if you have something that you have to fix, to get rid of that control is a aspect of fear. Fear will spiral you down into suffering. Versus if you standing in a mountain of choice between fear and then the opposite is love; love has so much more options of growth.

So, it's not easy, I'm not gonna say it's a easy ride. It is almost like, feels like a full-time job because again, we have 60,000 thoughts. So please be gentle with yourself. But if you can catch one of those thoughts that spiraling you down in a behavior and actions that makes no sense, like you are end of the day like. Or you had the big, huge bag of chips you didn't have to have, or you have disagreement with your loved one and you are like, why, what would just happen? Sometimes it's that, but sometimes it's your environment still. Because it holds the charge of the past that is still reminding you, that's triggering you.

So sometimes it's changing the physical and little, little ways, clean your closet, bring new colors in. If you waking up, with a cup of coffee, starts with tea. If you are, I don't know, waking up and the first thing you do, you jump in a shower, maybe wait and go for a walk, like do something different.

Drive home on a different route. Uh, listen to different podcasts. Change a scenery. Bring in botanical garden, membership in. Something different, because if you bring something else in, it's like a portal, having an opening for shift of consciousness.

Carmen Hecox: How can one decipher the difference between my intuition and my desire?

Lenka Schulze: Hmm. It is desire. Desire is very important aspect of wanting something, but the question is, what do you want and why? So, the intuition will

give you very good understanding because if you're asking yourself, what am I desiring and why? The why will lead you back into the senses and the intuition's gonna be behind it.

So, questioning your desire is where the intuition comes in. And then listen for the subtle feelings because it's something like, I wanna go on vacation. That's a desire, it's very innocent. And why? It's like, well, I need a break. I need to clear my mind. I want to experience different culture and broaden my awareness.

And so the intention behind the desire will give you also a clear clue where your consciousness is at that time. Because maybe you wanna go on vacation to party. You know in some resort and just drink yourself every night to amnesia. But there's no good or bad. It's just like where you are on that consciousness level.

Carmen Hecox: Mm-hmm. Because like sometimes we might have goals or we say, you know, I want to do this. And you might say, you know, it might be all planned out, it's all good. But then your gut is telling you something different. And your desire is, I want this. So, it's just like, how do you tune out the desire and listen more to the gut?

Cause I think of, when I think about listening to your gut, I think about reason, like more reasoning, more purpose.

Lenka Schulze: Okay, so reason intuition does not have reason actually, it's very illogical. And so, intuition is very impulsive, but it's also very gentle. So, the desires, on intuitive level are also, beneficial to the whole. Which means, again, going to the vacation. If I go on a vacation to clear my mind and strengthen my overall body on all levels, isn't that benefiting the humanity because I'm gonna come back as a better person.

So that's what I'm saying. That's kind of where the whys is important. But reason if it's reason that your, that's your ego. So, there's no logic. There's absolutely no logic in intuition. But again, it's very good to question because there will be answer. But the answer will be lying.

And it's very subtle. It doesn't have this big, huge, bold, oh, let's have a podcast so I can reach millions of followers. It actually is gonna make you very humble.

Carmen Hecox: How can women in midlife, heighten their intuition, become more in tune with it?

Lenka Schulze: That's a very good question. Intuition, it is like if we were talking about is something within us, right? So, it intuitiarly which means from within. So, if we are looking to empower ourselves from without, which is from the outside world, that's not gonna be self-sustainable.

So, the key is to intuition is to, have the self-esteem the steam behind yourself. That is the power in your third chakra, in your gut, in you standing, and you know who you are, on a individual level, you are self-sustainable. You don't need anyone to tell you, you are great. You are pretty, you're successful, you are amazing. None of that really matters to you because you are self-assured that you are so much more than that.

And that automatically builds trust. Because if you trust in yourself, you are not gonna be seeking against some other people's validation or opinions or anything beyond that because everything is within you.

That doesn't mean that you're not going to search for expertise in something that you need to have done, that's different. But I'm talking from just some overall, how you build yourself better, like your podcast says, right, how you can make yourself the best.

