

Tristan:

Welcome. This is ALL THE F*CK IN, a podcast from two entrepreneurs about showing up for social justice in your work. This isn't your typical, capitalist-focused, entrepreneurial business podcast. There are already plenty of those. We're here because we've been craving voices rooted in activism, justice and integrity with those values.

Lauren:

These are conversations about all things business and entrepreneurship, but from a radical perspective that says we don't have to choose between social justice values and being successful in our work. This won't be a place where we claim to have all the answers. Our intention is to offer guidance and support while also encouraging our listeners to discover and live into more questions. We believe these conversations require ongoing practice and a consistent dedication to unlearning.

Tristan:

If you're ready to go all the fuck in on what matters most while creating an abundant life, you're in the right place.

Lauren:

A quick note on our content: we believe self-care is radical and non-negotiable in the work of both justice and entrepreneurship. Some of these conversations include mention of trauma, both from a systemic and often racialized perspective, and in relationship to experiences like sexual violence. We hope you do what you need to take care of yourself while listening, even if that means pausing and returning to an episode at another time or skipping it altogether.

Lauren:

Hi friends, Lauren. Here we are so excited to introduce you to our guests today, Dr. Kate Tomas. Kate is a highly trained psychic mentor and teacher with a doctoral degree in philosophical theology from the University of Oxford. Above all, she is a spiritual empowerment mentor for women and non-binary people supporting them in seriously upgrading the quality of their lives, all from an anti-oppression lens. I've personally been a big fan of Kate's work ever since hearing her on another podcast a couple of years ago, and between the private readings I've done with her and now as a mentee in her Spiritual Life Upgrade community, I can tell you that Kate knows what the fuck she's talking about when it comes to personal power and liberation. There were several times while we recorded this interview where Tristan and I were just nodding and basically having our minds blown, especially around money and liberation.

We can't wait for you to hear the episode and definitely please share with us what you're taking away. Enjoy.

Lauren:

Well welcome to everyone who's listening in. This is ALL THE F*CK IN. I'm Lauren. I use she and her pronouns and I'm here with Tristan and our guest today, Dr. Kate Tomas. I am so excited because I feel like I've referred to Kate's work and pretty much every episode that we've

had so far. Tristan's laughing cause they know I'm telling the truth. And so Kate, welcome. And I guess I would love if you wouldn't mind sharing your name, which I already said, your pronouns, and then Tristan and I usually invite our guests to kind of socially locate themselves. So any identities that you carry that you would want to share with folks and then any, you know, of your astrological placements too, that feel important to share.

Kate:

Wow. Thank you so much. At first, it's such an honor to be here. I feel very excited and yeah. so I'm Dr. Kate Tomas. I use she/her pronouns. I'm thinking about my astrological placements now. I'm thinking I don't know. I should know this is primary. I do know. I, my, my amazing friend and colleague Katie Smith is an incredible astrologer by the way, will be horrified if she heard me say that. But, I have sun in Taurus, I guess I was going to say, obviously you can't see, but covered in gold and jewels.

I've got moon in Pisces, which explains a lot of my intuition. and I can't remember the other things. I feel like I should know them. I can pull up my chart. It's like, I, although I don't, you always find that people find their own astrology so much more interesting than anyone else finds their astrology. Like, I don't even know. I don't know. So, yes. Sorry. Locating myself socially. I spent a long time describing myself as a witch. technically that's true. Although over the last, I guess, five years, I think that term has, been, has changed its meaning quite a lot. And I think a lot of people have self-described as witches that I wouldn't consider, for me, a witch is somebody that's very politically active and that you use is magical and energy practices to assist the liberation of others more oppressed than them.

And I think a lot of the, you know, people that I don't want to sound like a boomer, it'd be like Instagram, which is, but there is, there is I think a fashionable, which is in many ways, great element to self-describing as a witch, which I find like, I don't know, I feel like I'm too old to have appreciated that because my entire life, I feel like I've just been hunted for being a witch, but I would describe myself as a witch whose work is focused on the liberative, I suppose the support of the people, particularly those that are not cis white men,

Tristan:

I'm snapping and dancing and listening to you. I just love that description so much and distinguishing yourself too from the kind of trendy, Urban Outfitters here in the States is the reference point for me, the Urban Outfitters witch.

Kate: [\(06:24\)](#)

This is the problem. Like I think this is why I always feel a little anxious about, you know, I don't want to shit on the people that are younger than me. I don't want to shit on people that are coming to spirituality for the first time. I think it's more just, there is more to it. I think there's a heavy responsibility that comes with taking on that name. And I was practicing for many years without feeling confident enough to describe myself as such. And I think there's something to that really.

Lauren:

Yeah. I relate to that so much. Like I've only very recently claimed that word to describe myself and I'm still like, Ooh, am I allowed to do this? It just did it, the family I grew up in and stuff. And it, what you're saying also reminds me of a lot of the conversation happening in yoga right now, too, that yoga, I mean, Tristan and I both work with a woman named Michelle Cassandra Johnson, one of our teachers, and her whole philosophy is yoga is not just about liberation of you as an individual. The whole point is that it's for everybody. So I never thought about the term witch and witchcraft in that way, but the way you just said that, it's like lighting up a lot.

Kate: [\(07:34\)](#)

I think the history of witchcraft is really interesting as well. It's only, I mean really the last 200, 300 years that witches were associated with the devil, evil, you know, all of that good Christian stuff. Yet there has always been in every single culture, of course, those on the outside of the everyday community, those that were just on the outside of it, who had access to one could say like a privileged access to spiritual practices, energy work, spirit work, that people would go to only when they really needed help. and I think instrumental in the, in the role of the witch is specifically helping those who are outside of usual, outside of having access to the usual sources of power. So I think a lot of true witchcraft is actually around justice work and they, and I think, you know, we're seeing in America, of course, this idea of like the system of justice, it's never been a system of justice for most people.

