

N.Y.B.L. Podcast Ep 173 (Wealth is Waiting for You with Shamina Taylor)

[00:00:00] **Rebecca Zung:** [00:01:00] What. Welcome to another episode of Negotiate Your Best Life. It is so, I'm

[00:01:05] **Shamina Taylor:** so excited about this episode from a

[00:01:07] **Rebecca Zung:** personal perspective because this girl. Is a former lawyer, well she's still a lawyer, but she went from a real estate attorney, just like, I mean, like we're both like kindred spirits cuz we were both lawyers for a really long time and now she has transitioned to being a, a wealth expert, a spiritual mentor.

[00:01:32] She helps women. Build their wealth, their, their consciousness, their spirituality, really, and I, I mean, it's just like so much more, I feel like you can't even put it in words, what you do for, for people. I mean, you really transform their whole souls. I feel like they're souls. There's spirit. I mean, because you.[00:02:00]

[00:02:00] Did that, you went from being in relation in a relationship that caused you a lot of trauma. You were in relationship with narcissists and, and now you've built this million dollar, massive, huge thing and you, you so are doing the same thing for other people. And I'm so excited to have you here because.

[00:02:26] You are going to teach everybody how to do the same, so

[00:02:31] **Shamina Taylor:** welcome. Thank you for having Rebecca. I'm so excited about being here today. Oh,

[00:02:36] **Rebecca Zung:** and by the way, yes. Shaina Taylor. That's your name.

[00:02:38] **Shamina Taylor:** I didn't even say Hi, I'm Shaina Taylor. Just to clarify, my ex-husband wasn't a narcissist, but my father was so definitely just to clarify, but yes, I have overcome that and it's, it's connected to wealth, believe it or not.

[00:02:52] When you understand, um, your toxic patterns and how a narcissist plays into your victimness, it, like it, it's all connected to money.

[00:02:59] **Rebecca Zung:** [00:03:00] Yeah, I mean, and so you recognize that healing is how, like you were able to heal your trauma and, and through that you were able to grow into your, you know, your wealth and who you are and, and now you are able to take that and, and transform lives and Absolutely.

[00:03:25] So, I mean, I want to. Go back and talk about, first of all, why did you

[00:03:34] **Shamina Taylor:** become a lawyer first? You know, it's so funny cuz I, I try to think back about, When that decision was made, I think ever since I was eight, I was arguing with my mom all the time. And then I think people always just kept telling me I was gonna be a great lawyer.

[00:03:48] Cause I was always arguing, arguing, arguing. And I don't remember the moment. It was just always a natural progression that I was gonna go to law school. Like that was ever since I was little. I don't remember wanting to be anything else, [00:04:00] to be quite honest with you. So that was just my, my path. Um, you know, once I did get to law school, I found my people there.

[00:04:08] You know, I found the people that were just like me that, you know, um, we had the same, similar, similar ways of thinking of operating, you know, the A types, you know, people who are very opinionated. I felt like I was around people who were too much and I could also be the same and also be, you know, very vocal about my opinions and it felt really good.

[00:04:28] Yeah. And

[00:04:29] **Rebecca Zung:** you were not a lawyer for just a couple of years. I mean, you were a lawyer for a long time. Just like me. Yeah. How long were you, how long did you practice

[00:04:36] **Shamina Taylor:** law? 20 years. I practiced law. I was a real estate attorney. The latter half of my, um, my career, that's what I did. So I could still be a mama and still be able to practice law.

[00:04:47] And before foreclosures were a big thing that they are now. That's, I was the foreclosure queen in the beginning. I did real estate law and I did a lot of contracts back then on, um, Um, commercial and, um, residential. And it

was, uh, [00:05:00] it was amazing cause I could still have a, a family and I could still run my practice at the same time.

[00:05:04] I had my own shingle out there. So it was, it was, it was me, myself, and Diane, my assistant, and that's how we were running things. Or I wouldn't call our paralegal like assistant, but you know, that was it.

[00:05:15] **Rebecca Zung:** Yeah, I mean, just like, I mean, I had my own practice for a long time too, and I was raising my kids and my family

[00:05:21] **Shamina Taylor:** and um, and then you got

[00:05:23] **Rebecca Zung:** divorced?

