

Paula: Hello, and welcome to the Cosmic Business Salon, where we are talking about how you can build your ethical and equitable, spiritually aligned and financially successful business so you can bankroll the change you want to see in the world. I'm Paula Crossfield, your host, Ayurvedic Astrologer and Business Coach, helping spirit-led entrepreneurs leverage their cosmic blueprint to make more money and impact and I'm here today with Monisha Chandanani, who is an Intuitive Leadership Coach and the founder of See Love Choose a mindfulness-based system for conscious creation. She enjoys working with social entrepreneurs and heart-based leaders who recognize the need for more just equitable and inclusive ways of doing business by intimately connecting with this population, Monisha lives her purpose of contributing to the creation of a harmonious world where all people can thrive, not just survive. Welcome, Monisha. Such pleasure to be here with you.

Monisha: Thank you, Paula. We made it, we made it.

Paula: Yeah. I'm so happy to have you here and so, you know, we're friends. We've talked a lot. I know, you know, I know your story, but I would love for you to share a little bit about how your business and life have shifted in the last couple of years.

Monisha: Yeah, thank you. I appreciate that. Well, first of all, I just wanna say thank you so much for hosting this salon, and yeah, I think we're just living in a really rich and ripe time for transformation and so yeah, these last few years, you know, through just like personal challenges and the pandemic and the uprising of 2020 and just being really more awake and aware to the pressing matters of the earth a lot has shifted in my consciousness around how I relate to reality, honestly, not just my business and so yeah, yeah. So, you know, I think I yeah, I've been in the coaching industry, you know, for over a decade now, and I've had great success, you know, really beautiful success working with incredible leaders across many different industries and I really felt, you know, like I was living in my purpose and not to say that I wasn't prior to some of the awakenings that I've had in the last few years, but yeah, I just, I felt very aligned, deeply aligned with, with the way that I saw the world and, and how my business fit into it, you know, yeah, I was just in a really good place and from a, like, just like monetary financial perspective at the start of March of 2020 actually I was at the top of my game you know, and just really like, had a bunch of one-on-one clients that I felt very aligned with. I was running a bunch of group programs teaching See Love Choose, and yeah things were just going really, really well and then when the pandemic hit, I got a very clear message to slow down, go inside and listen to nature and not always do I listen when I get those messages, I try, but this one was, it was a persistent message an internal message that I was receiving and so I did that. I really, and you know, the world was doing that anyways. The external world was doing it you know, we were literally physically being called to stay inside, you know. So there was a support of the external world with what was happening for me internally and some of my work just naturally fell away because pandemic, and that's what was happening but I also really decided to slow down, like really truly follow that call to not keep my programs going and you know, put people in from the beginning to the intermediate to advance you know, I wasn't doing all of that. I just really took the time to slow down and one of the things that helped me do that was you know, I had this moment where I was just like shifting things in my bank accounts and I looked at what I actually had and it was enough. I'm like, you know what. I actually have enough. I have saved. I have, you know, I had some really prosperous years and so I had enough to live and, and take the time to listen to that inner call, because the world around me and the way that I was relating to it was shifting, deeply and yeah, so I slowed down all of all of my work and started to do some really deep internal healing because alongside you know the pandemic and really George Floyd's murder really shifted so much for me on a like personal and ancestral and collective level. I think it was the first time that I really allowed like the rage that lives inside of me in relationship to just the disparities of the haves and the have nots and coming