And that trust brings again, the confidence. The trust becomes self-aware. The self-aware brings the intuition in. So awareness is in a subtle world this time around. In this particular, midlife that we don't have to survive in an environment, in a, office space, right, where somebody's gonna get your promotion or gonna get a better deal. You don't have to do that anymore.

So, the awareness becomes more about is this relationship something that's going to create the better of me. Is this going to help me to expand on myself? Is this relationship something I can serve as well? Like, is this mutual growing for the better of us?

So, it's again, it for this time around, it's not about me, me, me, like we were in the thirties, which is very important because that is when that third chakra is developing, it's like making ourselves strong.

It's about bigger, bigger picture of ourselves, something that is connecting us to the others, but not in a needy way. It about how I can serve others my neighbors, if it's my community, if it's, if it's through podcasts and sending messages to others.

So, when you go out with that, the awareness of who you're socializing with, what are you watching? How do you feel after all these things? Because it, the feelings is the huge, huge part of the language, of the soul feelings.

Embracing Emotions and Hormonal Changes

Lenka Schulze: However, going back to the hormones, what I'm finding out in this modern world is that people don't like how they feel. They run into the doctor saying, "I don't like to feel this way. That's not normal. Well, what do you know, what's normal? You've never been 50 before. So, what do you know? So how do you know it's wrong? Because every feeling is not right or wrong, it's just a feeling. It's a wave in the ocean. You can ride it and if you trust in your spiritual aspect of your resilience, you will ride that wave. And understanding that that will make you stronger. Because you're gonna be, it's like Chiron is really bringing us the mastery of ourselves and the mastery this time around is our emotions.

Because that's so beautiful thing about females. We are emotional. You know I have girls, and I love it. I mean teenage girls with their full of emotions, it's nothing more beautiful than that. Letting them express themselves. It's wonderful. If they know how to express themselves, they not going to be surprised once they 50 and they going to feel emotional.

So, it's just like, again, moon, what does Moon bring in us? Every time that Moon brings in Full Moon brings to us is the ability to understand that moon is magnetic right? And we are full of water, and just like the water rises in the ocean, so do us.

So, the magnet of the moon is elevating it's and amplifying the feelings we have within us. And it is nothing more than beautiful way of seeing, like, okay, that's interesting. This month I'm feeling really depressed. I'm actually pretty angry. So, what's going on in my life the last 28 days? What is really going on with my life?

And I love the Full Moon because it gives you true, true feelings what's going on inside of you. And then the New Moon, you probably won't feel that much. Again,

I'm not, I don't wanna speak for everyone. I'm just saying, so when you are looking forward to it and you making journal and every month you will feel something else and you'll see that, that makes sense because, oh, maybe I had, something going on with my mom. She's not feeling well. I have to take care of my siblings, or my children are going to college, or, you know, whatever that is.

That will show in your emotions. But if you run into the doctors and you're trying to mellow it down and make it controllable. Control comes from fear, and I've already been there. So, it, it is just not, uh, evolving aspect of ourselves.

Carmen Hecox: Yeah, and some people might say that, when people start, seeing a lot of people show their emotions in a manner that others are not accustomed to. They might say, oh, it's a full moon. The crazies are out.

Lenka Schulze: Mm-hmm. Yes. And it's very true because we have not learned how to deal with emotions healthy. I look at it as I, I wrote in my first book, Journey of You, where when we're children, again, going back to the, infancy and so on and so forth, when we are very emotional and we were already told, oh, that's not nice, Kathy. Oh, that's not really, pretty things to say. Or whatever we were experiencing, so we recognized it all good, bad, and then we have drawers, for the good and the bad. And then we were rewarded and then we got punished. When we are around midlife, we open up those drawers and they are full and they spill it out.

And that's the energy that is within us, that that's the anxiety. Or depression where these drawers are still stuffed really deep and make sure you don't open them cause I don't know what's in them.

But again, if you not feeling on the first, first levels, which is the first chakras, safe and secure in your environment.

If you are scared, like how you are gonna make it the next day, it's really difficult to look at the spiritual aspect of yourself, you see? So, the Chiron will bring us back into making ourselves safe and secure. Are you safe in your relationship? Are you safe and secure in your job? Make sure you will have all that and doesn't mean millions of dollars in a bank account and all that. It means to just have that whole I am well, I'm okay, you know, I'm good.