[00:05:24] Yes. At some

[00:05:25] **Shamina Taylor:** point along the way. Yeah. I did 10, let's see, we got divorced in 2015, but I got separated in 2013 during my awakening moment of realizing that the life that I had created wasn't actually the life I wanted to live, which was, um, Pretty interesting when you have the awakening moment. I was on a yoga mat actually, and I'd done yoga probably like three times.

[00:05:47] I'd just finishing a body building competition and um, a girlfriend of mine was having a, um, she was being filmed on TV because, uh, she for yoga cuz she was in the competition with me. And I remember being on that mat and having this [00:06:00] massive breakthrough. I was in the. The, what was it called? The um, frog post and I was just crying and all this emotions rereleased from my hips.

[00:06:09] You know, one of the things that I realized after decades of having unhealed trauma is that I had so much locked in me that wasn't process of emotions, because when you grow up with a narcissist or you grow up in a very toxic environment, you are not taught to feel your emotions. You are taught to freeze those emotions and big girls don't cry and you just kind of pick up and go along and.

[00:06:29] That's kind of what I did until that moment in my life where it was like this damn, just like went and it was like, okay. All right. I can't unsee and unfeel what just happened, like something in my life has to change. It was in that moment, my girlfriend was talking and she's like, do you, do you, do you, are you really happy?

[00:06:45] And I'm like, I forgot who Shaina was. I was in such survival mode for so many years, and I'm sure many people can relate to that, where you're just like, you just get up and you just keep going. You know? Wake up, do the same thing over and over again. And I'm a high achiever, so being busy and accomplishing things [00:07:00] were my go-to drug of how I survived, right?

[00:07:03] Until that moment, and I. There was no turning back. I realized like, okay, things have to change. And a month later, my now ex-husband, he had moved, we decided he would move out and I just spent the last 10 years on a journey of really finding who I was, breaking my patterns and healing and um, it's been amazing.

[00:07:21] Yeah,

[00:07:22] **Rebecca Zung:** but do you still continue

[00:07:23] **Shamina Taylor:** to practice law after that? I did for a little bit and then I realized like I had a calling on that mat that day. Something came to me and said you were here for something bigger. I just didn't know what, and you know, it's really scary because you have this, you know, profession that you've been in for years that you know is guaranteed money coming in and you know, it takes care of my family.

[00:07:42] And then, um, All the investment made into becoming a lawyer. It's not a cheap endeavor, you know, to, to do that. Yeah. And also it's a highly widely respected profession. Yes. And I knew there was something else calling to me and I didn't know what it was and I couldn't put my finger on it, but I knew I couldn't.

[00:07:59] Ignore that [00:08:00] calling. And you

[00:08:00] **Rebecca Zung:** do well as, as an attorney. I used, I used to hear people call it the golden handcuffs, like you can't actually just leave it very easily.

[00:08:09] **Shamina Taylor:** No, it wasn't. And you know, I think the, it was like, almost like serendipitous cuz the market was crashing and you know, a lot of things were going and where people were trying to bounce back again.

[00:08:19] Things were changing in real estate. And my kids were four and five at the time. And, um, my ex-husband was working a lot, so I had really scaled back on my practice, but, um, I was afraid to let everything go because what if I

did what would happen? And there came a point where I just jumped and I'm like, okay, I have to really figure out what this is.

[00:08:38] And I spent years working on myself, and I would take deals here and there, but I wasn't fully disconnected until eventually in 2008. I'm like, okay, I can't do both right now. It, it felt. Misaligned. And so then I decided, okay, 2019, this is it. I took some deals on and then 2020 my business completely blew, blew up, and it was, it was amazing.

[00:08:59] I, [00:09:00] we, I mean, we made seven figures right away. It was amazing how I thought everybody did. So when I came on, it worked really well. So

[00:09:06] **Rebecca Zung:** during Covid,

[00:09:07] **Shamina Taylor:** this is during Covid. Yeah, during Covid. And, um, you know, and at that moment I was like, I'm so glad I'm not practicing law right now, because where would I be going?

[00:09:16] Like zoom rooms. I mean, people were in a, I was a real estate attorney on top of that, like the real estate industry and shut down. We, you know, lawyers weren't really practicing in that moment. And I feel like, I feel spiritually I was aligned and I was set up for this new work that was coming my way. I just had to say yes and listen and trust the intuition and.