Kate: [\(08:47\)](#)

It's not a system of justice in this country and like no country that is under capitalism, is there a system of justice is actually truly, you know, where the, of that, of that term. And so what we see is historically, and still to this day, the people who, you know, don't that those systems of justice don't work for having to get help externally. And that's the role of the witch, I think. So, I don't think it's just, you know, I think it's often also just understood as witchcraft is connected to healing, which it is, but it's not just the healing of the material, physical body, you know, I mean, part of what it is to be a, which often includes just accidentally, I suppose, knowledge of, you know, how to heal the body, but the true healing, I think, is actually about being an instrument of justice for those, for whom the structures of power are not set up to have justice.

Kate: [\(09:44\)](#)

So I, so I actually think, you know, like if we're going to call ourselves witches, which we should, I want people to be embracing this term. It, it feels like it's really important that the healing that is associated with it is, you know, a wider cultural healing as well as individual case by case like, you know, in acting justice, like I'll hex some of the motherfuckers, you know, I think, I think that I am an instrument of justice just as you are, you know, most people just don't want to take that responsibility too. It's much easier. Isn't it to just be like, Oh, well, you know, karma will get them or god will get them. I'm gonna get them.

Lauren:

And for everyone listening, this is why we wanted to have Kate on this. And so I'm going to hex some motherfucker, the quote that we're going to put on the page, we've got our pull quote. And

so Kate, like I know, about your story. Cause I obsessive, like once I found your work, listen to you on pretty much every podcast I could find. And now I'm in your, I don't know if you call the spiritual life, upgrade a mastermind, but

Kate: [\(10:57\)](#)

Mentorship, mentorship.

Lauren:

Yeah. so I knew a lot about you, but for those who don't, would you be up for sharing just how you became who you are now, like how you came into doing this work? Cause I know it wasn't linear,

Kate: [\(11:11\)](#)

Which is enough. Nothing is linear. thank you. Yeah. So I suppose the version of it is, I grew up in a pretty dysfunctional family as most people do, I think it's important to say, like, I don't think this makes me particularly unique. Maybe mine was particularly bad, but either way, with very strong opinions, both parents came from very strong religious backgrounds and rejected them vehemently and so anything to do with religion or spiritual practice or, and they were basically not very well thought out materialists, right? So, you know, the everything had a physical cause and it was, you know, whatever you feel or experience is ultimately able to be traced back to a physical process that's happening in your physical body. Whereas I, you know, was born immediately, like my earliest memories of like seeing other beings and communicating with them.

Kate: [\(12:14\)](#)

I, one of my earliest communications with, with my stillborn sister who was born before me, I had all sorts of, you know, very disconcerting experiences probably for my, almost certainly for my parents, but they didn't respond very well to them. Let's just say, you know, there were not, they were not, it wasn't, it wasn't great. So pretty early on, I realized that it wasn't safe to be well communicating or expressing or talking about what I was seeing, but I also couldn't work out what was safe and what was not because, you know, it's a bit like if you see a certain color, but no one, no one else has that color. How do you know that you're, that that's the color that they don't see, until you point it out. But if, you know, you can't point it out, you're a bit.

Kate: [\(13:04\)](#)

So most of my childhood was really, you know, I think now managing way too much input, in information I had access to, no way to control it. I also had terrible ADHD. I mean, I would have been an absolute nightmare child. Like I have to say as awful as my parents were, I would never want to parent me. so there was a lot of stuff going on that was never properly diagnosed, had a collection of physical disabilities that were not addressed or helped. Nobody believed me when I said that I was in excruciating pain. So I just, I think my childhood was pretty grim, honestly, you know, just suffered a lot and had to work out a way to make it meaningful in that suffering, I suppose. But I was too young to understand that that's what had to happen.

Kate: (14:01)

So I would create stories about whatever the suffering was, whether it was, I mean, lots of physical pain I had, I have a degenerative disc disease, which meant even when I was born, the bottom two vertebrae in my back were crbled. And so I was in pain. I am in pain most days, but as a child, it was very bad. So I would create, you know, I'd have conversations with my, my spirit guides. I would describe them as now of the other beings that weren't, you know, physical and they would tell me stories about what this, you know, made up things really distracted me. and so, yeah, I didn't realize that that was as insane a childhood as it is it, I now realize it sounds, you know, as an adult, but it, you know, I survived that pretty well.

Kate: (14:59)

and then it wasn't really until I was about 15, 16 that I had access to. Cause I mean, I'm pretty 40 this year, which is wild to me that I've managed to do this together, this, this far along, but, you know, back when I was 14, 15, like this was pre-internet days for like young people or no, this was, there was no internet or if it did exist, you know, I wouldn't have had any access to it and there'll be a computers at home. and so it wasn't really until that age that I had access to books that could teach me or talk about, or let me know about the experiences that I w was heart was having. So, it wasn't, it wasn't really until that age that I realized, Oh, maybe there's a name for this, but then even then I was in so much denial.

Kate: (15:52)

because it's how I'd, you know, got by just, I'm an expert Mark masker who masked pain suffering like here, voices seem I've been really good at not getting in trouble and, you know, trying to just get by. so I think that was the kind of key point was when I started reading. And I remember going to my local library and looking up, cause I have this, I just had this very strong narrative. I was told, which sounds I'm trying to get better at like not qualifying myself being like, I know this sounds crazy. I know this sounds weird. Like it was still a habit that comes all the way from not being able to talk about this either. Then, I went to the library, I always had this repeating, not even a voice, like just knowledge. I was just told, you are a witch and when you're six or seven years old and all the witches that you hear about, or you encounter in the world are like the evil ones that like boil babies and, you know, nasty to cats.

Kate: (16:58)

And I love cats more than I love probably my pants. Well, I don't tell them that, although they probably know. but you know, it was just like, Oh, you know, that self demonization and hatred of the self was just so compounded along with everything else that was going on that, I couldn't, it, it felt almost like, you know, a very, very, very bad, I was just a very bad thing or person and every engagement that I had in the world whenever I tried to show up as my full self was just very badly received. So yeah, I went into a period of, you know, just true self hatred, I guess, which was very much culturally endorsed and encouraged by my, my parents and you know, the world. So, sorry, I'm taking a very long time to get to the point.

