

Fear Me Out Podcast

Episode 13

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Guest Speaker

Catherine Weissenberg - Intuition Trauma

Kim Fauskee 00:01

It's been written and said that all of us are born with psychic abilities. It's just a matter of knowing how to tap into it. On today's show, we welcome Catherine Weinberg, who will share with us her unique ability to communicate and dialogue with God, the deceased and with coma patients. She is the co author of beyond ever after a Heart to Heart Journey Through death in the afterlife. So please join us as we speak with Katherine and deepen our understanding of spirit consciousness and our ever expanding reality.

Dr. Dana 00:39

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 00:58

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 Fauskee and Dr. Dana Saperstein.

Kim Fauskee 01:20

So Catherine, welcome to the podcast studio.

Catherine Weissenberg 01:23

Well, thanks for having me.

Kim Fauskee 01:25

Can you tell our listeners who Catherine is.

Catherine Weissenberg 01:29

Catherine I'll disclose is Dana's sister in law, married to his brother and mother of his niece and, and I'm a Communication Consultant. I facilitate conversations with God's deceased people and people in comas. And I've been doing that work for about 3334 years. Quite a long time. And when we went into lockdown here in Santa Barbara, I started weekly guest spot meetings and had been hosting that ever

since for community members. And so we didn't feel so isolated. So I've got my hands in a lot of pots. I have a book called Beyond ever after a heart to heart. Journey Through death in the afterlife, I wrote with a client of mine turned friend. And yeah, I'm a girl from the Midwest who moved to Santa Barbara to go to school and never left.

Kim Fauskee 02:36

Like many people, yeah. So you have a special skill. And that's primarily the reason that we're having you on and having this discussion today. And I don't want to butcher exactly what you call yourself. We know you're not. I don't think you're a psychic, right or, or definitely not a tarot card reader. But maybe an intuitive or instead of me trying to come up with the right term, I'm gonna have

Catherine Weissenberg 03:07

to call myself a communication facilitator is my background, my undergrad and grad work is in communication. And when this gift emerged in my life, I was in graduate school, studying communication. And it was as if the universe God, whatever name you want to call it, or whatever, said, you want an advanced degree in communication, you want to get an education, we're going to take you on a ride that your, that the university can't give you. And so I am a communication facilitator, I see what I do with my clients as connecting them to themselves. And I work by referral only. And I ask people, What did they say about AI? Because it is hard to explain what I do. I do writing and people say, Oh, that's automatic writing, but it isn't. I'm tapping into the energy. And I'm transforming that energy into prose. And if people say it, it resonates with them at a deep soul level, by and large.

Kim Fauskee 04:24

So you had mentioned that you started getting this feeling while you were in college. Was was there? Was there an actual moment in time or that kind of popped into your head or Were there moments in time that that this kind of started becoming clearer to you,

Catherine Weissenberg 04:40

I would say onset not to be clinical, but it just I would have this sense of that I was supposed to say something to a complete stranger and I would be like This is insane. I am losing my mind. And I might approach them and say read chair by the window or something, and a total stranger would start crying and the person with them would look at me and I would be so humiliated. I'd be like, Okay, bye, because I was really frightened. And I had some extraordinary experiences that I didn't understand. But I knew that if I was losing my own mind, I couldn't get perfect strangers to collude with my insanity. And so after about a year, I think I kind of got a little comfortable with it. But I stayed in very deep cover, and kept my gift very quiet.

Kim Fauskee 05:45

Was it was it energy or a feeling that you're picking up on these people? Or what exactly was it when you're walking by a stranger? And I thought that was more just to them?

Catherine Weissenberg 05:55

Auditory? I would just, it'd be almost like a sense of say it, say it, like a kid bugging you. And I'd be like, I am not going, Oh, my gosh, I do not want to do this. This is so humiliating, you know. And so it wasn't

a feeling it was an urgency. In a sense. It was a directive, it was all those kinds of things. And in the beginning for a long while, it was very unnerving, I would say, because I, although the person always understood and they looked at me, like I had gone through their underwear drawer, because how could this person know this about me? And I would think, I don't know. And even I was hesitant to believe, but over and over and over and over. And it was really hard to come to peace about that. And because, because it would be things that no one knew, like they had never told a soul or whatever. And I would be like, really? Are you kidding me? And after the writing, they would tell me the backstory. And I would just be like, Oh, my God, this is so weird. You know, I mean, I would be as amazed as them and still to this day. Frequently, I am as amazed as my client. I just like I don't get this, but it, it works.