from, like I'm an Indian, and so my, you know, my ancestry is rooted in the Sindh province was northern India now present day Pakistan, but you know, when the British came and divided and conquer, you know, things shifted and like, I don't have access to my homelands and you know, what my ancestors have gone through and just like the leg legacy of colonialism, just how intense that that is for so many, so many so many people and just how, how cruel we can be to each other as humans, you know, all of these things I started that live in my body somewhere you know, started to wake up, started to wake up. It was just like I felt like my seat in the universe appeared and I had to sit in it, you know and I think prior to George Floyd's murder, I was really connected to my spiritual power and how yeah and just how that moved through me and I was sitting in a pretty comfortable seat to share what I, what was what, how I could help other people and all of that fed into how my business grew but what I also was very aware of is like, being a person of color was also a very important part of my path. I always had that in the back of my mind that, oh, like, you know, I had this other ID, this identity that is, that I just because of my circumstances in life didn't really allow, how do I say this, like the way that the dominant culture exists. I did my best to fit into it in order to survive and thrive and that comes at a cost. It comes at a cost, and it shut down the parts of me and this is the full circle. This goes back to the like anger and the rage and the grief. It shut down the parts of me that, that carry that in my body because of my own life experience, my, you know, and, and generations past and so all of that just started to like break open and for the first time really in my life, it just came rushing through me and it was a very, very, very intense experience for me and all those people around me who I know and love, because most of my life I've been a part of communities in ways that I could contribute really good things, but these other parts of me needed to be held by me primarily, and the people around me in a good way and I really woke up to that for the first time when we all slowed down as a collective earth body because of the pandemic and what was being shown to us with all these really intense discrepancies and so seeing that and the world seeing it for the first time in this way, right shook me into a very different place. So when I got that message to slow down, go inside and listen to nature, it was a very, very important message to follow because there were so much for me to go inside too, within myself, to look at and listen to, to be able to and allowing nature to be my teacher, because there's so much wisdom in the way that nature works to be able to sit here today and talk to you in some coherent manner, about, about how.

Paula: Right,

Monisha: How all of this has affected the way that I do business, because it's completely shifted my reality you know, before all of this I was working in relatively like privileged spaces, you know, with people that had high resource to be able to pay me really well for what I was doing and that was all beautiful and not to say that that's good or bad, it just I felt an internal call that I actually also needed to share the gifts that I've been given in other places and I don't think I would've taken that pivot had I not had this like, really intense experience.

Paula: Well, first of all, thank you so much for sharing your experience and being so open. I think it's, you know, it can benefit a lot of people, so I appreciate that and, you know, there's so many threads I could pull here.

Monisha: Yeah.

Paula: We don't even start, like, first of all, I was thinking, you know, you have such a powerful trust muscle, you know, and I think that's something we, we have to have in business, especially when we are creating what it is that we are doing basically, as entrepreneurs, we, we are visionaries, right and you have to have a trust muscle and trust yourself, you know, and then it occurred to me too, like when you

looked at your bank account and you were like, this is enough you know, that really, I think it's a compulsion that we have to not think it's enough ever, even if it is enough in the standards of most people you know, so I wonder if you could talk a little bit about that enoughness?

Monisha: Yeah.

Paula: And also like how your mind shut has shifted around abundance because I think this is so important for entrepreneurs as well as we go through our journey, we have to relate to money in a really healthy way. We have to work out our patterns around money and like the scarcity narratives that we have, so any wisdom you wanna share around that is welcome.