Tristan:

I mean, truly you're sharing so much and it's like it, we, I mean, I have not heard this story from folks. Like I knew at a young age and I felt this and like, this is a unique story that you're sharing with us and it's a part of your truth and your trajectory. So we appreciate you being however you want to share it. Yeah. Yeah.

Kate: [\(18:20\)](#)

I mean the pivotal point, I suppose, was whilst in a truly awful abusive relationship with a CIS white man, of course, which, w w wouldn't bother going into very much detail, but, he was the reason that I could escape my house. So I literally left home at 15 and moved in with him, and it was not really frying pan fire. It was from fire to frying pan, and I kind of knew it was a little bit better, but not much better, but anyway, we, I was at least free from my, very know, hope home. and we were in Glastonbury, which is a town in, Southwest of England one day. We've I felt personally like really fully drawn that I didn't have any idea why, again, pre-internet so I couldn't really, I was like, maybe it's sensitive with the festival, but it wasn't.

Kate: [\(19:20\)](#)

Anyway, we, we went on a road trip to this place, and it's amazing. It's basically like, the new age center, I guess, although the new age, but like the spiritual, I mean, truly though that I can't even, the spiritual center of England where every spiritual denomination, like every form of Christian is there, there's like four different strands of Hinduism. Like, you know, it's really a, an amazing place. And the landscape is very sacred and has all this amazing energy to anyway, I just fell in love with it. I'd never felt anything like this. I was like, this is my home. I need to be there. so one, we were there w w I woke up, from a dream and in this dream, I had this like very, very strong visualization, his images, the dream in the dream, I had walked down the road in Glastonbury, turned left, gone into a shop, walked up the stairs and was, you know, just like then the dream ended.

Kate: [\(20:29\)](#)

And I woke up with this deep knowledge that I needed to get a tarot reading. Now, at this point in my life, although I started to read and learn about alternative spiritual practices and clairvoyance and all this stuff, I had knew nothing about tarot had never touched a tarot deck. It was banned from my house completely, you know, this was evil. so I was very surprised and I had no money, like really no money. I wasn't, I was working as a waitress illegally cause I was 15. I like didn't have a pot to in, as we say in England. And so I was like, where am I going to get money for this? But, okay. So I wake up, I can't even tell you how strong the pool was. So I just had no choice.

Kate: [\(21:13\)](#)

I fell. So I followed the road, as I saw it, went into found the shop that I had never been in before saw the entrance, walked up the stairs and there was a woman there. her name was June and she she's like, Oh, I've been waiting for you. I put the heater on. And I'm like, okay, honey. You know, if it says to everyone, I really was like, and she held the door open for me. And I walked in and sat down and like, what was clearly my chair, over the chairman for me. Like, I didn't think, you know, there two chairs and I was just sat down and, and then she comes and she's like,

that's not, that's my chair. Get out of my chair. And then I was, you know, embarrassing. And she's like, Oh, but you all, you all, you all read it on your, your reader.

Kate: [\(22:04\)](#)

And, you know, this is the sort of thing that you would hear it all. There's like some film plot, but it truly happened. And, then even at this point, I was like, god, this is just run anything like this. So, you know, like I said, well, what else are you gonna, you know, cause like I had never read a single, I didn't know what a tarot card was. So at this point I was like about as skeptical as you could be, which I'm so sorry, June, because like skeptics are the worst people to refer and I don't do it any more than god. anyway, she proceeded to give me a tarot reading and it was just wild, you know, predicted all sorts of things that did go on to happen and were really awful. and that I would not predict now because I don't want to know anything that can't be changed.

Kate: [\(22:52\)](#)

Like don't tell me. but a lot of it was, you know, particularly helpful and accurate and powerful. And I left that reading kind of blown away and I immediately went and bought a pack of tarot cards. And then that weekend taught myself. I just, I felt like I knew them. It was very familiar to me. So I practiced on friends and then was, you know, as soon as I Sue it was like opening a book that I could read. As soon as I started working with the cards, I got all this information, like, like just everything that previously had been, you know, I had spent so long just trying to push away and ignoring, ignoring, ignoring, just flew in, but it was ordered. it's I suppose a bit like if you've got ADHD and you start taking meds for the first time, you're like, I'm a genius. You know, whereas before like

Speaker 4: [\(23:47\)](#)

[inaudible] function, it was, it was a bit like that,

Kate: [\(23:52\)](#)

But like psychically and, it would take another 30 years before I was on meds mindset all like 20 years. So, you know, that kind of combo has only just landed. but yeah. and so from there I started, I got huge amounts of information. It was very accurate, it was very specific. And, and I realized that I could ask an answer. And so I started a process of developing a relationship with my guides and ultimately a huge, exploration of, of spiritual practice went through various forms of, you know, initiation and secrets, esoteric mystery schools. I mean, that's the much over the course of, you know, 10 years really. and in the same time became extremely busy as a tarot reader because I just, it was spread through word of mouth. So friends told friends and at a certain point, I remember thinking, well, maybe I should start charging money for this. Cause I'm doing it all the time. And it's really exhausting. So I started my first hire reading. They charged money for, from a random person for like charged 10 pounds for one hour. And I was, I remember it so vividly. I was absolutely terrified. I thought I was getting everything wrong. I didn't want to disappoint this person. I just, I really wanted to help this woman and that it was kind of ironic and iconic as well, considering who I am now, but the reading was basically like dp him,

Speaker 4: (25:24)

But I couldn't bring myself to say it so that I was like, well, let's call it here, which is great. You know? And like the hand mind, you need to give up something and, you know,

Kate: (25:34)

Like trying to piece it together for her and a really simple spoonfed way, which she did. But it, I remember feeling at the end of it, like, you know, really frustrated because I saw exactly what needed to be said and done like within the first 20 seconds, but it was my fear and my fear of disappointing her and upsetting her that held it, held me back from just giving her what she needed to know. So it took such a much longer time than worst for her. and yes, and basically I stopped. So wait, so that was, you know, the main progress, I guess, the way in which I got into this work. And through many trainings, some of which are extremely problematic and like traatizing and others, just a bit. And then others that were like truly life altering, really powerful.