Kim Fauskee 07:32

How did you get started doing this in terms of okay, this is something that I feel like I need to do in life. This is something that I need to be offering people and I get the fact that you were very uncomfortable with this special talent that you had or skill that you had an intuition that you had. But so how'd you get going?

Catherine Weissenberg 07:55

Well, for many years, it was just for friends or people I knew or it was a gift. And I would say the real where I really got my marching orders to, like, be out there and do this work. Really, in a more formalized way was in 2005 when Dana's sister, Shelley had cancer and it was her wish to die at home with us in our house, my husband robbing our house, and that was something we could do for her. And on her deathbed, and she was going down a fight and she was not going down easy. I mean, she, she was unconscious, and she was just not it was, it was just really difficult. Anyway, I thought, okay, it was Susan Dana's wife, myself and my best friend Virginia. And Shelly was just very, just, we didn't know how she was hanging in there hanging on. And she was unconscious at the time, and I thought, Okay, I'll do some writing and help her. Maybe God can help us figure out what can make this transition more peaceful for her. Well, it ended up being a writing for my friend Virginia, myself and Susan and very little was said about Shelley at all, but in that writing, and I say God said because the writings always start out with God welcome like God welcome cam, and they always end with Go with God. So I don't care if people believe in God or they, it doesn't matter Buddha, whatever people's orientation is, but anyway, the message was to me to be the voice of this wider range to share these messages which are always about love. They're always healing, they're always catalysts for growth, introspection. And so I have been living into that directive that I received about spreading these messages

Kim Fauskee 10:14

when we were talking earlier, excuse me. And thank you. And I go back about 20 years when I first met you and, and at that time, my wife recommended that I come see you and write. And I am probably one of the bigger skeptics in the world there. And it was kind of interesting to me. And I sat with you for that hour long period there. And I don't know how many pages you wrote. But there were many at that time. And I remember reading through those pages, and I went, wow, this person knows me. Better than I know myself. I was like, who you're saying earlier, it's like the person thought I went through their underwear drawer. And it was the first time that I think that I began to start understanding myself and began that journey of self exploration after writing at that point. Now I know with your brother in law here, you've had some pretty prolific moments with him. And so I don't want to take all the conversation

here. So do you mind if I describe my meeting? Catherine, I would love you to describe your meeting, Catherine.

11:27

I don't know how much of the situation that I remember. But we have some common friends. This was in 1989. New Year's Eve.

Catherine Weissenberg 11:36

was our anniversary. Yeah. Oh, there's another side. Weird story. Yeah.

11:42

So previous to my meeting you I was having some really remarkable experiences in my professional life that I didn't understand. And our mutual friend, Alan, just handed me a book, I didn't even really know him. And he handed me this book about past life regression. And that I was having those experiences with people in my office, I didn't understand what was happening. All I knew is that I was losing my marbles, or something was not okay with what was happening. And so Alan just spontaneously handed me this book. And so we started to become friendly. And he said, there's a woman that I want you to meet. And I'd like you to come to my house on New Year's Eve with your wife and your kids. And the kids can go off and play. And I think that you and this woman would have some kind of interesting experience with each other. Well, what Alan didn't know at that time was that I had spent the previous six months having the same Nightmare Night after night, to the point where my wife couldn't even stay in the same bed with me because I was being so violent, trying to get away from someone who was attacking me in my sleep. But I couldn't understand what was happening. I tried really hard to remember, like, why would I have this nightmare. It had years and years of therapy before that time and, and did everything I could to try to come to terms with Why would all of a sudden start having this horrible nightmare. Coincidentally, my daughter was turning about four at the time. And it was. And what it came to discover later on was that her little four year old person was stimulating inside of me that I didn't understand anyway. Come to New Year's Eve, I arrive at Alan's house with my wife and the kids are off playing. And you and your friend Christine walked in the door

Catherine Weissenberg 13:24

are wandering before we're going out to listen to live music. Oh, okay. So early in the evening. It's like,

