

Fear Me Out Podcast

Episode 54

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Guest Speaker

Michelle Sorro – Becoming the True You

Kim Fauskee 00:00

As we continue our discussions on finding yourself within something that we've brought up in intros before is that opinions and viewpoints of our guests may not be specifically related to the viewpoints and opinions of your hosts here. But it's important for Dana and I, to provide our listeners with a broad perspective of different viewpoints and people that have had different journeys and how they get there and what they believe in, we feel it's important for you to hear that because what works for one doesn't necessarily work for another and, and vice versa. So anyway, today's guest, Michel Sorro has had a lot of success is a media personality, appearing on The Apprentice as a host on the home shopping network as an extra correspondent and now is a very successful empowerment. And in sales coach, Michelle had a bit of an epiphany, during the height of the COVID crisis, how she had lived her life before, again, very successful professionally and personally. But how she really wanted to live her life going forward, especially after the pandemic, because her past life wasn't working for her. And she was kind of looking for her truth there. So through much trial and tribulation, which Michelle will describe in the episode, and through the loss of longtime friendships, loss of a significant amount of her business, loss of people that were important in her life, she was actually able to come out the other end and, and actually live her truth. So it's a very interesting episode in terms of somebody that can eloquently describe, which may not be the norm of what we're talking about in previous episodes. It certainly journey is very interesting journey, Dana.

Dr. Dana 01:56

My opinion is that anybody who has the courage to be married to their convictions, regardless of whether I might agree with them or disagree with him, there's somebody that I admire. And Michelle was definitely someone who did not allow the negativity from other people and the judgments from other people color her commitment to herself. And so I think that that's the most important thing that we can get out of this episode.

Kim Fauskee 02:23

I think that was really well said this was a very enlightening episode a little bit different in the conversation. So I hope you enjoy our conversation with Michelle sorrow.

Dr. Dana 02:44

There are two basic motivating forces fear and love. When we're afraid, we pull back from life. When we're in love, we open up to all that life has to offer with passion, excitement, and acceptance.

Fear Me Out 03:03

Coming to you from our studio in Santa Barbara, California. This is the fear me out podcast. We're not your typical Self Help Program. Our show takes a deep dive into those psychological issues that affect us on a daily basis. We hope to shift your perspective and have you experiencing emotions differently. Now here are your hosts Kim foskey. And Dr. Dana Saperstein.

Kim Fauskee 03:27

All right, Michelle, we finally made it happen because we got the queen of sales onto the podcast, even though that's not our subject of conversation today. Well, I think if people recognize your name, or maybe they'll recognize your voice and I don't want to use the word Shopaholic, but maybe they'll recognize you from your QVC HSN or Entertainment Tonight days.

Michelle Sorro 03:50

Wow, you've done your homework although I will just say it was extra not entertainment. Sorry, extra. We are in massive battles forever and ever to be first in line. And you know who's winning neither Access Hollywood. So there it is. That's about as much as I know about those days. But yeah, TV shopping was my thing for 10 years.

Kim Fauskee 04:11

So how did you get into that? Now that'd become a thing for you. Because again, I think you are a master salesperson if, if that's the right word to use.

Michelle Sorro 04:23

It's probably pretty fair to say at this point, I mean, our dear friend and mutual friend Jack can said them master of sales, live sales of Jack. I have sold a lot of products that you guys probably know and love today. on live television, yes. Through those platforms. You mentioned Kim, to the tune of \$220 million worth a lot of product, you get a cut of that. Yeah, I mean, I was paid well and had a great package, if you will, but how did I get into it? from the time that I was about five. And Dana, I think you'll appreciate this from your work as a psychologist, I wanted to be on TV and declared that I would. And later I learned decades later it was because that would be the way that I would deem that I was worthy and that I mattered and that I could now finally be lovable, right? So I stayed very fixated on that goal. And, and then it got very, I mean, talk about just raising the bar over and over and over again, so that I could be short and never actually get that goal. So I don't ever have to be loved. I then got it super narrow to it had to be on Primetime Emmy Award winning extra. That was the show that I wanted to be on, never came close. Just completely gave it up. And then all of a sudden, one day I saw an opportunity to audition for QVC. It was like on Craigslist, it was some ad it was bizarre that I was even there, it was a very serendipitous type of thing.

Kim Fauskee 05:56

If you're based out of Philadelphia, or somewhere like that.

Michelle Sorro 05:59

You know, for about two or three years, I was on a bunch of shows like I was on Bravo, I was on E I was kind of bopping around, I had done this long, six months journey of HGTV, some show called

property virgins, like because my past life was real estate. So it just kind of made sense. I wanted to be TV host, I knew sales, at least real estate sales. And then when I saw the QVC thing, I really thought I had lost it, I was so obsessed with what others would think like, you want to be on extra, you're gonna go do QVC. And it just felt like the gutter of the gutter for our ego. But then my agent just said, you know, of course, the agent always knows best live TV is going to serve you no matter what you do in the future. So go do that for a few years. And then we'll see what we can make happen when you get back. So I auditioned at QVC and didn't get it. Meanwhile, that same week, I got HSN and was there for exactly three years, and came back and got the job on extra in a TV shopping segment. So it wasn't as the TV hosts that I thought I would be but I got extra

Dr. Dana 07:03

that dream from years and years ago, that manifestation

Michelle Sorro 07:08

or anything. Yeah, it's while I was on that show for four years. Turns out it does not make a difference as to whether or not you feel you matter, or that you're worthy and all that although it worked for me and it served me but what I learned is that I mattered and I was lovable without it. So there's that.

Dr. Dana 07:25

Can you tell us a bit about where you grew up and what your life is like when you became five years old and decided the TV was your venue for love?