Kate: (26:36)

I set up practice as, I mean, some years really were not back that many years. Like I pretty much started soon as I got this ability to, to, to read the cards, set up as a, as a healer initially because I had this idea that that's what good people do is that they, they label themselves as healers and, and do that work and they do it as much as they can for as little as the money as they possibly can endlessly exhaust themselves by giving and healing because that's your job. And you use that, it's a gift that you must give and all of that rubbish. and I just was sick, you know, of course they still had all my various, disabilities and physical ailment issues. but just, yeah, really fully went into the was enveloping, I suppose, by the new age narrative that, healing is possible and that healing is, you know, has it, has it like a result?

Kate: (27:42)

And that result is, I mean, don't get me wrong healing is possible, but not as a, not as an end destination. but I was, you know, constantly been ill and suffering. I have, you know, degenerative genetic, disease, which will never go away. and yet I felt like this was, if I healed enough, I would get like the benefit. I would show myself to be good enough worthy of my own healing. and I mean, like, yeah, we can talk hours about that, how problematic that narrative is and it's endemic in the new age, but, yeah, my reputation grew basically and, my prices went off and then I had celebrity clients and then I had people coming from all over the world, literally flying into Glastonbury, which it doesn't even have a train station. They would, they would fly to London and then get, a car.

Kate: (28:45)

And I remember being so bemused by these people who, I didn't know who they were. I was like, really, again, pre-internet, this is maybe the internet was around, but it wasn't on our phones at this stage. I would just be like, who is this person? I don't know, but they got a lot of money and they seem to really want to see me. So I would just be in my little room above this crystal shop in Glastonbury and the owners of the shop who were awful. basically I'm trying to think of it. Like they'll probably listen to this cause they kind of listened to everything that I did. Hi, Chris and Lindsay, you like classic exploitative landlord. Like for real, they took 50% of

everything. Anyway. this is practice that goes on. Like it's no different to sex work. You know, you work in a brothel, like you will pay your, your, like the brothel owner a certain percent.

Kate: [\(29:39\)](#)

Like, I don't know if it's the, but it was in terms of percentage, but it was like that it was so similar. Apparently one of my closest friends worked on both of the years and she was like, what you're describing is basically exactly the same thing. You just waiting in the room upstairs. And this was me as a terror reader. and you know, they'd call your name. If they've got a client for you, you don't get to choose the client. You don't get to decide whether you want to see them or not. You're bad to perform a service. You do the service and they take a large cut. And then at the end of the day, they tell you how much you've earned. And it was like, it was like, you know, it's just straight exploitation. So these famous people started coming. I know who they weren't in care.

Kate: [\(30:21\)](#)

I mean, I really didn't give a. I was fully in the, you know, I am, what, what, what, what was the one of the phrases that was, you know, we were, we were taught to recite before every practice when there's so many prayers to recite it, depending on the, on the mystery school, of course, but one of them is like, you know, I'm, I'm a vessel of god, you know, like you, you remove yourself and you just are, this comes from this of a heavily Christian based spiritual practice, spirituality, deeply problematic. and so I really like, there wasn't even a part of me that was even interested in who these people particularly were, but they were super excited downstairs, but I still only got like 50% of my, you know, anyway, I left them soon enough set up my own short.

Kate: [\(31:08\)](#)

One day I realized I was like, hang on. The rent on this shop is like 350 pounds a month. If I'm not paying them, you know, when you do that math for the first time, you're like, downloads. So I did that and, moved up in my own space, published my first book, got more clients, more busy prices raised. and then it just went from there really, that's that's the, just the brief 30 minute precis of it. But, I still go to Glastonbury's. I feel that people still own the shop. them still. but some other schmuck is they're doing readings and NAMI.

Speaker 2: [\(31:51\)](#)

Oh, thank you so much for, for sharing that. Cause as Tristan and I said, when you paused and were like, this is really long. I mean, I think all of this is so important and I know, you know, we've heard from listeners who really resonate with all the, especially like childhood stuff and just how we get to where we are as humans is so important, even though the podcast is about entrepreneurship. So, thank you for just being so generous with that and what I heard so many times in what you're saying is like agency, like self determination. and I guess, well, Tristan, before I ask another question, I want to see if you have no, no, you're, you're good. You're good. I mean, this is, I want to hear what you're about to say, but that's what I'm hearing too, this whole, like the whole thing that your parents, your entire like social system around you is telling you not to be who you are and you found your way through to not just be true to who you are and your gifts, but also utilizing them fully.

Speaker 2: (32:52)

Like that's a, I mean, yeah. Lauren continue. Yeah. Well, and you touched on this a bit already, but I know so much of your work currently. And part of where I first started plugging in with what you do is around money and that, you know, being a healing force for the world or someone who's committed to justice doesn't mean that you're taking a vow of poverty, that you can be very well paid for that work. And I, and I know for a lot of folks in our community, you know, there's, you pointed this out in our first reading that I did with you privately over the summer, that that value of justice is such a good thing, but sometimes it gets in the way, or I like conflate it with not thinking I deserve to earn money for what I do. and this has come up a lot with different guests. So I'm curious, you know, how, I guess your thoughts about this, how our mindset and conditioning affects what we earn as non CIS men, most of us, and any messages that you want to make sure that people listening here around money.

Kate: (34:00)

Thank you. Yes. I think you're right. The we're told, I think by capitalism, but it's not just capitalism. It's the multiple intersecting oppressions of like white supremacy, patriarchy, but capitalism is the thing that underpins all of those. Of course. we're told that we've got two options. We are either rich capitalists or were poor anticapitalists and that's it. And somehow money has just been like assed as an energy that is like the same as capitalism and it's not. And so I think that's the first thing that I would say is such a radical thought for most people, but like separate out money from capitalism and recognize that capitalism is just a way, a single way of understanding and structuring culture and society has nothing to do really with anything other, other than, you know, you can trace it through the history of philosophy to some really poor decisions that some white men made, but really it's, it's not money and money.