[00:09:36] The voice that I couldn't really pinpoint and being a lawyer, I'm so like, Um, I still like this where I, I'm evidence-based and I'm, you know, I look for facts. I look for things to make sense, and the stuff that was happening to me didn't make any sense. So I had to, I had to go deep and trust something inside of me that I, that I didn't maybe always trust before.

[00:09:57] And when I started doing that healing work, I started getting really connected to [00:10:00] that feminine energy inside of me. And I really started connecting to, you know, My spiritual self and just really trusting my soul like this is the right thing to do. Even though there was no evidence to say, you know, go ahead and do it.

[00:10:11] I had to keep trusting and man, talk about faith. That was like a huge, huge jump in faith.

[00:10:17] **Rebecca Zung:** Mm. Yeah. Well it was during Covid that I made my jump onto YouTube and did all my stuff too. Right. I made it, you know, there

were times that you had to, they were those times that you had to make decisions. You had to make changes.

[00:10:31] Right. So there was also some trauma that you endured as a teenager. By a family member. Talk

[00:10:40] **Shamina Taylor:** about that. Well, this is gonna relate to some of your, uh, listeners. Um, I thought I was 15 but actually was 16. And, um, because a lot of it, I didn't remember exactly the time period cuz I'd blacked most of it out.

[00:10:54] But my father, um, and I've took, taken me a long time to identify who, cuz I used to say a [00:11:00] family member and now I'm okay with saying who. Um, I found out my mom was, uh, my dad was cheating. I'm a mom and this is just a short, abbreviated version. And my father wasn't, um, he, he, he wasn't, he didn't seem like a bad person, you know, like overall he was a charming person.

[00:11:18] But that night, um, something flipped in him and, um, he. Was, uh, started to physically attack me and, um, he was beating me that night. He had pinned me on the ground and I just remember him smashing my face into the ground. We had this pink carpet and it had really cheap fiber of the, the carpet, and he was.

[00:11:39] And, uh, smashing my face and I thought, I'm gonna die here right now. I, I was struggling for my life and I remember grabbing a phone and it was one of those cradle phones like this, the white ones. And I went and grabbed it and I had his edges and I, I grabbed it cuz I was laying on the ground. He was on top of me and I grabbed the phone and I hit his face to get him off of me.

[00:11:55] And I remember cutting his face and that's the moment that I was able to get out. And I was barefoot and I [00:12:00] ran out the first place I could get. I ran out for the front door and went to my neighbor's house and banged on the door. And my mom reminded me it was who's, um, Halloween night and um, you know, that moment changed my life forever cuz I never got therapy, I never got help.

[00:12:15] I was, our family was just very hush hush about things. We just kinda, you know, we don't talk about it. And um, and I think a lot of people were raised that way. You just kind of moved through things. You don't, you don't, you don't deal with them and. Personally, I spent decades having a story about, you don't know what happened to me.

[00:12:35] You don't know what I've been through, you know, and always having to overcompensate and prove myself to be strong and to be, um, Loved and I spent a lot of years feeling very unworthy and not being, and I, I still have to remind myself how worthy I am of love and how worthy I'm of, of, of being honored. I have a 15 year old, 16 year old, soon, right now, and a 17 year old.

[00:12:55] I cannot imagine putting my hands on her unless to hug her, you know, and being a, being a [00:13:00] little girl and not being protected. This led into not feeling very safe in my life and always looking for safety and creating a victim mindset, you know, and a victimhood cuz I never got to heal it. And, but now that is all healed.

[00:13:12] Now I can say that with a lot of, um, pride that of the work that I've been through, I am happy that I'm at this place now, but I wasn't then and for decades mm-hmm. Decades, I went through that. Mm-hmm. You know, and I feel a lot of people don't realize that. There's a way to get through it. Like I'm living proof that you can move through that.

[00:13:30] But then once I realized that I started healing, The trauma and realizing that I had, I had a, I had, uh, my father was a narcissist. Mm-hmm. And so he, I made him look bad that day when I told my mom about what he was doing. Yeah, absolutely. You know, I, that called him out. Yeah. And, um, it triggered him. They don't want, they don't want that.

[00:13:48] And then he was all about how, how he looked, you know, like my, that's more important to them than anything. Yeah. He told me when I was pregnant with my daughter, we were in Hawaii and he is like, wow, you've gained a lot of weight. Yeah. I mean, it [00:14:00] made him look bad, you know, and so, He was always very, you know, he didn't realize what he was doing.