13:31

yeah, it was very early. And so you sat down next to me on the couch. And, you know, I'm thinking to myself, you know, this is kind of interesting. And you looked at me and you said, Well, I hear you've been having some really unusual experiences. And I said, Yeah, and I started to describe a little bit about what was happening. And then you picked up a pad of paper and just started writing furiously. And we're going to my wife, and I'm looking at Elena, I'm thinking, you know, what's this woman? Why is she traveling around with a pad of paper and a pen everywhere she goes. And you started writing and writing and writing and after about 10 or 15 minutes, you handed me the pad. And what was on the pad was a letter from God helping me remember what it was that happened to me that was stimulating that nightmare inside of me. And as soon as I started to read your writing, I remembered everything that I had blocked out from horrible, sorry. Sorry, experience I had as a little kid. And I thought to myself,

how could this woman know this? Because I didn't even remember it at the time. But as soon as I started, read what you wrote, everything came back to me in a flash, but it wasn't detailed. It went incredibly well. It wasn't images. It was images, right? It wasn't any detail. It was enough detail for me to remember

Catherine Weissenberg 15:00

had it triggered that, that I'd opened. That's how it works.

15:03

And in the most remarkable way, Katherine and, you know, I remember being molested as a kid in the hospital and then being threatened with death and the whole and, and it was, it was an incredibly transformative experience in that regard. Because I'm a very skeptical person, right? I'm a hard sell. And I don't believe in any of this sort of stuff. And I just thought, you know, anybody that believed in God, number one was crazy. And I consider myself as a religious person to be an antagonist, not even an agnostic. Right?

Catherine Weissenberg 15:37

I wish to use in the G word, and you're like, why

15:39

there's no such thing as God, I don't know what your problem is. But anyway, so I remember, you know, we were there for three or four hours. And it was an incredibly emotional, really intense experience that was so helpful to me. And I remember waking up the next morning thinking to myself, I gotta learn how to do this. Because if I could learn how to do it, Katherine does, I could change people's lives in a way that is inconceivable, because I'm not even sure at that time that you knew what it was that you brought to me. I'm not sure how you could, because I don't

Catherine Weissenberg 16:17

I knew I didn't really know what's going on. I was like, Oh, my God, this man is losing his mind. I'm not quite sure what's going on.

Kim Fauskee 16:24

We were therapists that

16:26

I was. Yeah, I had been in practice probably just a relatively short time, maybe five or six years.

Catherine Weissenberg 16:32

His office was next door to Alan. Right. Right. Yeah, totally. Yeah, each other. And I went to grad school with his wife, who was instrumental in showing me that I could do this writing,

16:43

right. So I remember the next day thinking to myself, for a man who didn't believe in God, all of a sudden, is just like, you know, I think if I was like, in a church, I would have become one of those born again, people that, you know, Praise Jesus. But, but I also understood that

Catherine Weissenberg 17:05

I'm not that girl, either, right? I just

17:07

got that image in my head. Yeah. So. And I also understood that if God waited for me to go to church, in order to have that burning moment, God would still be waiting all these 30 some odd years later, because that's just not the person that I am. So number one, I came to understand that there was such a thing as God, which was an incredible gift for somebody as skeptical as me. And number two, I was so intrigued by what you were able to help me with that, really, for six months was incredibly elusive to me, and I'd had more therapy than you could ever imagine, at that point, and, and went back to see my mentor, and he told me that he couldn't help because he didn't really, you know, couldn't imagine that anything could have happened to me that would, you know, be so traumatic that I wouldn't have remembered, you know, years prior. So you and I started meeting after that on a regular basis, and you started writing for me in ways that just helped me solidify all of what it is that we're talking about. And it really changed my life in a way that I can't even describe how much of an effect it had. And I came to understand that I would never necessarily express my gift the way that you do, because I'm not you. But if I was willing to tap into my intuition, and really become seated within that part of myself, that I could do my version of what it is that you do, and have since you know, brought that into my professional life. And it's been incredibly remarkable. Because people say the same thing to me now, often that I'm sure they say to you is just well, how do you know that? Where does that information come from? And my response is always the same, which is, it's just a feeling it's an intuitive, intuitive, sort of a feeling that comes to me and, and the hard part is being brave enough, as you say, to be able to not let your own feelings get in the way of delivering the message. I don't know if that's something that you've had to struggle with. But it's for me, there have been moments when I've gotten information that was contrary or at least not a part of what I was having a conversation with the person about?