Kate: (35:11)

A lot of the time in, in spiritual self-development world, people talk a lot about like money is energy. Money is energy. Yes, I agree. But like it's not, it's not enough to just make that connection and say money is energy. It's really important. I think there's three, three steps that need to be, to be taken possibly a fourth, which are, I'll talk about some excited about, in order to liberate oneself as much as is possible from the narrative of like capitalist rich anticapitalist poor. And those three steps are first recognize money is not capitalism. Capitalism is not money. They don't capitalism. Doesn't own money. So that. You know, like he says, who that's not true. The second is to say, well, yes, money is energy, but that alone, even like, it's not capitalism, isn't money. Money is energy. That's not enough. One also has to recognize like, who are you?

Kate: (36:12)

Who are you in this whole dynamic and this whole engagement with the university? Who are you? Well, in my view, I guess that's the best way of putting it. I, my consistent experience and the most powerful way of understanding who I am and my role in the, in, in, in existence is this thought that every single one of us is a shard of the divine. So we're not the divine completely. We are a tiny, tiny, tiny piece, like infantile similarly, small piece. And yet we are a piece of the divine. Like you are Tristen. You are, I am, we all are. And altogether, you know, every being

that makes up the universe is a shard of that divine. Okay. So if I'm, if I am fully the divine, if not, you know, the full divine, what does that mean? Well, it means that I am completely entitled to myself.

Kate: [\(37:08\)](#)

Everything that is the universe is energy and I'm entitled to myself. I am entitled to energy. I'm entitled therefore to money fully, and there's no limit to it. It is impossible to limit the universe. So I think you need these three pieces really to start, to be able to think, how can I break this spell, but I'm under. And I think that capitalism is a collection of spells just as patriarchy is these are spells that are re affirmed every time that we use language in a certain way, every time that we have internal dialogue, we're reaffirming these spells and these are bad magic spells. and so when it comes to changing, one's engagement with money and, you know, it really can't just be done by repeating a mantra like we see on Tik TOK or Instagram. I'm not saying they're not valuable. They can be hugely valuable, the money mantras that people repeat.

Kate: [\(38:03\)](#)

And if you do it before bed, you'll wake up with some money. Well, maybe, but like, if you want to make a radical, long-term change, not just for your life, but for everyone that you have influence and you need to start changing and challenging the fundamental understandings that you have about how the universe works and what the happening here and who you are in it. And for me leads me to the fourth piece, a big shift occurred when, you know, I, we all struggle to know deeply like that. We are the divine that we're entitled to ourselves. Therefore we're entitled to for money. I struggle with it. Why? Because I live in, in a, in a, in a culture and a community and a whole universe that is telling us the absolute opposite and always constantly all the time. So something that really helped me was to really examine, and I have to give credit where this is due the student, this, this was given to me, I guess, like conveyed to me in, in a meditation, by my, one of my guides.

Kate: [\(39:05\)](#)

one of the things that really helped me was to think of like, okay, so if I feel and have felt for so many years so uncomfortable around money, that I'm not entitled to it, that it's something that's like icky or dirty, or like it's, Sully's things, you know, cause that's how we're taught, particularly in like the healings personal development world. And if we have an interest in justice, we shouldn't be focused on money. Like if, if, if I have this resistance to money where I feel like it's not for me, or, and I've been taught that I should reject it and I have been taught that I shouldn't desire it and I shouldn't want it. Let's have a look at that thing. Like, what is it about money that I feel like a genuine repulsion around it. And it was really simple for me.

Kate: [\(39:47\)](#)

I was like, Oh, it's, it's cis, it's white. And it's male. Like actually when I think of money, what are the characteristics? What I find it in the past, I found it to be unsafe. I found it to be something that was not, for me. It was something that I only could, you know, pass along, you know, like I would have temporarily and then I would put it aside and you know, it wasn't me. It was not me. And so In this meditation, it was shown to me, well, that's all wrong. Like, and also the way to

just transfer, just, just totally turn that on its head. So, to conse what was shown to me was to conceive of money as a being. So I think I'm such an animist. I think that everything has being, I mean, I really do think everything is a being has an energy and a spirit.

Kate: [\(40:36\)](#)

And I engage with the world as such, but I wasn't doing that with money until this point. And so they showed to me conceive of money as a femme, because even when he has a woman and worship her as a woman and start taking ownership over and responsibility for her wellbeing as if she were your sister and then start thinking of patriarchy and stop thinking of these men that have all this money, do you want, you know, she's basically been taken hostage by capitalism. She has been taken hostage by these rich men. Like that's not right. You have a responsibility to collect as much of this woman energy. I don't, I'm so resistant to these gender terms of feminine energy, but here I think it is actually really powerfully helpful because it can be, you know, it's like nothing is as effective at like knocking something back when you, we live in a binary world, which is. as like, well, you think money is male, actually let's make it the most high femme version in the whole world. I was like, money is like me. And then this piece clicked and I was like, you all, I'm taking it. It's mine.

Kate: [\(41:49\)](#)

And so, yeah, I think that that is something that really can be it, you know, when you really internalize that and do the work to, to, to really start thinking of money as a high femme, then you're like, Oh god, because I, you know, one of the kind of grounding practice foundational practices of my life is just fully assed solidarity with all women. Like immediately, it doesn't matter whatever the hell is going on. Like I asse solidarity with women. And so that in combination with thinking of money as a woman, I'm like, Oh no, this is, I got to help you out here. Like here, it's safe in my bank account. You don't want to be, you know, because you will be used for ill by them. So that was a big, a big piece. for me, I also think another thing that I think is very important is to, you know, really recognize where these stories that were told about, you know, who about deserving and who deserves money, where the hell is that coming from?

Kate: [\(43:00\)](#)

Because most of us don't do the work to do that. Most of us don't and I was guilty of this for most of my life. Don't actually question those stories. We just go, Oh yeah, you're right. You know, I don't deserve it. Like I did this for so long, you know, somebody would give me a Tet, which was unheard of until I started working for Americans, you know, American when Kai would give me a 10 and I'll be like, Oh, no, was like the worst thing you could possibly do to me. Like, I wouldn't know what to do. I wouldn't, I, you know, I, you know, because it, it was just so, you know, it didn't fit with the story that I had about myself, which was that I'm just here to serve, you know? that's, my purpose is to heal others and here we've got somebody like trying to give me, you know, if I could have, you know, worked for nothing, I'd have worked for nothing, but unfortunately I had bills to pay, you know?