[00:14:05] Probably, and this is me making probably excuses for him, but I know that he, that's just his natural way of doing things. He just would manipulate everybody into making them, making us feel sorry for him. Like he was the ultimate victim. And so my brother's a doctor, he's an md and he also fell to that as well.

[00:14:19] I mean, has his own story with my dad. But, um, I spent years not, you know, realizing that I had a toxic pattern with narcissist even in like after I was, you know, got divorced in the dating scene and who I allowed in my mentors that I hired. I mean, it was like a repetitive pattern everywhere of Yeah.

[00:14:38] Having that power. Anyway, what I realized was, Is that money is also, if I allow it to be in that control state and me being the victim to it, it will always control me. And once I started breaking this pattern with, you know, um, toxic masculinity like narcissist and healing my own masculinity and being [00:15:00] safe in my masculinity, I realized that money will always be there to support me.

[00:15:04] And it changed my wealth consciousness cuz how we receive it is feminine, but in how we, um, You know, and how, how it comes to us is in the masculine way, being supported by it instead of us chasing it and being a high achiever and being in a. A toxic pattern. What I did was I chased money. I was like, I'm gonna be successful because I made money.

[00:15:24] You know, we all make money with high achievers. Like most of my clients are double degrees. Like cuz we're, we excel, we are looking for that validation. And when you chase the money, it's, you're not giving it a chance to really come to you in a, in a big way. So I was able to move through those patterns and it's all connected.

[00:15:40] And now that I've figured it out, I teach it. I'm like, okay, here's the pattern. Here's how you break it. And, and literally, millions came in at that point. And I'm not saying it's gonna be for everybody, but for me it was, um, highly powerful to realize that I am lovable, that I am worthy, that, um, You know, a [00:16:00] narcissist is going to always try to steal your power.

[00:16:02] And because I was such a powerful child from a young, a young, a young gal, I would always attract them and I always would feel sorry for them at being an empath and realizing that I get to, um, break a pattern was amazing.[00:17:00] [00:18:00] [00:19:00]

[00:19:43] So

[00:19:43] **Rebecca Zung:** explain more about this feminine masculine Sure. And the narcissist trying to steal your power. So in other words, if you are a powerful woman

[00:19:55] **Shamina Taylor:** and. The,

[00:19:57] **Rebecca Zung:** uh, you're in a relationship [00:20:00] with a man who is trying to steal your power. Are you saying that that woman is going to have a harder time making money because she is giving her power to that man because she's, she is.

[00:20:21] Holding that money power away from herself. Explain. Explain

[00:20:25] **Shamina Taylor:** that. So, so let me give you an example. Whenever I hear someone saying, I support him, I'm pay for everything. I already know there's a, there's a a, there's an imbalance in that relationship. She's inter masculine and he's either being, he acts like he's an alpha, but he really, he's a beta, you know, so there's a relat such situation like that where you'll see a woman, my mother supported all of us.

[00:20:45] She put me through med school. Uh, law school helped with law school, put my brother through med school and um, I think part of her was guilt too, cuz she knew she needed to get out of that marriage, which she's finally getting divorced from him, which I'm so happy. Um, but, uh, yeah. Well she watched a lot of my

[00:20:57] **Rebecca Zung:** videos by the way.

[00:20:58] I think. Did, she did. That's [00:21:00] how you recognized me. That's how we met.

[00:21:02] **Shamina Taylor:** Yeah. Well it's crazy cuz I told my mom to go watch you actually. And I, I remember seeing her. I'm like, you're the, I actually watched your videos, to be quite honest with you because I was, I was looking up narcissist and I saw you and I'm like, this is ladies amazing.

[00:21:13] **Rebecca Zung:** Yeah. That, that club. And you were like, I know. You're so crazy. Oh my God. It was. Oh yeah. So anyway, we're done. Go ahead. I wanna, because I really wanna hear this, this is really fascinating to me.

[00:21:23] **Shamina Taylor:** So, so women who are. A lot of single moms are predominantly in their masculine energy a lot. Let's say, let's say

[00:21:29] **Rebecca Zung:** they're in a relationship with a husband.