Michelle Sorro 07:34

Yeah, so Central Coast is not far from where you guys are in Santa Barbara. So Pismo Beach, San Luis Obispo, that whole area, it's where I was raised. My dad was raised since nine years old in Santa Barbara. So we've spent a lot of time there. And I still do. But um, yeah, I grew up there in high school came to LA, tried UCLA, highly allergic to it, then went back to it later bopped around, singing waitress then fell into real estate for 10 years and then got into TV retail. Then I went to a Tony Robbins event called date with destiny. It's a six day seminar that there's a Netflix documentary called, I'm not your guru. And I had always listened to his stuff online or his cassettes way back in the day and never thought I actually had a need to be in a live room with him. But there was something about this time. And it was 2017. And I'm really glad that I did because it was from there that I became an entrepreneur and really felt I had gotten to the first season of my service and why I'm here on the planet, which is to help others wake up to their unique gifts and not dim their light and step into their power. And so I'm grateful now that I've had an opportunity to have done that and helped 1000s of others, including helped launch 150 podcasters into the world. I really believe that everybody deserves to be seen and heard. And we all have this beautiful medicine to to heal each other. If we just connect and allow ourselves to be seen.

Kim Fauskee 09:07

I kind of want to go back to the singing waitress. She kind of glossed over that. And I lost everything since that. But we won't. We won't go back there. But I think I mean, that was an excellent recap and puts into context where we are now. I think in the discussions that you and I have had over the last couple of weeks. The why it was important for me to have you on was that you've gone through a bit of

a transformation maybe in the last 12 to 18 months and kind of see yourself see life. see things differently viewed through a different lens now is Would that be correct? I would like to understate it. Yes. Understatement Okay, I'll let you expand upon it

Michelle Sorro 09:59

Yeah, and cue Dana's feedback questions and comments. Oh, you'll get it. Yeah, you know, the best way that I can describe it and any of your listeners that know what I'm talking about, they completely get it. It's like a if you know, you know, kind of thing. But it was in February of 21, that I went down the only way that I know how to refer to this, as is the red pill rabbit hole. And that's some rhetoric around the matrix movies, the trilogy, although I didn't even watch the movies back then. I was so unaware to any of this kind of stuff, I was just very focused on my reality, and really believed that everything within my perception of that reality was, exactly how it all is, never questioned that it could be any different. Even though we'd seen social dilemmas. We know how socially engineered we are at this point. So I knew that. But I didn't think that it would really have anything to do with my beliefs and my ideologies and, you know, my identities in the world. Well, by August of 21, which is only a year ago, as we record in real time, I was so far in I didn't know what was up and down left and right, much less Who the heck I was. So talk about fear me out, I had a 20 year identity as a progressive liberal, that I was so proud of. And Sienna Monica, also 20 years, a community member, very proud, new, everyone loved my community. And I only no longer felt safe or in certainly not aligned, because I was one of like five people that didn't just believe without any question, what was being said on TV all around the pandemic, and things like that. So inside seeing what was being played out, or that I was discovering, as I was connecting the dots, by pouring in 1000s of hours of research, I saw a very different reality than what I was being fed through legacy media. And, and so inside of that, yeah, everything dissolved. And for the longest time, I didn't even know how to be, I didn't know how to show up on social, I didn't know how to show up on my own podcast, I didn't know how to search for ships. As a seven figure transformational trainer, you know, I had been guiding and helping so many people over the years. And I didn't even know how to show up in real life. At one point, I didn't know how to drive my own car. I mean, it was a complete death of an old identity, I thought I was having a nervous breakdown, it felt like PTSD, I was in complete paranoia, because I didn't know what was real.

Kim Fauskee 12:35

You know, in previous times before COVID had any of those type of emotions or feelings come upon you at all, in terms of one's sanity, or crisis or anything like that.

Michelle Sorro 12:46

Never once have I always felt very safe in the world. That's just kind of how I operate, the universe is friendly, I have never meet a stranger in my life has been knocking on wood, very blessed, you know, just easy in the flow. And I've manifested almost everything on the bucket list. And you know, just like wow, what a life and really grateful for it, and also very devoted to growth and personal development. And so always looking to expand the edges of my consciousness. But this, this shocked me,

Dr. Dana 13:18

was there any specific moments? or events that took place that kind of shifted you in a radical way?

Michelle Sorro 13:25

Like a penny drop moment? It was a little bit more fluid than that, but was it? And this is where that's a good question. But it gets very specific. And I hope we can continue the conversation. It was around the pandemic narrative. I just the the spiders in the back of my neck knew that there was something more to this. And you know, now with time that's been played out, not in all places, certainly not where I was in Santa Monica and maybe not where you are in Santa Barbara, because I know it well. There's still a lot of clinging on to that as being truth. And that is the only way or and that what we were shown was the only way. But there's just it just wasn't and so that was like okay, that's not going to be my path, which was very scary, Dana because most of the world was going one way and I was holding firm with unwavering doubt. You mean

Dr. Dana 14:29

in terms of whether the pandemic infection

Michelle Sorro 14:31

anything that was being said on TV as being true? A doctor being the science like all of that I just knew was there was more to that story. So that was basically the penny drop moment so to speak.

Dr. Dana 14:46

Did it feel like it was being engineered for for a purpose in? I'm not sure if I quite understand.

Michelle Sorro 14:54

It's probably that but but to what degree and to what end? I can't really say But there's just tremendous data out there. But the problem was even that and even get into this discussion and your listeners that are awake know, that I could give you 100,000 pieces of paper that are well resourced in what we think are viable. And then you would just push back another 100,000. Right. So a lot of us know that this is a, quote, information war. And, and so it's not my job to try to make anyone else see what is so easy for me to see. But it was scary and terrifying to see in the beginning,

Dr. Dana 15:33

then did you have support from friends and family with your, with what you're seeing and feeling

Michelle Sorro 15:40

is such a good question. And it makes me want to cry, because I'm so grateful I did. My mom could see it, my sister could see it, they saw it a good year before I did. A lot of my friends could see it, a lot of my friends saw it and still got the injection. They knew that the injection would never stop transmission, nor infection, but didn't want to be inconvenienced around travel. Right. So there was that. And my own father, you know, doesn't see it. But we focus more on our connection than content. And that's been a great learning experience in this past 18 months. For the people that I really love and admire. In terms of support, I would have to say outside of the people that I just mentioned, were really important. I have felt really alone in it. So much so that it brings up tremendous grief,

Dr. Dana 16:32

I can imagine. Yeah, position. It's like a whole life. Well, when you consider that we are constantly being barraged with fear, in order to buy the media and everything in order to control us and to get us to buy stuff we don't need and to keep us in a constant state of hyper vigilance. It makes sense that when you go against that, you're gonna meet a lot of resistance.