Kate: [\(43:50\)](#)

But where does that come from? Who's telling you that story. Well, it's sorry, but it's really boring. It's just straight up patriarchy. Like whose labor is valued. Well, it's not women. Oh. You know, and then you look at the whole, the major sites of oppression of gender depression, and it is sex work, abortion and money and prepayment and cleaning, like, so who were, who were like the most depressed people in this, in this world will trans women, trans women that are sex workers. Well, why is that? What's the most like worst thing you could possibly do as a woman in this culture have an abortion, or why? Because these are things that we're taught women and people that are able to have children Oh. To culture and society for free. Well, who said that?

Kate: [\(44:40\)](#)

You know, so I think it's like, yeah, if it becomes really powerful to start making these connections and then just be like, Oh my god, I absolutely reject that. I completely reject that. Why the is this? You know, like I have a lawyer who I was recently having a conversation with over something. And this charges, I don't know what, 600 pound an hour, he has less years of education to me. He doesn't have a PhD from Oxford. Like, doesn't have a question of how much he should charge an hour know, is he worth it? Probably not. But nobody has a like question now. And I, and I get like so much every time that I post about my prices, I'll get some telling me that it's outrageous, that I'm charging. What am I charged? I think at the same amount, but like

Kate: [\(45:37\)](#)

The point, the point is that there are people in this culture and it's not just about like that gender. It is certain work as gender. So even if you are a CIS white man doing the work that I do, which nobody could do, but like, let's say they do a similar work. They would, they would have a hard time charging what I charge because the nature of the work is women's work. Right? Just like it doesn't matter if you're a babysitter, if you're a man or cleaning, or man, you'll probably get easier time charging a little bit more because your gender gives you that privilege. But ultimately the work is considered women's work. And all of women's work has historically, since we have patriarchy being considered to be for re absolutely of no value, like it's essential to the creation of everything, but you never pay for it. That's what you get for free. Like men are entitled to this. The world is entitled to your labor for free. Well, that is just not true. So, yeah. Sorry. I can talk about this for hours.

Speaker 2: [\(46:38\)](#)

Oh, it's so good. I'm seeing tourist in not a lot. I'm having so many thoughts, like so many. I don't even know where to start with expressing them. I can't like I'm thinking about, you know, at least in the States, you know, we severely underpaid teachers, nurses, like they have benefits. A lot of times they're not allowed to unionize like yeah. The gender nature of like different work that people do is so strong. And I really hope that anyone listening who considers themselves like a healer or in any way, like of service in that way really, really takes them what you're saying, because I know it can be confronting. Like when I first heard you use the word entitled about money, I was like, wait, am I entitled to money? Is that allowed? Like there, the conditioning is so strong and it there's, there's something that happens where it doesn't feel safe almost. like

we've been taught, it's not safe to consider ourselves entitled to money unless you're a bad person. If you, if you work towards that or if you feel that in your being yeah, yeah.

Kate: [\(47:45\)](#)

Word entitlement is the problem there because we have this idea, you know, when, when suddenly for me, when I, when I think of the word entitlement, it brings up abuse of power. Like really that's what it equals for most people. This is shortcut because we think of like male entitlement to space, to bodies, to time to money. And so we don't want to be associated with that. We don't want it. We're not entitled to any, because entitlement means in that context, taking away from others, but true entitlement in the spiritual sense of it being, and I was going to say birthright, but I don't want to even use that term because of Zionists over, you know?

Kate: [\(48:28\)](#)

but we have an ontological entitlement, to everything. And the incredible and important point here is that the universe is infinite. And so my entitlement to everything does not diminish your entitlement to everything. And so when we're using that word entitlement, it's so important to retrain ourselves and say, okay, may entitlement that's talking about, you know, is fundamentally based on an understanding of the world that there is limited, that is finite. And so if I'm entitled to everything, it means that no one else is, but I'm not that that is not my experience of the universe at all. That is not how the universe is. There is no, you know, finite end to anything. And the irony with money is there's literally infinite because it's not real guys, you know, like, Oh, I hate to break you. But like the, the, the dollar isn't even connected to the gold standard, like it's literally not real.

Kate: [\(49:33\)](#)

So I assure you, you are a hundred percent entitled to every single bit of that matte imaginary make up, made up, like go for it. but this is why it's important. I think to have, I really think it's so important to have a good, solid understanding of, I mean, I was going to say the history of philosophy that sounds too in depth, but like I do think that it is so important to educate oneself and find out about like where the way in which we're encouraged to understand how the universe works, like basic metaphysics and philosophical terms. Like this is what we are experiencing. We're talking about. It only been two or 300 years old, right before that was a different way of thinking, like how the universe existed. And so, although it's only within, you know, two or three generations, maybe four generations of our, like families that we've been taught that, you know, the earth is, is round.

Kate: [\(50:30\)](#)

And you know, that it's changing all the time. You get to choose really like what concept of, how of the universe you want to live according to and pay patriarchy and capitalism particularly will have you believe that there is only, you know, like the, I mean, god, America is just such a garbage can fire at the moment has always been of course, but like, you guys are really experiencing the peak of everything. That's so wrong with the extreme version of capitalism, but, you know, actual true capitalists. And I have known a few who are heads of banks, heads of countries, you know, do they think that the amount of money in the world is finite? Oh, they just

teach us that think that they know that everything's infinite. This is just a big, old spell. That's been cast very successfully and we just keep on repeating it, you know? So, yeah, entitlement though. I think that's why it feels uncomfortable is because we associate it with the taking from others. But if we take seriously this idea that, you know, the universe is infinite money, isn't real, I'm fully entitled to everything and that does not diminish your entitlement to everything, then go forth and claim.

Lauren:

And Kate has a money e-course if anyone is listening. It's in the show notes. Because I know because of the conditioning, like it does take a while of kind of --I love that you were describing, capitalism as a spell or like white supremacy is a spell, because we're repeating it, it's deepening those grooves in our brains. And so like, just as that's a spell, we can cast one in the other direction. And that's what that course is really.