[00:21:34] And you're saying like if

[00:21:36] **Shamina Taylor:** he's not working most of the time or say he's working,

[00:21:38] **Rebecca Zung:** but he

[00:21:39] **Shamina Taylor:** makes a lot less. Right. That's what I'm saying. There's an imbalance in there. Okay. And so usually, and usually it's because they feel entitled, like you should be taking care of them.

[00:21:46] **Rebecca Zung:** Well, or like he makes a lot less and, but yet he is like treating her badly because of it.

[00:21:51] Because Yes, because he feels jealous or

[00:21:55] **Shamina Taylor:** something. She's always gonna be feeling like she owes him and to help support [00:22:00] him. And so she's always gonna be over-delivering on her love and, and feeling like she's gotta keep taking care of him cuz that there's, that that factor that comes in that toxic relationship of feeling sorry for them.

[00:22:10] Right? Because they're always gonna have a story of what's happening, why they can't afford what, or they wanna live a bougie life. Cuz they'll always act flashy. They'll always be like, you know, they acting like they have more than what they do because they want people to. You know, look at them that they're, they're successful.

[00:22:25] Meanwhile, they're leaning on another woman to help them being successful. So there's one avenue like this, but you take a woman out of that situation and you take a high achiever. And she could be married and in a relationship. But what her relationship with money is based upon is her relationship with the masculine energy.

[00:22:42] And many of the times, most of my clients have trauma. They have some level of trauma and, and toxicity that's happened to them in their lives. It could come from the mother mother's masculine cuz a lot of my clients do have, um, narcissistic moms. And it could come from the man when a woman does not feel safe with.

[00:22:59] That [00:23:00] MAs like safe masculine with any masculine energy, she won't feel safe with money. Because what money does for us is it provides us a roof over our head, gives us security, makes us feel safe. And once we have a certain amount of it, we feel relaxed a little bit. Okay, we're safe now. But really it's a false sense of safety because the moment that that money could go away, you are back into that like fight or flight mode and you're, you're feeling anxious, right?

[00:23:21] So it's, um, It's being able to feel safe even if you don't have the money, but with the masculine energy, until you could heal your toxic patterns with the masculine, which usually looks a lot like a traumatic, um, you know, narcissistic relationship, you know, attachment issues and whatnot. Until you can heal through that, the chances of you feeling super safe with money doesn't happen.

[00:23:44] So you'll see women who are even making eight figures still feeling. In this scarcity cuz there's abundance and scarcity. And scarcity is a victimhood, right? You'll still see them with their patterns coming through in their business and the way they operate with money, how they hire staff members, who they [00:24:00] allow in their place.

[00:24:01] And, um, it's just, it's, it's, it's so interesting because when someone tells me something about how they believe about money, I can really trace it back to the trauma. I can trace it back to the relationship with, with, um, the, the, um, I'm having a blanket with the narcissistic or the, um, unhealed masculine in their life.

[00:24:22] They're toxic masculine in their life. I can always trace it back to the them not feeling safe. But the flip side of this is that, They're very successful in executing and doing things and getting things done, but we wanna take it to the next level. Feel, be executing, but also then feel safe. Now when my clients go through my program and they come through me, like just recently, a client said she was born in poverty, had a lot of trauma, a lot of toxic, um, relationships.

[00:24:47] I finally feel safe with money. I know that when I spend it, when I use it, it comes back even more. Like there's no attachment, no power there, like where money has power over us. And what I mean is like a lot of people wanna do things like maybe invest in your [00:25:00] program, Rebecca, or do other things. But you know what, I, I don't have the money.

[00:25:03] Um, when the money comes in, I'll do that. When the money shows up, I'll do that. But really what you're doing is giving money that power instead of you having the power over it. But once you can heal that underlying relationship, your relationship with money changes. So what's the first step? The first step is identifying that you do have one.

[00:25:19] Like what is your real relationship with money? And then I would instantly go and find out where your relationship is with the masculine in your life. Are you feeling safe with that masculine? Do you feel safe? You know, with with masculine energy? Are you always the person in control? Because

being a control freak, being hyper micromanaging, being a perfectionist, um, With some other things I could think of, maybe even a people pleaser, um, are identify identifying your, um, Your inability to feel safe and allowing money to come in, cuz you're always trying to control how it comes in instead of being in that feminine and just trusting.