Michelle Sorro 16:58

Yeah, yeah, my Podcast Producer, I didn't think I'd get emotional. But I really value being asked, Did you have support? Because I'm super present right now? Like, not really? Yeah. God I did in my immediate family because I know so many people that are on this journey didn't, but it wouldn't matter. Like, I was so clear that I would rather die than comply.

Dr. Dana 17:23

Okay,

Kim Fauskee 17:24

did you have any physical manifestation from going through this transformation and understanding you're having this shift? Was there depression was there anything else that happened to you physically and emotionally while you're going through this that you had to deal with?

Michelle Sorro 17:45

From February of 21, through August, I was also drinking alcohol. Again, I was a wine drinker, sometimes up to a whole bottle of wine at night. For me, that's a lot. For others. It's not, it's all relative, my body's highly allergic to alcohol, I should never drink and I went for years without it, during the pandemic, and the eight month lockdown in LA, which is where I was based, I gave myself a permission slip, I was like, basically eff it, right? Like everyone is drinking and overeating, and you can't work out and, and, and so inside of that. I know, it's because I was just numbing out what I didn't want to face, right, the fear that was just running rampant and free floating, and the anxiety amongst humanity and the isolation and all of that. And so, between February and August, that my wine drinking started to escalate, it was like a couple glasses of rosy now, during the day, maybe on the weekend, and then by the night, then the bottle of wine and then the eating, I gained about, I don't know, 20 pounds or something I have actually taken out even more than that. But in that time, there were two moments that it just seemed impossible to live futile to have hoped as much as ever create, or be able to prevail against what I thought would be this mandated system that they tried very hard to cultivate. Right. And I am sure that there will be some more efforts in that. And there's certainly a lot of that going around our globe, you know, right now, we just might not see it on legacy media. So it was definitely afraid. And so suicide ideation, was was like came up goes down as quickly as it came up. I'm sure it was not an uncommon thing. But what I realized is that if I kept drinking and overeating and just like this low vibration and frequency, and so full of fear and anxiety, which only was exacerbated by those coping mechanisms to try to suppress it. I knew I had to get free. So I just decided all in one day, quit the alcohol, quit the over eating, let go of all TV and mainstream media, so I wasn't fed any more fear. And I will let go of my Netflix and Apple TV subscriptions, and then ultimately three days later left Santa Monica. So for me, that was my way through. And I just wanted to face and feel it all. And then it wasn't, it wasn't long was a short period of time later where it was able to actually get this beautiful sense of my divinity. Power.

Kim Fauskee 20:15

So it was a culmination of that your long process that got you to the point where you said I've had enough, it wasn't, it wasn't like you just woke up one morning and said, That's it, I need to be somebody else. But it was that combination of events that had happened throughout the year.

Michelle Sorro 20:33

Yeah, and I wouldn't even say that I thought I needed to be anyone else, or that I even thought that was the journey I would be going on. I just knew that I couldn't be in that fear. And that the drinking and the overeating, exasperated the fear, and an anxiousness. And as a trainer and guide that was pretty front facing very successful, high profile platform, right? Everything is relative, but in my space within my community and circle. I just began feeling like a fraud. Because here I am showing up online coaching, all my clients are running large group experiences, and on my podcast, and I was having to phone it in and manufacture what was once very natural.

Dr. Dana 21:19

So you mentioned that there was a spiritual component to it. Would you mind talking a bit about that?

Michelle Sorro 21:24

Sure. You know, I feel like I've always been spiritual on some level. But what does that really mean in terms of a devotional, ritualistic practice? And by the way, I can also go without it. So it's not like I need to meditate or burn my palo santo in order to experience feelings spiritual, that's, that, for me is actually not it. What happened is I found my spirituality through nature. Through spending time, I was always a hiker, and always in love with the beach and, and always have had a, a really profound appreciation for nature. But I never, I never saw myself reflected in it. I never saw that the divine intelligence of Mother Nature was what I think is a mirror of who we are right as sentient beings. And so I saw that by getting on one trail near my mom's in Woodland Hills and seeing the trail shift with seasons, and experiencing myself and my own bio rhythms and vibration, going through the same seasons of that we are here in the West, not knowing what was next, and seeds are planted, but it's winter, no idea what will bloom when it will bloom where it will bloom, how it will bloom, fully surrendering and trusting in the universe. Because inside this period of time, I let go of my identity as how I used to guide and lead. It didn't feel aligned anymore to teach people how to sell stuff. Even though I may in the future do that, again, for the immediacy, it was wanting them to know who they really are as well. And maybe it's a divine emanation of all that is.

Dr. Dana 23:13

So if you consider the notion that sometimes, spiritually, we're asked to take positions that are sometimes not either accepted or very popular, is that part of what you felt that you sort of felt compelled? I don't know if taking a stand is the right way to put it. But, you know, to speak about the things that you really believed in strongly, even though you knew you were going to be ostracized by a lot of people and criticized. Yeah. So you could feel the did you feel yourself being carried toward it? Or was this something you felt alone in expressing

Michelle Sorro 23:52

the only reason that I kept going when I was super scared, and obsessed in fear of what others would think? And at that time, beloved, highly published physicians and scientists and experts were being you know, D platformed, censored and canceled all over the world for speaking the truth. So it was a terrifying time. And but I knew that I was being called, you would say, carried, that's a beautiful way to look at it. I knew that it was a mandate. And that's the only way I know how to describe it. And so that ultimately, in the beginning, felt very scary. I was very vulnerable. And I didn't know who was going to listen or what anyone would think. And I worried that it would destroy my business, my circle of friends my life, and I was willing to do it against all cost, because I felt called

Dr. Dana 24:51

was it taken an enormous amount of courage.