Monisha: Yeah, yeah absolutely. So I'm gonna go about this in a few different ways. So essentially you know, I call myself an intuitive leadership coach because I had a spiritual awakening when I was 23 that really cracked me open to I'll just say like, like the spirit realm or just a different consciousness around reality and so I speak to that because it was really, really, really important because it's my guide, like my inner intuition truly is my guide, right and I feel like I'd be handicapped if I couldn't lean into to the wisdom that we all have inside that inner voice and so I lean into that and thank you for acknowledging it, because I just, I've had a lot of time and experience trusting that that I can't practicing that I can't trust that inner voice, so there's that, but the enoughness really came through because through that inner channel that I have, these systems come through, right. See Love Choose one of them. It's a system for conscious creation where See is the practice of mindful awareness of our thoughts, of our feelings, of our emotions, of our behaviors and love is the practice of accepting and being present with what we see, because we often judge or push away ourselves and when we can really love ourselves for the shadow and the light, there's inner liberation that happens. It gives us a space to choose to direct our energy forward in the ways that we want and that I really believe is like this co-creative power between god's spirit, conscience, consciousness, the universe, whatever you, whatever you believe in, that breeds life in towards us. So I always say I'm the first student of the like wisdom that moves through me, so through being a student of See Love Choose birth, another system which I call divine prosperity and divine prosperity it's this beautiful, like triangulation of being in an equal balance between the prosperity of purpose, which I define is giving our gifts to the world, like we've all been given something and to be able to contribute that to the world is like the greatest prosperity. So that is a true value in divine prosperity is our purpose, prosperity and then also the prosperity of time, right, like the time to enjoy life, securing time in our life for joy it is so, so, so crucial, so also identifying and relating to time as a prosperity and then of course, the prosperity of wealth and wealth is defined as having enough monetary and material wealth to thrive and health is also within that because the material wealth also lives in our bodies, right like this physical reality and I really enjoyed teaching divine prosperity. I feel like it is a solution to a lot of the go, go, go bigger, better, more hustle grind culture that we are I think healing from. So and all that birth from See Love Choose and then as this calling, you know, of like, hey, slow down, go inside, listen to nature came through. What really emerged in me taking that time, you know, know March of 2020 onward was a adaptation from divine prosperity of really pulling out that enough to thrive from that wealth, wealth section and this whole other sort of model has emerged and what I'm about to share has no website. It's not like. It's not like there's some finished product or any sort of offering, really. It's just a philosophy that's moving through me right now that I'm really excited about. So I also, you know, for anyone listening, just wanna give room for us to evolve and grow and not have everything just with a pretty bow that we as entrepreneurs and people that are, you know, putting things into the world, give ourselves time to grow and evolve, so that we can learn and come from a come from a yeah just a more whole place so enough to thrive like, if there was a tagline for it would be living in right relationship with ourselves, each other, and the earth and this is like the new learning

that's come forward for me, the new reality that I am breathing into and being the first student of as I learn through my own channel of how what is enough, right, back to your question, a long, long, long way to your question but like, you know, how do we, how do we live in our enoughness in relationship to ourselves, like, can we just be enough, can we not always be striving for bigger, better, more, can we just really like, settle into the beauty that we are, can we accept ourselves you know, because I think there's just this hunger and this greed, whether it's you know, yeah, just the energy, this hunger and greed for, for more, that sometimes takes us away from what is, and there's so much beauty and resonance and like joy with what is like can we not just always be like trying to feel that hunger and I mean, I work with so many people, including myself, that, that feel that like, like they like that there's more and more and more and I think in a lot of ways we've been sold that there's more, and it's kind of tricky to talk about, because there's a lot of nuance in this conversation, so, you know how I used to relate to abundance is we can have it all, you know, that everything is available that like we can have it all if we just like envision it and you know, align with it, that we can have it and I still believe that if we envision and we align we can have, I just, I'm just not striving for having it all anymore because it feels to me at least at this stage in my life I give myself permission to continually grow. So what I say in this moment hopefully will be different, you know, in moments past, but moments forward as I grow. But yeah, I'm more resting in what is enough for me rather than having it all because having it all at least for me and what I see around me keeps us hungry and out of enoughness and in this like almost like a, like a unquenchable well, that is always like reaching for more, more, more, more, more and this isn't to say that we shouldn't, you know aspire to grow and have the things that we that bring us joy. It's more that can we rest in our enoughness so that wherever we are, we're good. If that makes any kind of sense.

Paula: Yeah, it makes a lot of sense. Yeah. You know, there's this whole world of like manifestation and like coaches talking about all the things that they have, you know, because of the work that they do or you know, business owners out there, entrepreneurs out there who are talking about this in a way that has always felt a little unaligned for me just because it feels like why would we wanna manifest things that are like ruining the earth and making things harder and worse for people know and for me, like true prosperity feels like the soil in my garden being really rich, right.

Monisha: Yeah.

Paula: And then the food that we, we grow there and we watch it grow from seed, right and then we have it, now it's stored in our basement because it's winter, and we pull out those carrots and have them in the winter you know, I had like pesto on my pasta last night that I made in the summer, right. and that to me feels like wealth. It feels like prosperity and it's like just watching the evolution in this space and being connected to the earth to me is worth so much more than spending money on a bunch of other things and I think that's like, it's a paradigm shift, this enoughness, there's so much, there's so much richness, there's so much possibility in that if we stop craving for things outside of us that maybe things that we're desiring because of our ego or because we want to feel a certain way and, and like, starting with how we, how we can create that feeling for ourselves.