[00:25:57] So the first thing is, I would identify your relationship. Do [00:26:00] you feel safe investing? Do you feel safe in spending? You know, and a lot of people say, oh yeah, yeah I do. But when I really look on it, do you buy things for yourself just because, or do you buy things out of a necessity? Cuz when you can buy things that you actually like, oh, I just love that.

[00:26:12] I wanna buy it. You've have a different relationship with money, right? Mm-hmm. And so identify your relat, your, um, your relationship, and then look to see your patterns with your, with the masculine in your life. It could be from your father or could it be for your mother? Do you have a safe relationship?

[00:26:27] Is there a toxic relationship there that needs to be healed and worked through? Because once you can, you will bring more abundance in your life.

[00:26:35] **Rebecca Zung:** Yeah. Okay. I love that. And so for people who don't have a healthy relationship with that masculine in their life, what do you recommend that they

[00:26:44] **Shamina Taylor:** do? Well, if first starts with us, right?

[00:26:47] Because we want to take our power back, if. I always say this, you know, the Taylor Swift, if you realize, you know, I'm the problem, then you're the solution. So the moment that you can identify that you have the power in you to change it, it's getting outta that victim [00:27:00] mindset every day, just rewiring your belief systems of realizing that, you know what?

[00:27:04] I can do something different. I can change this. So I, I definitely would start with that process. Yeah.

[00:27:11] **Rebecca Zung:** So, um, how would you recommend people

[00:27:14] **Shamina Taylor:** manifest? Oh, manifesting is clearing. Okay. So, This's a whole other episode, but I'll definitely give you the, the, the, the, the thing about it, we manifest with our thoughts, but really with our emotions.

[00:27:26] Mm-hmm. True. And a lots, many of us with trauma or have had any type of like, um, toxic parents, we've learned to go into survival mode. And when you get into survival mode, what happens is you are not. Allowing your emotions to be felt, seen or heard like or allowed. So you put a shield up and a lot of the women in my life have a shield up.

[00:27:44] So you see really strong women, boss women, or very icy queen or I don't like to hug or you know, very closed off emotionally when you see that. You're actually blocking your ability to manifest. The more that you can heal and open your heart and feel safe in your [00:28:00] emotions, bring safety and money too.

[00:28:02] You're able to really manifest, like I manifest at lightning speed right now. Like I know if I think something, it just comes in like it's crazy how that happens. And allowing yourself to do that. Now if you're manifesting something that hasn't come in yet, I would go and work on your emotions, cuz it, most of the time it's not always your thoughts cuz you can change your thoughts around like mindset stuff is out there.

[00:28:19] But getting really in alignment with those emotions, breaking those patterns with narcissist and the toxic, you know, behaviors is gonna help you. As you would say, it's sleigh. Yeah,

[00:28:30] **Rebecca Zung:** absolutely. So what's the book that changed your life?

[00:28:34] **Shamina Taylor:** Wow. Book that changed my life. There's so many, I mean, obviously the power of now is like just changed many people's lives.

[00:28:42] But I mean that's, it's, I don't wanna be so cliché with that and say that, but, um, seat of the Soul by Gary Zukko. Ah, you know,

[00:28:50] **Rebecca Zung:** I actually got to, um, interview him. You did? Oh my gosh, I did, I met him and then I also got to interview him.

[00:28:57] So

[00:28:58] **Shamina Taylor:** I'm, we are, we're talking with him right
[00:29:00] now for him to, we have a book coming out, so we're working with, um, his team right now.

[00:29:03] But, um, yeah, I

[00:29:04] **Rebecca Zung:** love him. I gotta meet him in person and yeah, so

[00:29:08] **Shamina Taylor:** I met him at an Oprah event in 2017, and he's just the kindest man in the whole world. The best world, the best. I gotta spend a weekend with him. Oh, he's amazing. You're so lucky. Yes. He's a, he's a good soul. My client is very, uh, good friends with him.

[00:29:22] She goes to his house every, um, a couple times a week for dinner. And, uh, the way she manifested that connection is amazing. But, um, Gary's book, seat of the Soul helped me realize that my, my spiritual self was having an awakening and I was awakening to my spiritual self. And then my human was having a self-development, um, upgrade and that the two of them together were.