Michelle Sorro 24:55

And I struggle that by the way, Courage doesn't mean you don't have the fear. Like I would feel insane inside and be shaking and literally have a battling conversation with my mind, like take it down even after I'd already have it up and already did it and be so scared like taking down the podcast because I'm a weekly podcaster. And it's all live, I don't edit. It's just off the cuff and I download, just allow whatever needs to come through, right? There's no bullet points are a prompt or a producer helping me in my ear, maybe similarly to what you guys do hear so and so I would hear the voice beat the kitchen and be like, take it down, no, keep it up, take it down, keep it and just be a battle week after week after week after week. And then before I knew it, the listeners started to show up. And then the growth started. The show started to grow. I mean, in huge ways. So I discovered I wasn't alone.

Kim Fauskee 25:47

But but when you were going through this, you were getting advice, though, that if you came out the way you wanted to come out and speak your truth. Weren't you getting the advice? It was going to kill your business? And maybe you shouldn't do that.

Michelle Sorro 26:05

Really good point. That's actually such a good thing for me to remember. You guys are really taking me back to like the energy of it. God, I've been through a lot. I'm so proud of myself. Oh, wow. Wow. Yes, it's true. Yeah, I had a business. Yeah, Kim was amazing, not only was he my business coach, this was like the business coach that 800 to 1000 people would apply to get in his high end mastermind every year and only 24 were selected. So it's like a really big deal to get in. And to then go to Sedona, for our first in person retreat was also very expensive. It was like to the tune of like \$40,000. And, you know, and he was a multiple eight figure earning coach in my space. And so, you know, an online, you know, entrepreneur, Coach trainer. And so I thought he was going to help me get to the next level, because it was about that back then to make more, do more. It's never enough, right? And I'm not there anymore. But that was very much where I was and why I wanted to get into his mastermind. So getting into the mastermind, it was very quickly February of 2021. At that retreat in Sedona, I realized he was wide awake. Your listeners know what that means. Maybe you guys do as well, like he knew everything that I had discovered, but no one was talking about, we were too afraid to talk about. And then he said to me, in a follow up conversation, he felt it was important enough to actually say, can you talk on the phone? It was like a month later? And I said sure. And he's like, I'm just gonna let you know that if you ever

speak a word about what we talked about, you will annihilate your business and you will be done forever. Yeah, well, that time. I knew it's because he was so full of fear and still is. And he was trying to protect me. Because we were watching people lose so much at that time and still continue to lose so much if they have the audacity to speak out. Right? Even that to just have people like wondering and getting curious, why is that happening? Don't we live in the world of free speech? So it's just an interesting time. And so yeah, I knew all that was there. And I considered it plus I was staying with my mother temporarily. And my mother said, do not ever share anything that you're staying with me at this time. Don't ever say that I did or did not get the injection. Leave me out of anything you are doing. So I was totally alone.

Dr. Dana 28:41

Why was she so worried about

Michelle Sorro 28:43

her? Because at that time, Dana, her age group was the one that they wanted for sure. To be mandated. of not only the double boost, double jab, but boosted and he wasn't going to do that. Okay. Yeah. So

Dr. Dana 29:05

she's just someone the repercussions coming her way. So even from your mom in a certain way, she will encourage you not to express yourself. Yeah. So was the main source of expression, your podcast and sort of describing your perspective through that venue?

Michelle Sorro 29:25

Yeah, pretty much. Even my podcast producer who is also my co founder in a company that we run, and she was my dear friend and I was her ninth client when she was a startup. Podcast Producer now she is probably a top five podcast production house in the US. Mega brands are her clients like Conde Nast and Lauren Architectural Digest and wired and you know Siemens fortune 50 company anyway. And back in November The team was getting really triggered by just me even saying anything that went against what we're hearing on TV. Right? Just that there could even be a suggestion as to otherwise. And so she kind of gave me a warning back in October, November of last year. And she was like, I just want you to know, like, you know, I may have to swap up the team members that have been working on your show for the last three years. Would you be okay with that? And not just like, what, like, it's just a podcast. And then came January, she fired me, she canceled me.

Kim Fauskee 30:33

Wow, just just based on that position that you took, and speaking your truth.

Michelle Sorro 30:38

Yeah. And I am one of those people. If anyone's ever listened to my podcast, I do not offer up information. That is the last thing we need more of there is plenty of that out there for whichever side or dimension, you want to look at this, this thing as right, that's so much bigger than just the pandemic. And

Kim Fauskee 30:57

we'll make sure our listeners have access to your podcast. So that will be in the show notes.

Michelle Sorro 31:01

Oh, thank you. I'm just letting y'all know that like, I don't come out and do the fear mongering, there's enough of that what I realized in the gift in this is that the more that I could see what was being played out, connect those dots and embrace it, like just face it right, just be with it, have a sober mind, body and soul. The more that then I was able to discover all of the resonance of that fear that was so dark and deep that was running my nervous system and I was unconscious to and how did I get conscious to it when I was no longer proving and performing and showing up with my mask of like, look at me, I'm so successful. Look at me, I'm collaborating with Tony Robbins and Jack Canfield, which were the ultimate for me in my space. Right. And, and, and I grew my business very quickly. And so a lot of that was just a big distraction from me, not really noticing how much fear and anxiety was running me. So when I was faced with this concept of losing it all, even my podcast, and my Podcast Producer and a team that I knew and loved for three and a half years. Yeah, it was a lot. And I didn't. I'm not always aware of how much strength it took me and how much courage I was able to cultivate to keep going. That's how strongly I believed.