Kate: [\(52:23\)](#)

Yeah, exactly. Thank you. I forget about, I don't even think about the products that I have because like this is that's bought isn't it, but, yeah, the, the, the spiritual money upgrade is, was just re re recorded a new video for actually it's this, I created that I think over a year ago, maybe two years ago, because I felt so frustrated that every person that I was encountering, you know, I'm so sick of seeing women pull I'm so sick of seeing women poor. And there's no reason for it. Like actually, and I'm not saying that it's, this is, I also have to say it is not as straightforward for someone who is not white, who is not cis, who is not able-bodied to, you know, transform that spell why? Because we've got all these other spells on top of them, which are very materially real.

Kate: [\(53:13\)](#)

Like it's not just not for one second claiming, an idealist position, which is like, everything's in your mind, you just got to think better thoughts and you'll be rich. That's. but it is possible. It is absolutely fundamentally possible to make radical changes to your material reality through certain practices and the recognition of certain beliefs and rejecting those beliefs and re you know, what's the word putting in bed over it, beliefs, changing those beliefs, replacing those beliefs. And that's what the spiritual money upgrade does is I basically teach you how to identify what the primary stories are that are running. That what's the, what's the major spell that you are under. You will be able to identify it, weed it out, and then replace it with much more powerful ones. And it's incredible the changes that people have with this. It still makes, I think it's one of my, I don't know.

Kate: [\(54:08\)](#)

I just, I feel so proud of it because it, you know, and it's not just, for, for, for, you know, women, although, that it will always be my sort of the people that I create the products for, because that's my experience of living. And they are often the people that are most depressed, but like everyone that does this program, radical shifts, if you do the work, it's not like you watch it once, sit back, don't do. And it's going to change. That won't happen. I'm not making a TikTok version of that either. You know what I mean? Like, that's. You've got to do the work, but doing the work

literally means really sitting down and feeling like you were saying, Lauren, that confrontation and that resistance, and that sense of like the is she talking about like, you know, a lot of people when they do this program, you know, quite get quite an aggressive response. so it's digital. I got nothing at first, because it is meant to trigger these deep beliefs, which

Speaker 4: [\(55:12\)](#)

At the core of your being, you know, are not

Kate: [\(55:14\)](#)

Right. So it brings up, you know, a lot of stuff and it makes you angry. And then you realize how long you've been living this lie. And so I always give it a warning. Like you're going to find out you've been running some really up stories for a long time, but once you know that they're there, you can start. It's a bit like, you know, like pulling out the thread of, you know, I knit a lot, actually. I don't know, such a lie I started to, and then I give up. but you know, when you've got like the thread of something, you want to pull it out, it's like that it's tricky and you have to UN you know, it feels like there's work to do, but if you do it, you will, you will, you will make money. And it's so cheap. I think it's like, I want to make it the cheapest I can buy stock while still honoring the work, the work that hours of work that went into it. And he's 97 pounds and \$97, which, if you, if you do, it will, you know, you will make that infinitely more times over with so many amazing customers. I have also, we have a whole app where there's a whole section on the app. That's just for the community of people that are doing that work anyway. I can attest. It's awesome.

Lauren:

I do have one more question, but Tristan and I want to see -- Okay. cause I, one thing that I am really fascinated by is how people have brought their businesses online during COVID, but you were pretty much all online anyway before. Correct. so I'm wondering like how, as you made that transition from doing these readings in Glastonbury to, you know, now being this like online person, completely with all of your offerings, who like, are there certain teachers or mentors or coaches who you worked with that, or, or even just moments or pieces of information that came to you that clicked with how you wanted to structure your business? Cause I know that that's something, a lot of people are challenging.

Kate: [\(57:14\)](#)

So you know, one of the things I would say that's hugely, hugely benefited me about what, who I am in the world. I always resist talking about like what I can do as a gift, because it's always been like, I actually, this is. I don't want it. but one of the benefits of being who I am, I guess is having this really good foresight. Like I knew that everything was going online at least four or five years before it did. And so I was able to pivot my business in that direction. and I think that for me, it, you know, it might, well, there's two things to say, 1:00 AM actually creating something at the moment that is literally targeted. And I'm creating a program that is targeted at people who, and women particularly, that are readers, how are readers, psychics, but mainly face to face to help them move their business online.

Kate: [\(58:21\)](#)

Because the answer to your question, there is about a thousand million mistakes to be made and they are very costly. And where do you even begin if you haven't done it and you don't know, I moved my business entirely. It was entirely face-to-face. I didn't even do telephone readings, like in the training and the practice that I was brought up with the spiritual traditions that I was in the mystery traditions, everything is about in-person energy. Everything is about reading, like with your hands, I was trained how to do everything using, using my body with this really faulty, thought that that was somehow easier or stronger or only possible that way. Whereas actually, and this is where, like, you know, a decade of academic education in academic philosophy helps when you actually examine the philosophy of the concept behind that. You're like, Oh, hang on guys.

Kate: [\(59:15\)](#)

And there's energy. Like, we're not materialistic, like what's happening. And so I started to think, okay, well, if I can do this in person, let's see, can I do it? You know, but I literally would refuse. This is why people would fly from New York to London to come and see me. Not because they didn't, they wanted to see me in person, but because this wouldn't do it, I was like, I can only do it in person. I can only see you when we're face-to-face. And I can, like, I was trained that you can't even, people have to take their glasses off. So there's no, I mean, absolutely ridiculous. and yet that's how I was. So to let you know, that was, I really did have a, you know, very thriving, very busy practice that was entirely in-person.

Kate: [\(01:00:02\)](#)

And anyway, had this very strong push from my spiritual guides. I got to say, I, when I was thinking about like, which teachers could, I've been extremely fortunate and unfortunate. The people that have given me the most and taught me the most in terms of my spiritual practice have not been spiritual teachers as such. They have been just very, very like, unassuming, very kind, ordinary, powerful women that I've encountered throughout my life. I've never had a spiritual teacher that wasn't extremely problematic in one way or the other. I really haven't, they're all just a mess. I mean, tell me if I'm wrong. If you found one, that's not me, I'm sort of joking. But also not because I actually think this is like a genuine, legitimate problem. Like you can find people that have years and years of training and experience in spiritual practice, but they haven't problematized a lot of what they've learned and that's a problem.