[00:29:44] Evolving into this new, um, spirit, having a human experience. And, um, it was really powerful to see how the two work together. I, I advise everybody to who was on a spiritual journey, awakening or self-development to, to read that book. Um, definitely [00:30:00] it's gonna move your soul in a way that you just, you just haven't figured out yet.

[00:30:04] Yeah.

[00:30:06] **Rebecca Zung:** Uh, so how does one stay in their feminine?

[00:30:10] **Shamina Taylor:** How does one trust. I feel

[00:30:13] **Rebecca Zung:** like, by the way, trust is my word for this. Oh,

[00:30:16] **Shamina Taylor:** it is For this. It's, yeah, it's huge. It's huge. I feel like I'm a boss. You're a boss and I feel like a lot of women get this. Confused that they have to be having bubble baths and you know, just getting pedicures and manicures and that's the way to get in your feminine y.

[00:30:31] Those are definitely beautiful ways of receiving, right? Because we have to be great receivers and being a great receiver is one of the easiest ways to get into your feminine. Somebody wants to open the door for you. You just say yes, and thank you. Someone gives you a compliment. Thank you so much. Not like, oh my gosh, this is terrible.

[00:30:48] You know, like I thank you. You know? Um, People wanna buy you dinner, pay for a drink, or just, you know, allowing you to be present in who you are. But the deeper meaning of what it means to be in your [00:31:00] feminine

is to have that super connection with your soul self, with your higher self, which is not doing anything.

[00:31:06] Your human is the doer. Your human is in ego and getting things done. And your spiritual soul self is the one that is the knowing that gets the information that you don't know where it came from, that has the big visions. That has the desires, that has the intuition and trust and, and you'll get a thought like, I, ah, I need to do that.

[00:31:24] Right. So the way to do that is to start listening to it and trusting it. Hmm. Stop ignoring it because it's like a muscle. You exercise it more and allow yourself some time where you're just inness. Because really the, when I make the most amount of moves and, and, and money is not when I'm actually.

[00:31:40] Taking the action, which is true. I'm not saying not to take action, but it's when I allow myself for the stillness, when I allow myself to be, and I'm not saying every day you do this, but there has to be a moment in time. I do it in the morning every day. I have some stillness, but I allow myself to. Um, that's where your creative moments come in.

[00:31:56] I allow myself to have those moments throughout the day where I'm not just pushing, [00:32:00] not just action, but allowing that peacefulness to come through. I remember before my awakening back in 2013 and before the yoga mat, I would look for, I would see pennies on the ground, and I picked them up and I would, I would, um, wish for happiness and then, then I started wishing for peace.

[00:32:15] Yeah. And I believe that wish is my soul that was searching for the, the stillness and the peace, because really that is where the great wisdoms come in. Absolutely.

[00:32:24] **Rebecca Zung:** Oh, I love it. Such good stuff all packed into this episode. You guys are gonna need to go back and listen to this again because she has so many pearls of wisdom in here packed in.

[00:32:38] Um, where can people learn more about you? Where can they find you? Where can I get your

[00:32:43] **Shamina Taylor:** good stuff? Okay. I thank you so much by the way. Um, you can go listen to the Quantum Woman Podcast. There it is, filled with information on there. I am a big believer like Rebecca, of giving lots of

information. Um, overloading, we live in abundance so we're always overdelivering.

[00:32:59] You're gonna get a lot of [00:33:00] information there. You can join the Quantum Woman Group online. You can go to my website, www.shamina.taylor.com and um, find me on Instagram too. Shaina Taylor is on there. We, um, We are all about connecting. I love when people message me and reach out and tell me that something changed their lives.

[00:33:16] So please connect with me. I'm a big connector and uh, I'd love to hear from you. Yes, go

[00:33:21] **Rebecca Zung:** check her out. I mean, even if you're a guy, this is good stuff, by

[00:33:25] **Shamina Taylor:** the way. It really is. I have a lot of guys in my, in my group. Oh, so good.

[00:33:29] **Rebecca Zung:** Good stuff. Go to shamina.taylor.com, check her out. Go follow her on Instagram.

[00:33:34] Get her stuff. Follow her. She is. How amazing is she? What an incredible soul. Seriously, I'm so grateful that I get to be in her world and be her friends, so thank you. Thank you. Thank you, Shaina.

[00:33:49] **Shamina Taylor:** Thank you for having me, Rebecca. I absolutely love you. You're an amazing soul. Love you.[00:34:00]