Dr. Dana 32:22

I mean, how did you keep going when you knew your support was withdrawn from you? So

Michelle Sorro 32:28

easy. I cried one night in the fetal position in a dark room at my mom's and I have my best friend who lives in Sydney, Australia. And I said, What do I do? And he said, you don't do anything right now. You know, like, because I was like, How can I possibly be business partners with her? Like, how can we even be friends? Like, because in her mind, the producer friend, slash co founder, never, and still doesn't to this day see the impact that that had on me? She was like, I didn't cancel you? You did? You told me I could no longer be a client and you didn't have another resource for me. So how did I figure that out? I have a lot of friends that are in this same mindset and awareness that I am. In fact, most are. And most of them are podcasts. Oh, okay. And, and they're very conscious entrepreneurs. And they come from a very loving space. There's no fear mongering about any of this, because this is serious business. And so I reached out to a few of them. And I just said, you know, do you have a resource, it turned out one of my graduates from our podcast accelerator where we help you launch a podcast and do all the parts for you in a very bespoke experience. She actually had a resource, because our business model is we will normally produce all of our grads that want to continue on in that way. And, but there are a few that go out and find their own resources. And so she had heard something had happened. And she said, You might like this person. And so that person has been my producer ever since. I wouldn't say producer, she's an editor. She doesn't have company, but she doesn't care. What I say and in fact, supports what I say. So that worked out

Dr. Dana 34:10

and how I'm assuming your audience has changed. And as a result of your, of the changes you've been through?

Michelle Sorro 34:18

Yeah, it's much more intimate. It's much more connected. I hear from a lot more people. It's grown by about 800%. Since I took a turn, you know, the content before was really around entrepreneurship, and really how to scale your business. And now it's more about being in the present moment, because that's all we really have, and feeling everything that's happening in learning to create a spaciousness to be with it. I'm no psychologist, but that's a lot of what we talk about.

Kim Fauskee 34:50

So we talked a lot about how it affected your business. And maybe it's the same personally for you as well. Did you have fallout from long term friendships about your new position? How did your community support you? Or do you have to go build a whole new community about your beliefs? Now?

Michelle Sorro 35:13

That's a great question. And I think a lot of people who are awake, I'll just say it that way, because that's just the only way that we know how to refer to this, as they're also still less so less these days, but afraid to even just speak their truth, right. And so what I have found is, the more that I spoke my truth, the more that I was able to magnetize people that were already in my community, but maybe I wasn't as close with them at that time. Because conversations are very different when you're just not believing without questioning anything, what you're being told on legacy media, right, or TV. And that is, unfortunately, a lot of people. And so this was beautiful to find each other, the fallout, the one that was the hardest. And we would never actually admit that this happened, because we'll still email and say, I love you, I miss you. It was my longtime mentor of 21 years, three or four times a year, we'd get together and do the Hollywood Bowl and lunches and Malibu and dinners and Beverly Hills. And she is still very important to me. She's probably mid 70s. And it was very, very early into my journey, our I started to get this strong sense in the knowing that something was different. She just could not even be with that. There was just it was it just shut down. And I realized in that moment, I would never want to cause her any pain, right? Like that was just way too uncomfortable for her to even be curious about much less consider. And then I think she thought I was dangerous. So she couldn't, she couldn't spend any time with me. It was just easier to just do things on email.

Dr. Dana 36:54

And what was the danger you represented?

Michelle Sorro 36:56

I could be considered like a spreader of misinformation, I could be a threat to society, because I didn't get the injection. I mean, there were there. It's not the majority, it's actually not the majority at all. But there are a lot of people, especially in LA, and in Santa Barbara, and in these sort of bluer, you know, communities very progressively liberal. They, they think we should all have.

Kim Fauskee 37:26

So I mean, you bring up a really good point here in terms of I think in I'm speaking from friends of mine that actually probably were left of left, that have moved more center or even right of center in probably the last 18 months, that are really afraid to mention that, you know, like a lot of the information that we've talked about in the first half 40 minutes of this podcast, and then making informed decisions for

themselves and trying to figure out what's true and what's not, has also shifted their perspective. So I think this is an important conversation and why I appreciate you being transparent and vulnerable in this. Because it probably isn't the popular position to take still today. But you're not an anomaly out there. I hear I've shifted my perspective, as well, a bit. I'm careful about who I can actually have an informed discussion with. And even if somebody doesn't agree, at least they can see my viewpoint. And we can agree to disagree. But I think that's not the norm for most people. Right? I think you had that courage to actually speak your truth. And it cost you not only monetarily, but it cost you friendships and important people in your life. And now having to go out and kind of rebuild a business. Go back and foster new relationships and new friendships. That's more than most people are willing to do. But I think your message is important for people to hear whether they agree or disagree with you right? Again, I think you've made that statement that you're not out there telling people what they should be doing. The information that you're listening to was wrong you should be listening to this you're not, you're not doing that right, you've made personal choices which are which are which you feel are best for you and nobody should fault you for that.

Michelle Sorro 39:41

Yeah, well in what's happening in that I'm watching play out is those that are awake to like, oh, something's some that makes sense. Something's up here. Right. And that is according to a lot of actual psychologists that have studied this concept called mass formation or all of this stuff. And

Kim Fauskee 40:04

that's what for me that's formation has that expertise for you.

Michelle Sorro 40:09

So they're saying that there's a good 65, maybe 70%, of humanity that's aware of something's not up. But to your point, they might not speak up, and they'll just kind of be the go along to get along kind of people. And, but what's happening in that group is that more and more of them are getting strengthened by those who are willing to speak up. And so what I want to just just offer is, for me, this is not a political thing, it never was, it just happened to be that I was so identified so deeply to the left to the left, like your friend, and never ever considered that there could ever be another way for me in this entire life. You know, which obviously impacted every media platform that I watched, subscribed to and believed in trusted, right. And that's how built in these beliefs are, and that's how engineered we've become. But what's happening is that even those who are getting curious and having conversations and being brave, and maybe saying, You know what, I'm not falling for that this time, just let's just say, could be something like that, is that even that's getting super splintered. A lot of people like going to religion now. Because people want to cling on to a structure of certainty. And what this time is being asked of, I think, for me, I'll at least speak for myself, and this is what we share about in the podcast is there is no one coming to save us.

Kim Fauskee 41:41

So let me ask you, do you actually think it's certainty? Or do you think it's hope? Because even if it's false hope it's still hope. Right?