Kate: [\(01:01:06\)](#)

And you can find a lot of people that are really excellent in, you know, business and, you know, being in the online world and digital marketing and all of that, but then they don't, they don't get the like importance and the meaning or whatever. Anyway. so what was I saying? Yes. So I moved, I, most of my spiritual teachers have been non material. They have been with me since I was born and push me in very uncomfortable positions and give me information. And one of the pieces of information was, you got to get online and like five, six years ago. So I did, and it, it is, let me tell you if you are somebody that's doing in-person, anything, anything at all, you can do it online and it will be quicker and it will be easier and it will be fast and it'll be way more efficient.

Kate: [\(01:02:00\)](#)

And, you know, like literally anything I was just about to be like, apart from sex, maybe, but even sex. Like, I can't think of anything that's, I'm not saying it's going to be as good, necessarily everything. I dunno, sometimes it depends on that. but yeah, I think that, the, the main things I would say is don't examine any resistance that you have to moving your business online in, in that resistance, where is that coming from? What are the stories underpinning it? and most of the time there will be some story hidden in there that says, you know, that, you know, or even Lauren, you and I have spoken about this, the distinction between like making your time accessible versus your work, right? Like that's a really important thing. The amazing thing about working online is it's actually significantly more accessible for significantly more people.

Kate: [\(01:02:57\)](#)

And so if you've got resistance to it, ask yourself if part of that is that you kind of want to hold onto the belief that your personal in person energy is just so amazing and powerful that they got to have it because I was definitely holding onto that. And actually that's just. you know, and I think, I mean, this isn't exactly a prediction online is the future guys, but, clearly it literally is. And think of all the income like accessibility is what I would say, accessibility, accessibility. It's so major. So major. Like for me, I, you know, there's so much more that I can access as a disabled person, physically disabled person here, now than I could ever have ever half, five years ago, 10 years ago. And you can create something online and sell it a million times, and you've just created it once.

Kate: [\(01:03:50\)](#)

And it's not diminished in its value. This is the thing. Everything comes back to this concept that we have been taught that the inf the universe is finite. The energy is finite. The intention is finite. That love is finite. Like, well, how does monogamy, why don't you say I can't love it? Well, that's a load of. Why? Because we've got this finite idea, or like, everything's just limited and it's, you got two choices, right? You're a man or a woman you're in love, or you're not like what a load of. Well, this is the same. I think when we come to like digital creating, like if I make something with strong integrity in power, and I am able to capture it digitally, then do you, do we think for a minute that the first person that watches it is going to get the full power of it, but the thousand phone get a bit, no, it's not how energy works. So move everything online. yeah, that's what I got to say.

Lauren:

I'm just hearing like an expansiveness to how you approach everything. yeah, it's very much appreciated. well, I know that we're at time. and I'm curious, so Tristan, is there anything that I'm loving, just sitting here and listening and nodding and having my mind blown multiple times in different directions. I know, right? I told you, I told you, well, Kate, before we let you go, is there anything else that you want to share with our listeners? anything you have coming up or just really anything you want to, you want to say,

Kate: [\(01:05:21\)](#)

Thank you. yeah, I suppose the, the only thing I ever want to share is if you feel like, you know, you resonate with these ideas, I'm always looking for more people, the right people to apply, to join the spiritual life upgrade, which is my 12 month mentorship. So, what's the word I don't, I it's so difficult to articulate. Like, I'm so selective about who I invite in, but like, you know, Lauren, cause you're in it, it's such an incredible space that you can't afford to just be like, Oh, we'll give you a go if you're right or fit. No, it doesn't work like that. Like, but at the same time, it's my job to like almost shy. And this is, this is I think the thing about going back to the online digital marketing and moving businesses online, I think as, and I don't, I wouldn't describe myself as an entrepreneurial though.

Kate: [\(01:06:09\)](#)

Obviously I am, but, I think this is the thing about having a company or companies or a product is your responsibility. I think to let people who need your services know that you exist. And I think about this all the time, every time, any resistance to like selling pops up, I don't sell I'm inviting. And so I always make a point of, you know, saying I will only ever work with people who I know for a short fact, I can help transform their lives. I can support them to transport them, transform their own lives. And that is available. My, you know, mentorship is available and if you feel like a pulled or you're excited or interested by anything that I say, it's also not the only way to work with me or get access to my work.

I have a whole collection of free resources, free to people that are not white and people that are not cis and also to sex workers just recently created last week a pretty amazing, digital download pack, it's called Protection Against the Patriarchy and Hex the Patriarchy Pack. It's so good. I am. So there's one of my, like, I love it. These are my tried and true spells. I think it's 20 pounds to, assist white people that are not sex workers. All the money for that actually goes to SWARM, which is a sex worker, activism and resistance collective. but there, there are multiple ways in which we can work together. Follow me on my Instagram. I think I've just started a TikTok. I think because like Ames, my partner, is obsessed with TikTok and they're like, you got to get on TikTok. You got to get into. So I think we've got a TikTok. maybe by the time this is out, I'll have thousands, hundreds of thousands of TikTok followers. It's mainly just going to be three legged cat videos, I guess. I have a lot of three legged cats. We got them when they had three legs. I always want to clarify that. Yeah, it was really dark. and yes, Instagram is a lot of, there's also the money. If you, if you feel pulled or excited by anything, there's so many different ways in which we can engage together. and ultimately, yeah, if you're right for the Spiritual Life Upgrade, it'll change your life. And, you can have a 10 minute chat with me to see if you're a good fit.

Tristan:

Oh, thank you, Kate. This was such a gift of a conversation truly.

Kate: [\(01:08:53\)](#)

Thank you. Thank you. That's really kind. I really enjoyed myself.

Lauren:

Yeah. Well, again, we were so glad to have you here and I know that this is going to blow some other minds besides just ours. So, thank you. And yeah, we'll link to all of the things in the show notes and, I hope everyone just stays in touch and stays in tune because this is really important and we need it right now. So thank you. Thank you.

Tristan:

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