Practical Tips for Enhancing Intuition

Carmen Hecox: So, tell me, how do you help people find peace during that transition?

Lenka Schulze: I can give people peace. I feel that showing them the yellow brick road and know that there is so much support out there if they are willing to do the work. And knowing that you are not unique in this, we are all made from the same energy, every single one of us, if it's the male or females, we all going through it.

I mean, didn't you notice that the males in the midlife, they go in and buy the convertibles and they chasing whatever. I'm not gonna be, judging that and putting them in a category, but they going through that too, and nobody's out there talking about that. Then they looking into the females for some kind of guidance and then they going "quote" "quote" crazy, right?

So, it's like, again, it's, maybe it's the men a pause. Like okay, you can't help him because you need to first figure out what's going on with you.

And the Chiron is here to guide us and it's very important that we start nurturing ourselves the way that we have not been nurtured in our first birth.

So, we going through birth canal, I was talking about the Chiron giving ourselves second birth. New parents, new family, and so on and so forth. How do you wanna give yourself new birth? If you can be any way, how do you wanna show up? And don't care about what other people say. If they're calling you crazy, well, who cares anymore? Because that is so beautiful thing about it.

I have how many years left? If it's another 50 years or so on. I am this time around gonna do what I wanna do and I'm gonna say what I wanna say with kindness in my heart. Hopefully people understand that's what I'm going with, that it's not like, you're gonna start, cursing out there and thinking that it's okay. It's everything done with kindness because you need to build kindness within yourself.

So, the Chiron is bringing the changes first with ourselves and then bringing the awareness to the surroundings and then building it into our environment outside of that and so on, so forth.

So, once you start understanding that help is out there on, especially because hormone is obviously affecting huge ways, the nervous system. We need to rewire the nervous system.

So, if it's a craniosacral, if it's a acupuncture, if it's a chiropractor if it's a massages, if it's a walk in the park, you have to allow yourself to have these beautiful things in your life. Having these special ceremonies make your life a ceremony. Cup of tea, you know, beautiful book. Maybe a show that makes you laugh, you know, that is the important, like how do you want yourself to be born again? And that's what Chiron brings in.

Carmen Hecox: Do you discuss Chiron in your book intuition?

Lenka Schulze: Not at all.

Carmen Hecox: No.

Lenka Schulze: Not at all. That's the thing is that when I saw your podcast and, I felt in my book that that was not part of it, if that makes sense. But my third book that I'm writing about, yes. I'm already having a couple chapters on that because I can, I feel my third book is much more aligned with that, which is the spiritual healing.

And I feel that the Chiron is bringing really the healing of our spiritual self and it's much more appropriate to that. But hopefully people understand that if they are finding, out there the Chiron Return, and Barbara Hand Clow has a beautiful book, Chiron, it's called Chiron. And if you find, um, people who specialize in that, I feel that they can find a lot of good in it.

And you know, there's all about the sole purpose, right? So if people go in, talk to special, astrologists who are aware of the nodes. Because there's the North node and South node.

The North node is the sole purpose where you heading that is kind of, again, the midlife, where you heading.

Versus the South node is what you came in the first part of your life. These are the gifts that you effortlessly can do in your sleep, but they're not challenging anymore. That's why it's boring and all that in your midlife because it's like, yeah, I can do that, but I don't feel any joy in that. But the North node is kind of like when somebody explain it to you and you're like, what? No, I can't do that. But it's intriguing.

Carmen Hecox: Mm.

Lenka Schulze: It's terrifying, but it's mystical and magnetic. So it is that it's like challenging but rewarding inside. So, there's just so much out there because again, it's just another way of looking at ourselves.

The other people who sharing their BS belief system. There's nothing wrong with that. There's no such a thing as a lie and truth in that aspect. It is just that, it is just like what belief system you wanna, engage with at that particular time. Because there's a time for every BS because we learn from something from that.

And if that resonates with you, stay, if not, change it. That's the beautiful thing about life. We constantly changing and moving.

Carmen Hecox: Mm-hmm. So, what can people expect to learn in your book? Intuition: Listening To Your Inner Voice.