Michelle Sorro 41:49

Yeah, I mean, it's a really good distinction. I mean, I encourage my listeners to not even hold on to hope like, beyond this moment, can you be in this moment, it's all we got. Doesn't mean though, that you don't want to dream about a future and even joyously create toward a future. For a long time Kim, nothing was fun or funny. Nothing. I mean, I couldn't watch entertainment. Nothing in Hollywood, not a single celebrity. I knew that it was all like, oh, so it's just tough, tough. But then you get to the other side. And anyone who's listening who's there knows that. And that's like, complete freedom. And it's scary, because you're doing a lot of work. You're doing the work for yourself to be with all of this disillusion of a reality that you once thought was how it was right and trusted in those innocent days. And then you're doing the work, so to speak. For those who just don't know, when they're judging you rolling the eyes at you snickering and condemning you. And you you're holding space for them without judging them because you know that they just don't know.

Kim Fauskee 42:53

So you mentioned, yeah, that Dana and I have talked about multiple times on the podcast, and we kind of labeled it as conscious introspection, I call it sitting in your shit. Because I think when you're trying to break familiar patterns, right, that either aren't working for you or aren't healthy for you anymore. It's hard to do that, right? Because your conscience always wants to go back to what's familiar. So it so I'm kind of interested in your process of how you got to this other side. If you can, actually, if you can actually describe that. Yeah, wait, because because again, it didn't

Michelle Sorro 43:38

break down and deconstruction. And I mean, it felt like I was losing my mind. For the longest time, maybe three weeks, I was just in this constant state of paranoia. I couldn't trust my own thoughts. Because I didn't know what was my thought or an engineered thought, or programmed belief. And this is super deep right here. Like you guys might not even agree, or I've ever heard of this kind of stuff. Maybe you have, I don't know, or maybe, you know, this type of thinking could deem some is like, she's kind of lost it. And that is, again, part of what I was learning to extricate myself from all of that conditioning, all of that labeling, and even by really well meaning doctors and scientist.

Dr. Dana 44:29

You know, part of what Kim and I think that part of what Kim is bringing up this notion that what we would love for people to understand is that if you can connect with your intuition in a really deep way, you can spare yourself an enormous amount of pain. Because most of where I see people getting into trouble is that they know deep inside what their truth is, because of the engineering you're talking about and people's reactions to some of you know, whatever it is that you feel you can't prove what you feel is real. You can, you can only either accept it and live in it. Or allow yourself to be influenced from the outside in ways that are going to hurt you, or at least are not in your best interest. So part of what you're describing is a you're being torn by what you were being programmed by by the outside, but feeling deep down inside of yourself that there was a truth that you couldn't get away from him no matter how hard you tried. So fair way to put it couldn't get away from the truth that you knew inside your body, the truth of where it was a year ago, and the things you were feeling and, and in the fact that you couldn't trust what was being presented,

Kim Fauskee 45:41

your gut was telling you something different than what your mind was trying to tell you.

Michelle Sorro 45:46

Yeah. And then I allowed my mind to work with my gut. In other words, I learned to think, Oh, my God think I was really a thinker, not a constructive critical thinker. I just believed what was presented, right? Whether it be a doctor or a teacher, or a guru, or a TV host.

Kim Fauskee 46:08

But at some point, that feeling within you didn't match what you were thinking, though. Right, which you've talked about, and kind of caused this change, because you talked about how you were kind of acting through your life and acting with your clients and not speaking your truth in your truth is, is, is your intuition speaking to you?

Michelle Sorro 46:32

Hmm, yeah, so I'll make a distinction because this is really nuanced. So at the time that I said that I was kind of having to manufacture like, really bring it on and shine in that light that was fake. I mean, it was true. But it wasn't really authentic, right? Because I might have been hung over in that 18 month period where I was, I picked up alcohol again. Because everything was crazy. And it was the pandemic and the lockdowns and I just gave myself that same permission slip. But it was in August of last year of 21, when I cold turkey, let go of the alcohol, and TV and legacy media in Santa Monica and all of that programming all on the same day. And it was in that period where I had to learn how to cultivate an intuition because I didn't even know for a good three or four weeks there it got really scary. Like I was I was it just the way that I would describe it? Because you asked earlier? Like, how would you put that into words, if you had to, it was like, it was almost like my brain completely liquefied. And I didn't know how to put it all back together. And just conscious step by conscious moment I did. And I'm still doing it. And it's in. And what ended up happening is that there was a complete death of an old self. That was like a marker in my life of like, my life was like this and all of my identities within it. And, and, and, and believe me, I wanted to and I wished I could, like, not care that the person that was my hero for 30 years, wasn't in integrity in most areas of their life behind the scenes like, but all of a sudden, from this new space, everything shifted. And it was so spiritual that like, everything was just so clean. So you couldn't even enjoy them anymore.

Kim Fauskee 48:38

So you achieved clarity at that point.

Michelle Sorro 48:41

Well, I think it's ongoing, but I achieved a clarity for that state of my consciousness. It's an evolution.

Kim Fauskee 48:52

So how are you feeling now? I mean, so we're how many a year into this process for you now? We're in August 2022. And so how are you feeling now? And where's your life taking you now?

Michelle Sorro 49:09

I have no idea where my life is taking me and that's my whole point. I'm trying my very best to be in the present moment. Because all my life I have tried to forecast a future that made me feel good because I didn't know how to just feel good and trust that always well right now. So what this time has taught me is to really just cherish the present moment. One of the greatest gifts has been met I actually it's like nature natural raw organic wild nature is like a non negotiable for me on basically every day and and I'm trying not to get caught up in too much more beyond like maybe just a few months out because I am an I am a I guess I'm a coach or a guide. I don't even know what to eat to call myself anymore because I feel like those identities can really box us in for better and for worse. So I have some launches. You know, I have my launches right now planned through October. That's about all I know, I'm in Southern California, I think I'll be leaving, I think California altogether in about a year. And I don't know where I'm going. And I know that I'll know when it's time to know. And what I would love is to somehow align with a great partner, because this time is spread like the friends then and, and so what do I want? What am I calling in? That would be a good question that I would ask myself, a partner that understands this can stand with me in this space, it's not easy. But I think it's going to get a little easier. Because the numbers are growing just so much every day,

Dr. Dana 50:54

the numbers of people that understand your perspectives. Oh, yeah,

Michelle Sorro 50:57

there's literally something called the Great Awakening, it's not a joke. I mean, at this point, they're estimating, I mean, it's still small, but they're estimating well over a billion people. And that's just based on the numbers of what we're seeing of, you know, following podcasts and shows that speak truth, or it's, it's, you can just have this anyone who's been kicked off or D platformed. or lost their medical license, that's where millions and millions and millions of people are flocking to.