Catherine Weissenberg 19:15

Well, you know, I have to say that I, I've been doing these live writings and where I write, and it appears on the screen, just spot and anyway, one of my dear friends, longtime clients said, you know, you really, you really understand, are you really able to just move aside and speak to the humanity. And that's so helpful, because the writings now are very image laden. very metaphorical and I now am archiving a lot of the old ones, and they always have been. And so it's very poetic. And I think that poetry is the energy that the mind can't like, do. It's Jin Soo with like, Oh no, I'm gonna push that away, the mind gets teased by the imagery, the metaphor. And it's trying to do its thing. And meanwhile, the energy and the soul and the connection and the intuition and is getting in. And it's moving around all the defenses of mind or ego. And I so I think also, it's, it's, it's intuition, but it is really, I'm able to just move aside and not judge and not have thought about it. And not just not, I'm totally present, it sounds like it would be woowoo. It's not at all, it's just like, we're having this conversation. And both of you experienced it, I don't go anywhere. It's not like Twilight Zone. But opening that space for the energy, I think, which I'm not sure. The line between intuition and energy, and but I think there's an energy door

that's opened or a conduit or connection or an embrace and acceptance, I'm not quite sure, that allows that profound healing to take place. And I would think that's what you offer. Your clients when you do your work with them, is this place of everything is welcomed here. And when everything is welcome, true healing can occur, and true knowledge of what we have suppressed or whatever, or the stories we've told ourselves can move away, so. And I think we all have that ability. It's just really, really difficult. And that's why, like, Kim started out, Is there things in there and your soul goes? Yeah, finally, I've had my voice because I think that, in the writings, what you're really doing, too, is sort of speaking to your soul, your deeper self.

22:32

You know, Katherine, if I can interrupt you just for a sec, I want to make sure that everybody understands that it's not always pain based. Oh, yeah. Because when I go back to our history, after I'd known you for a few months, I called my sister and my brother and said, Hey, you guys got to come to Santa Barbara, I got to introduce you to this woman who has changed my life. And you know, they knew me to be a really, really cynical, not the most spiritually interested person. And so they were quite intrigued by my invitation. And I remember, I think it was my sister that came first and you met her, and you guys hit it off, and we're like sisters right away. And then my brother was married at the time and living in Washington, and I invited him down. And for some very odd reason, I said to him on the phone, you cannot bring your wife with you. This is not something for her. This is just for, you know, I don't have any idea why I have such a strong feeling that my brother was to come by himself. So he came and you know, he met you. And you know, you guys had your connection with each other. And then I remember a few weeks or I don't know how long it was after that. You and I didn't speak to each other for about a week. And the reason we didn't speak was because I got a feeling that you were going to marry my brother. And I think you got the same. We never have this conference. Never have conversations because what really happened is I went to the meditation chapel, Atla Casa de Maria and I was in there and I have had this ability. For years, people. Well, at that time, I

Catherine Weissenberg 24:11

hadn't had it for years. But I would never use it for myself. It wasn't just anything. And I was in that meditation chapel. And I heard Dana's brother will come and you'll have two children. And I was like, I mean, it was like, It freaked me out. I was like, who's in here? What's going on? And I was like, This is insane. And I was coming to your house for dinner. And so and you and Susan had these elaborate, I wasn't apparent yet. bedtime rituals, read 25 million stories and went on and on. And Susan went to read stories. We had dinner, and you sit and we were sitting on the couch and you said to me, you know, Katherine, you're such a lovely person. You deserve to have someone in your life. And I said, Oh, Oh, no, no, no. I was like, Oh my God, because like, maybe an hour earlier in the meditation or hour and a half earlier, I got this message I, I was like, no, no. And then the phone rang and you got up. And I don't know, if you and we didn't talk about getting these Simon messages until probably about seven or eight years ago, I never told the soul. I mean, I told people but not you. And it was robbed by my now husband and on the phone. And so you said, Oh, and you came back. You're talked on the phone for a few minutes. And you came back and you said, Oh, that was my brother. He wants to come down and meet you this weekend. And I was like, Oh, my God, I was so freaked out. But I couldn't ask any questions, because I didn't want you to think I was going to be scamming on your brother.

25:51

Well, I felt really uncomfortable too, because he would n't be a homewrecker. What I didn't understand at the time is that I think his wife was in the process of being unfaithful to him, and that their marriage was on very shaky terms.

Catherine Weissenberg 26:02

They hadn't been married that long.

26:04

No, I don't think so. But at the same time, I mean, I don't know.

Catherine Weissenberg 26:09

I mean, I'm not using it as a justification. Right. And I wasn't involved with him until after they

26:15

divorced. Yeah, right. Yeah.

Catherine Weissenberg 26:16

I mean, at all.