Monisha: Exactly.

Paula: So, I don't know what your thoughts are. I'm kind of.

Monisha: Yeah, I love that. I love that richness of what you just shared and, you know, I think it's also just what I'll speak for myself. It's what I was sold, you know, I was like, oh like, it's marketed, you know, it's like, this is what success is having it all and really, this is an important distinction, like from my

experiences, like when we're in enough, we're actually in overflow. We have more than enough right? When we're in our enoughness, so, you know, it's just a mentality shift. It's like, oh, it's just, it's so good. It just feels so good to feel in our enoughness because we're not grasping for more, we're not craving outside of ourselves. It's just this inner wealth and external wealth because of the way love of attraction works, you know, and because of the way manifestation works is that when we feel good internally and it, the external world matches that and so in that overflow is when we really can start to give to other people and you know, I spoke earlier, you know, enough to thrive, how to live in right relationships with ourselves, how to live in right relationship with each other, and how to live in right relationship with the earth like if anything, hopefully we're learning through this pandemic, is that like we really need to learn how to live in right relationship with each other. There's so much division and so much to be angry about and point the finger towards and I'll say like, I'm totally guilty of that through these last few years, just feeling like, so much like discord internally that through this transformation that I've been going through, that manifested in like external discord, which was just so gnarly and so different than the way that used that I'm used to walking in the world, but I also have a lot of gratitude for it because it's helped me understand that we need to understand each other better and, you know, I grew up and have always been surrounded by people that have enough wealth prosperity. That's just the reality of my life and this may be true for other people as well, but I do believe that we kind of end up getting into these bubbles of reality and community where, you know, we just have similar experiences and through, through the pandemic and kind of being like ripped out of myself and taken down to my knees I thank goodness, like, I'm just so grateful because I've just been able to connect with so many other people that I would never have connected with had I stayed in kind of my bubbles of reality of people that just have enough resource to put food on the table and who have homes and who can save for retirement and provide for their children. You know, like I just I was surrounded most of the people that had that as their reality and through the last few years I've just been able to connect with other folks that that's not the reality that like, they don't come from wealth privilege or have the education of how to create it and I think, yeah, it's just really, really truly, I feel like I've been given such a gift to understand at a more like intimate communal level through my personal relationships like what it's like to not have that, to lean into and so I really believe that living in right relationship with each other is about examining what our privileges are, what have we been given or what have we created in our lives that other folks don't have the privilege of and how can we leverage what we've been given to support each other, because on some level, we've all been given something and that other people haven't been given, so how can we really share that across the lines so that we can understand each other better and live and right relationship with each other to uplift each other with what we've been given, rather than staying in our silos and not really understanding each other all that well. I will pause there.

Paula: I'm so glad you brought up privilege and you know, how we leverage that because we all have privilege. Some of us have more privilege than others, but I'm curious if you could speak to what it looks like to leverage your privilege in a business, like when you have a successful business or a growing business like what that look like?

Monisha: Yeah, absolutely. So I honestly think it's a very personal inquiry and perhaps we can all just start by asking that internal question and listening for that answer but what I can share is that's looked like for me and you know, my family you know, are just what my parents have done in a generation is beyond me like they were refugees, had to leave their homelands in Northern India to move to southern India at partition you know came to the States in 1971 with not a lot and just learned how to how to grow and to invest and they learned how money works here and they've done, you know, relatively well for themselves and so I was birthed into a reality where I never had to worry about food or shelter, anything like that. Like I was always been given enough when it comes to resource and so that is a