Dr. Dana 51:26

You mean to hear their perspective.

Michelle Sorro 51:29

Yeah. And then that is attracting even more and more people. So while I live in LA, I don't feel comforted by who's in LA, because that's not really my audience. I have a lot of friends that are and, you know, a community that continues to grow and evolve, you know, and we used to be really afraid, and it used to be really scary. And you wanted to be caught up in the latest thing and try to make sense of all of it. But then even that, I realized, like, that's just trying to sue the nervous system that doesn't know how to be in the unknown. And what I'm learning more than anything, and this is the fear me out, just mental is, at least in my experience, is that the uncertainty is actually all we really have. Everything else is an illusion. Our marriages are the health of our children, our jobs, our homes, it's all an illusion, it can all go our very health, that very loud and clear these past two years. And so if I can just learn to be in the moment and not try to forecast something beyond this, then I can be free.

Dr. Dana 52:37

You know, what you're talking about is interesting to me in a certain way in that during the pandemic, my practice changed in some ways. And I would say, a fair number of men between the ages of maybe

40. And some 70 year old men came to see me because they were having panic attacks. And the reason that they were in a panic is because if they're old school like me, we believe it's our responsibility to protect our loved ones from whatever danger might befall them. The pandemic was probably the first time in our lives that there was an enemy that was presented to us that we couldn't see. And we identify easily. So a lot of people became incredibly anxious, and uncomfortable, because they lost their ability to feel their ability to protect the ones that they loved. And part of what I tried to help people understand is that most of the people I see are very resourceful. Yeah, if they're willing to be connected to themselves, and even though they couldn't feel the same level of safety, because of all the information and disinformation, you know, that was presented, there's still a part of them that's connected to their reality. And if they stop worrying about the future, and what's going to happen in the future, and focus more on enjoying what they have right now, it makes it a lot easier not to go into a panic.

Michelle Sorro 54:02

Yeah, thank you for sharing that. You know, I don't know the exact step by now. But at one point, the suicide rate increased in a 12 month period of time amongst men 40 to 60 years old, by over 450%. of time. That's

Dr. Dana 54:23

just for the reason I'm describing that

Michelle Sorro 54:24

I know that it is and I have so many private coaching clients that are males in that same category that have come to me and I'm not a psychologist, they come to me because we met maybe in a live video mastery training or something way back. And then and you know, this, this, what you're describing, as is the pressure and this free floating anxiety that by the way, is invisible, and it can be felt in an energetic frequency. Right. And unless you know who you are, and you're tuned in, you don't know that that might be running you right. And so A lot of people are experiencing that. So yeah,

Dr. Dana 55:03

it was it was really surprising to me. And you know, you speak about suicide, the degree of suicide that young people started to experience and feel. I think it increased by 25% and adolescence during the pandemic, because so many people were even more lonely and disenfranchised than they were based on their cell phones and all that other. Other stuff before the pandemic. Yeah, anybody that had friends at school, and they were there only friends had no friends when they were isolated at home. Right. So, all the information or a lot of information we got was incredibly harmful, even though theoretically, it was designed to keep us healthy.

Kim Fauskee 55:53

Or not. Yeah. Michelle, do you feel grounded? Now?

Michelle Sorro 55:58

Most days? Yeah, really grounded. Not always. I always say on my podcast, it's a good improvement by about 85%, which is massive. That's a lot. That's huge. And, and I really sometimes had to track that

like a daily like, okay, review, like, when were you in your body completely present, you know, and could identify what you're feeling not racing off into the future or ripping myself apart from the past, that could have been an hour ago. So that's actually the deeper work. You know, it's so interesting that we're talking about all this stuff, and the awakening, and this and that, and, but what it's led to is a deeper sense of knowing who I am. And so the grounded part.

Kim Fauskee 56:44

So I'm gonna, I'm gonna make you answer that question, though. So who are you now? You guys ask everyone this? No, but you open Pandora's box. So

Michelle Sorro 56:56

I'll answer it if you guys promise to answer it. Okay, okay. I have no idea. But what I think is that I am an infinite soul that comes from Divine Consciousness. Maybe, maybe not. But this is what I seem to resonate with, that this is not my first time at the planet Earth rodeo. And that I've come for some karmic and maybe ancestral lessons. And so I believe in reincarnation, and I believe I've been here before. And when I look in the mirror, and I just did this yesterday, I try really hard to go beyond the physical expression of like, being a female who's white with the longest hair living in Southern California. I try to just see my soul. And sometimes, sometimes I'm able to catch a glimpse of that, and I can be a witness to my life. So.

Kim Fauskee 57:59

So when you look in when you look in the mirror, not what you see, what do you feel? Because that's, that's, that's as important as what you see.

Michelle Sorro 58:11

Depends, if it's the day where I'm only catching an actual reflection of me. And I'm like, oh, man, you got some extra wrinkles today. Or this morning, I thought I would have time to shower and have my hair done. And I just didn't I'm like, you know, so if I'm not judging the physical appearance, and I'm actually able to get to like the soul access, which doesn't happen every time. Sometimes humans are very dense and just can't see past that. How do I feel deeply humbled and deeply reverent, I'll just sometimes cry. And it'll just be like this. Thank you. Thank you, thank you, like, I love you, thank you for, for showing up. Doing this human experience takes a lot of courage to be alive, especially right now. Absolutely. takes so much courage. And we're all so much more isolated now than ever. So mostly, I just feel grateful that kind of like we're doing it to look at you.