26:18

But I just remember you and I sort of avoiding each other for a bit because we were both so uncomfortable. Because like at the same message, you

Catherine Weissenberg 26:25

never said it to each other until you're I mean, like, it was like, it was not that. I mean, I was shocked when you told me that. I only

26:35

bring it up because I want to make sure that everybody understands that this is not just in the service of pain. It's also in the service of love. Absolutely.

Catherine Weissenberg 26:41

I have people who have in, you know, in fertility and in and they're told they're gonna have three children. They're like, there is absolutely no way. Do you know how much and then they have three children and yeah, love. Yeah. So that's a good,

26:58

it's a good part. It's really an important thing to know that you know, that it's as much about love as it is about pain.

Catherine Weissenberg 27:04

Oh, absolutely. I'm glad you clarified that. Yeah. And of course, I am your sister in law, are you married? 25 years and 26 years? So? Yeah. And that when you talk about intuition and fate, and all

that, I wonder, you know, is that even for someone like me, who has seen Wonder in miracles, repeatedly, it's common practice that I was terrified. And so I was just like, and when I met him, I thought, This is crazy. And when he reached out his hand, and I saw the wedding day when I first met him, I'm like, in my head, I'm like, I do not married. You know, I was like, and you guys, we went, we had dinner, we went back to your house, the bedtime ritual long again. And he says, I've got a question for you. He said, You know, I look at you got so much joy in your eyes. But why won't you? You're so fun. He goes, why won't you look me in the eye? And I'm thinking to myself, because you're married, you know? So anyway, yeah.

Kim Fauskee 28:16

So integrity goes with intuition. Right? It's well,

Catherine Weissenberg 28:20

but also that we sometimes are directed in ways that we should trust, even if we think we're losing our mind, you know, here here. So,

Kim Fauskee 28:36

Dana and I were talking earlier before we started the podcast about connection. Right. And we were talking about your connection with Rob there. And it kind of sounds like you knew it was a romantic connection right away, or intuitively knew it was a romantic connection, or did you know what kind of connection it was gonna be?

Catherine Weissenberg 28:54

I knew what I had been told that I was, Dana's brother will come and you will have two children. And I, we only had one. So I don't know, I think my daughter was a twin. But in utero, maybe, but anyway, it doesn't matter. So I didn't have, I mean, I had that directive. And I did not want to believe it for so long. Because, like you said, I didn't want it. My husband still teaches me you're a homewrecker. And I'm like, Ah, we did not have anything romantic till after your divorce. But

Kim Fauskee 29:30

it's really interesting how Dana also had that that intuition as well, at the same time that the exact same

Catherine Weissenberg 29:37

crazier Kim, it's

Kim Fauskee 29:39

more than coincidence,

Catherine Weissenberg 29:40

we were going to honor them for spring break on a surf trip and on a trip to Hawaii. And they invited me and he invited his brother to serve with him. And we went to his mom's house and we were on the balcony and his sister and I'm you know, we're friends. Like you said we hit it off and she We were on the balcony of their mom's house and she looked at me and she said, I know this is gonna sound crazy, but I just think you're gonna be with my brother. And I was like, oh my god, this is so weird. Because

they're, you know, I met him that weekend. And that was it. And I mean, that was the only contact I had. And then he flew to Hawaii, because he lives somewhere else. But anyway, so even she was getting the message. So it was like, written in the stars, I guess.

Kim Fauskee 30:30

You ever thought about why you were given this gift? Um, and I think it is a gift.

Catherine Weissenberg 30:37

The reason I've thought about that, and I think one of the reasons I was given this gift is because I was adopted at birth, and I was not a traumatized adopted person. But I never knew who my parents were. And I and I, they told me I were what my natural birth parents, I was told I was adopted. before we ever knew the meaning of the word. It was not a stigma, whatever. But so I just thought, Okay, God delivered me by taxi cab in my childhood naive. I just said, Okay, God's my father, and, you know, I'm okay with that. And these, these are my parents. And, and I wasn't, I wasn't in discomfort about that. So I don't know if that just set me up to have this easier flow. And since the connection with God, not, you know that, oh, yeah, this is, you know, when, when God or the universe starts talking to you, you're like, Yeah, well, okay. You know, I just every, I, I'm not quite sure. So, when I found my birth parents, I did try to ask if any of them had, like, you know, surreptitiously asked, because I was under deep cover still, if anybody had any kind of like, it was a genetic thing. And nobody, nobody reported that. So, but my adopted family, my grandmother, read cards, and coffee cups, and my teenage friends. And I would say, Does he like me? And she'd say, Oh, I see a dark headed girl or whatever. So I was around kind of the other a little goopy, but not anything like what was going to happen?