Lenka Schulze: What they learn in my book is to trust yourself and understanding the value of it. And I bring a lot of validation to the readers where you might not even realize that is the intuition.

For example, the deception. What is deception versus a lie? To me, deception is very tricky because deception is not a lie and it's not the truth either. It's the mixture of both. So, when people listening to, if it's a client or news media or some kind of a product, they push in, you know, it is up to us to discern and the key is in our feelings. Because if you go into a reason, you are not gonna get the clarity you really won't. Because there will be truth and it'll be a lie, and you're gonna be confused and you go like heck with it.

But if you go into the intuition, it's like, you know what, I'm not gonna throw the baby with the bath water. There's something there and that's it. And just delve in that knowing that you're not getting the full truth.

There's also a big word in my book, and that is a, um, how do you know the difference between judgment and discernment? Because that's a big one. Judgment is very low vibration, and if you are judging others, most likely you judging yourself, right? And that is a BS belief system, that is the archetype pattern that have been here for thousands of years.

It's dying off, I believe, cause in new generations I see the children come in and they do not resonate with that. They really don't. They don't want any part of it. And I love that.

But there's still the tale of it. We still get caught up with it. We still judging one another, what they doing, what they look like, what they're saying, and so on, so forth.

But if we can go into that whole, it is whatever it is, and go into the discernment and come in more with the observant eyes and looking at it from, well, that's really interesting. That's another way of doing it. That's another way of expressing itself, another way of dressing. Or whatever that is and neutralizing it. Because the minute we engage in it, we bring down very low vibration and it's not good for us. It really isn't. It's just consume us from within.

So, when we can actively catch ourselves and like, oh, I recognize that. Oh, here I am doing this again. It's not like you won't do it. You will most likely, but catching yourself with compassion, that's the start.

Those kinds of things are in my book. And also, there is the value in it in any environment really.

And I bring my passion, and you talk about desire, my desire to really bring intuition into the mainstream. Having it in our kindergarten. Having it in our educational system and trusting that that doesn't gonna make people not welcome the reason and intellect. Far from it, they will feel the difference because their intuition is fully aligned with the intellect.

It's like the two become one. The duality you see becomes one, the oneness. That's what the intuition brings in, and that's what my book is all about.

Carmen Hecox: That sounds like an amazing book. What are three pieces of advice that you would give the listener or the viewer who is listening right now and says, I need to get connected with my intuition, or I need to understand my intuition better.

Lenka Schulze: Mm-hmm.

Carmen Hecox: How can they do that? What are three pieces of advice?

Lenka Schulze: I think I could go back into the trust, awareness, confidence, but if I would add to it, I would say compassion first. Because you will start noticing things. And you also going to notice something really amazing that you are more than the physical body and you are a divine being and you sovereign being.

And you start yearning for transparency. And you are gonna start demanding the authenticity in yourself and others and the freedom. This is the way I think you are leading towards that soul, towards that intuition. Because you start harnessing these, and they will be an autopilot. The freedom, the integrity, the transparency, that authenticity, and you will not settle for anything else.

Carmen Hecox: That's great. Lenka, where can people learn more about you and purchase your book?

Lenka Schulze: I will make it really easy. Just go on Lenka.Org, LENKA.org and everything's there. And make it, like I said, really easy.

Carmen Hecox: Thank you so much for coming on the show. I will include all of your information in our show notes.

Lenka Schulze: Thank you so much for having me on the show. It was a, wonderful pleasure to be here with you.

Carmen Hecox: Alright.

Conclusion: Embrace Your Intuition

Carmen Hecox: So, remember the whole men pause idea? It turns out it's really about hitting play on your intuition and tapping into a version of yourself you might not have realized was waiting to shine. Huge thanks for Dr. Lenka Schulze for sharing her incredible insights.

If you wanna learn more about Lenka or connect with her directly, head on over to createthebestme.com/ep112.

And of course, come back next week for another amazing episode, created just for you. Until then, keep dreaming big. Take care of yourself and remember. You're beautiful, strong, and capable of creating the best version of yourself.

Thank you for watching. Catch you next week. Bye for now.