Kim Fauskee 59:10

So as we end this, this hour long conversation, and I want to go back to again, the important reason why I asked you to be a guest on this podcast was that again, a lot of people I think, are in the same position while winning it think I know are in the same position that you were a year ago that are probably tugging with their feelings right now of trying to figure out you know, what's right. What's wrong. What's, what's down? What important message or process would you leave for them to follow?

Michelle Sorro 59:58

The answers are a little more new because it depends on what their thinking is up and down, left and right. So I'll just go to like two major themes that I experienced from people who listen to my podcast, and so much of this conversation because I am so out about it. So what it could fall under is, I'm still learning and discovering, and I'm kind of waking up right now. And I don't know what to trust. And I'm afraid to ruffle any feathers. And so it just might be easier just to do what I've always done. And for that, I would say, follow the curiosity. Be vigilant with your curiosity, right? Because if you leave and gotten a nudge, then allow yourself to follow that through and, and see what you discover, right? But don't just shut it down. If you've been awakened, there might even be something possible beyond what you've been told to believe. That's power there. The second thing is, is that could be another way in which people have awakened or wherever they are, is, is okay. I'm aware that it's not exactly as it was presented. And maybe for nefarious reasons. Maybe not, I don't really know. But what do I do the next time something comes down, right, the lock downs, the mask all of these things. And what I would say is before you just give in and comply, to go along with the masses just have patience and faith, patience and faith with a little bit of time, the friends that I know, did not want to get those shots, they were so afraid to get those shots did because they wanted to travel and then just within a year's time, they're like, if I just would have been patient, if I would have had a little bit more faith. How did you not do it? Michelle, you always use the dragon. I was like, there was just no other option for me. But I also just had the sense that if we could just be patient, there was no way it was going to be that way forever. But we didn't know that in the moment. So yeah, patience and faith and or follow

Dr. Dana 1:01:56

curiosity, kind of just one small ingredient, all of that. Yeah, I think it's really important to hold on to your sense of humor.

Michelle Sorro 1:02:04

Yes, please, for that.

Dr. Dana 1:02:09

You're answering the question about who you are. I'm thinking to myself, well, I'm about 17 years old, spiritually, I would think, I think normal aged chronologically and physically. Well, physically I'm in my 90s. But so it depends which part of me you're going to, you're going to appeal to but I just think that it seems like part of what carries you is that you have a very easy smile. You smile very quickly and easily when you smile. So despite all of this happened, it seems as though you've been able to hold on to that part of yourself.

Michelle Sorro 1:02:43

Yeah, that wasn't that wasn't there for a while. But yes. To open that back up, right, because it felt Yeah, this Yeah, this is we're summarizing a year, a year and a half that was pretty dark and scary and courageous and all that but on the other side of it is amazing. Because very little can make you do what you don't want to do very little can manipulate you. And inside of that is so much freedom. And inside freedom. You feel like you can actually relax and have a fun time. Yeah, right, you can actually relax and experience joy. Wow. So yeah, Dana, on my Instagram, you know, stories or whatever. There was this longest period of time when I was really tuning into nature like I was just on the trails every single day singing acapella climbing trees. Like, it was just I felt like a five year old. It felt like I was discovering

heaven on earth every single day. And a lot of that still rings true. It's just now it feels I don't know maybe I'm getting older or wiser or I don't know like to say it feels a lot more grounded.

Kim Fauskee 1:03:54

You haven't mentioned your partner in crime that you experienced with nobody's gonna nobody's gonna see him but that can't hear him bark either. But, but you have a good little guy that stands by your side if nobody else would, right?

Michelle Sorro 1:04:11

Yeah, Samson. He's a five year old. Mini Labradoodle. And he's amazing. And he's a bit of a shaman. Actually, he clears energy. He's incredible. Yeah, no, he really does. Like he'll come into a room and and Yeah, and if there's anything that needs to be cleared out, he'll take it through his body and clear it out and and we can all feel the shift. It's I didn't really know that about him until he was three. So look at he just heard me talking about and give me your fears. And he hates to be put on TV or video or anything like that. So he probably won't come over here. Maybe

Kim Fauskee 1:04:49

we won't ask him the same question we asked you then,

Michelle Sorro 1:04:53

which is Who am I really well who are you? Really? You didn't answer that for me?

Kim Fauskee 1:04:58

Um, we'll do another podcast. Okay. I promise to answer that, at some point in the future, I just need to think about that a little bit more, instead of giving the facetious answer that I usually give to that.

Michelle Sorro 1:05:13

Why would it be the facetious one?

Kim Fauskee 1:05:15

Oh, I don't know, I think, again, Dana, and I have that that same South Park, teenage mentality, you know, get that version of you guys today. Sorry about that. No, and we didn't, we didn't want to bring we didn't want to bring down because he had an important message to share. And in this personal journey, which we appreciate you doing, and you know, life is meant to be lived. Right. And it's meant to be, you know, confounded in a fetal position in trying to figure out which way is up. So I appreciate your honesty and transparency and willingness to share that your message because I think a lot of people need to hear it.

Michelle Sorro 1:06:03

Thank you, I appreciate the opportunity to connect, you know, the thing is, is that your listeners who are aware of this, or who are courageous and awake and going one way, when so many things go the other way. They know there are infinite resources, right, and that they know that the numbers are growing every single day. The one thing that I would love to just, you know, leave anyone with is, you know, not

everyone's going to feel a need to do it from a digital rooftop or a podcast, you know, platform. But speaking truth and, and standing firm in that is it's never been more important.

Kim Fauskee 1:06:44

He's got to say it'd be a different world, if people did.

Michelle Sorro 1:06:47

So. Yeah. A completely different world. Yeah.

Dr. Dana 1:06:50

Thank you so much for your time. It's been a pleasure to speak with you. We get to meet in person sometime.

Michelle Sorro 1:06:55

Likewise, Dana, thank you. And thank you, Kim, for having me on.

Kim Fauskee 1:06:59

You're welcome. Thanks again, Michelle.

Fear Me Out 1:07:02

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