privilege I've been given. I did not know that I was birthed into that and I was also birthed into an education like I can call my parents when I have any question about how money works in this world and they have great answers. It's a phone call away. So for me, that's why I'm so excited about this divine prosperity work for me a part of like leveraging that particular privilege that I've been given is educating and supporting those who have not been given that privilege education and so you know, I have in the last few years, like I've, again slowed down my business a lot to continue this internal investigation, but I have, you know, kept aligned clients, like I've been working with people that feel really aligned and but what I've also been doing is, you know, giving my time and energy to those that don't have this education for free. You know, I'm running a group right now supporting people that I've built relationships with, like, I've been really, really, again, super blessed to connect with an indigenous youth collective from here on Turtle Island, just amazing, wonderful, incredible lit humans who, oh wow. I just like, their visions for reality, for the future are the ones that I'm really wanting to stand alongside and support because they see things from such a different perspective. I'm learning so much from them and what I can offer them is the workaround, divide and prosper and how, from what I've learned, so leveraging my gifts to support them and in turn, they're also supporting me because I am like my entire lens on reality. I keep coming back to that, like the shift on reality, his widening and so much deeper because their experiences and what they've lived through and how they connect to their joy and this earth and the cosmos and knowing their place within it and like walking solidly with their medicine forward is like the greatest inspiration to me and so I get to bathe and bask in that light and be uplifted and also uplift it's beautiful, it's gorgeous. Isn't this gorgeous thing.

Paula: That's so lovely. I'm just like taking this all in because I think this conversation is gonna be super helpful for people who've been, you know, kind of reeled by the things that have been happening in the last few years and trying to find meaning, trying to find, you know, how they wanna show up in their business right now and developing that trust muscle around enoughness whether they know it or not, they're, you know, they're developing a trust muscle around trusting themselves to be able to call in the money that they need and to create the offerings that they need to feel aligned with their values, but also to provide that transformation for people. So I don't know if you have any just like last words on you know, how to develop that trust muscle, how to you know, step more into your purpose, anything that you wanna share around that?

Monisha: Yeah, I think it just takes trying, you know, like if you, if you get like a little hit if you get a little message or you like something as simple as, you know, like, I'll give you an example. I'm actually on vacation right now with my husband and we are taking transportation from one place to another and I just like got this little like, hit to like, oh I could take my vitamins right now. It just came through like a little message and so I just like remembered and I took the vitamins and that might sound like, sound like a simple little thing that no big deal, but we always get these little messages, oh wait, oh, you might maybe, like, you're running out the door and you remember that you forgot your keys. You gotta go back and get them. Like these little, little things like these remembrances like are our intuition talking to us? Like we're remembering something even from the little things and like if we follow those through, if when we get these remembrances we follow them through that trust muscle, that inner guidance gets stronger and stronger and stronger and stronger and sometimes it's really, really challenging to follow those remembrances because of whatever we're feeling in the moment that might keep us down and out and that's okay too because there will be another moment where you'll remember again and you'll get an opportunity to follow that through and so yeah, I guess the invitation is to really, really listen to what's happening internally and give that space, give that space to live that internal wisdom and let it be our guide forward. Because, I mean, this is a lesson I consistently come back to for myself, is that I don't have to lead, you know, I don't have to lead my life, like, I can relax and trust in the inner guidance and

that doesn't mean that I'm not co-creating that I'm not a part of it. It's just that it's just so much easier to, to let life happen and flow with it rather than like carrying all of the burden of like pushing forward and that inner intuition, that inner trust is what allows us to like flow forward with life and I am remembering that again so beautifully in my own life, so also we can forget to remember. Forget to remember because the remembrance feels so good.

Paula: Well thank you so much, much for your time today and you will be able to connect with Monisha below this talk and if you love this talk, please do share it by sharing the link cosmicbusinesssalon.com and make sure you sign up for the upgrade, which will allow you to keep lifetime access to these talks as well as get a free integration call where we can talk about what we learned in the summit and we can have a discussion. So make sure you do that. 100% of the profits go to Soul Fire Farm, which supports indigenous and black farmers. So what are you waiting for, the link is on this page. You can join also, you can join us in the Cosmic Business Salon Facebook group where there are live discussions each day and a chance to win prizes. Thank you so much, Monisha.

Monisha: Thank you Paula. I appreciate you.