Kim Fauskee 32:27

Did you have a strong intuition? early in life at all? I know, we talked about, you know, your college days and, and kind of learning or understanding your gift at that point. But did you have a stronger intuition? As you were growing up as a child,

Catherine Weissenberg 32:44

my parents, my adoptive parents divorced when I was two, my mother was depressed later turned out to be manic depressive. And I think I was always on high alert, I was the adult child. And so I would think, maybe not intuition, per se. But I think that when you grow up in that situation, your senses are altered, like you probably attend to things much more deeply. And maybe that was something that gave me but really, I forgot, because like I said, there's a million stories. When I was 18, I had what I believe was a near death experience. And in that experience, I went to a place and I had this thought, like, Oh, I'm dead. And then I was like, shouldn't I be freaking out if I'm dead? And there were these voices talking to me with music that had no words. I know, it sounds crazy. And I was moving forward really fast. And I was 18 at the time, and I only thought you see people you know, that died. So I was like, okay, my uncle Eddie was the only dead person I knew was like, Where's Uncle Eddie? And they're like, you can see him at some point. And I got to a place in this experience where I stopped. And I said, Why are we stopping? And they said, You have a choice. You can go on, or you can go back and I said, Is God over there? There was this brilliant line said, Yeah. And they said, I said, Well, if I choose to go back, does that mean I won't get to come back to this place? He said, No, you'll come back. And I said, okay, then I think I have more work to do. And boom, I was back in my body. And I thought at the

time, I'm going to get in an accident and be killed so I wrote my mother, this whole letter, don't be sad. It's wonderful. It's so exciting. You know, whatever. And I really think that the thing that I said at that time in that experience that I think I have more work to do was the work that I've been doing, which came on when I was 25. And, or not 2529. So I think that was a catalyst. I think it did something to my brain, probably I don't know.

Kim Fauskee 35:17

So what was the turning point for you? You talked about working undercover for many years, providing this gift to family members and friends, and so on so forth. What was the kind of the breaking point for you to finally say, okay, for lack of a better term coming out of the closet, with this gift of mine, and can offer to the world now,

Catherine Weissenberg 35:37

I would say I really came out of the closet about three years ago when we wrote this book. And when my daughter went away to college, and I wasn't afraid that she would be the girl that would be like, Oh, you've got the crazy psychic mother, and have some sort of stigma. So

Kim Fauskee 35:53

was that what you were most worried about? was? Was my daughter labeled that

Catherine Weissenberg 35:58

why? Yeah, that was very distasteful to me. And also that my daughter would get a blowback. And so I was the one that always had a problem with my gift. Nobody ever worked with ever doubted it always were, you know, like, Oh, my God. But I was the one who had that self acceptance issue. So and then, then I go back to the Shelley experience, and I just knew, like, I can't, I can't use my daughter as an excuse. I can't use whatever as an excuse. And I just need to get on with it. And because I do really believe that we all have this gift to connect deeper parts of ourselves to other realms to other people who have gone on. I know that to be true. And a lot of people who I have worked with have caught, you know, will come back and say, You can't believe what started happening. Much like Dana said, He's integrated into his work with clients, you know, that once you once you open that, it's it. It's wonder and magic everywhere. It's here all the time. It's just being able to see it.

Kim Fauskee 37:23

did things change for you, when you finally came clean to everybody about what you were doing and wanted to do and keep doing?

Catherine Weissenberg 37:33

Um, no, but everybody was like, finally, you know, because they were getting, you know, I like I said, I was the one that was reluctant. And you know, it's like, Come on, why real? Everybody

Kim Fauskee 37:44

else is trying to open the door years ago. Yeah. It's like,

Catherine Weissenberg 37:47

Oh, finally, thank God, you finally, you know, so it was more like their frustration was alleviated with me. I think that it was. Yeah.

Kim Fauskee 37:58

So Dana, what kind of therapist would you've been if you hadn't met Catherine back on that New Year's Eve evening?

38:04

Well, you know, Kim, that's a really hard question to answer. I mean, I can talk about the contrast. Before I met Catherine. I think I was effective, but not as nearly as effective as, you know, post Katherine meeting.

Kim Fauskee 38:23

I'd be PC.

38:24

Yeah, that's right PC. Because what changed in my orientation was understanding that there is a spiritual part of our existence that's really important and often is left out of the therapy process. It's actually frowned upon, in some circles that, you know, Freud back in the olden days even said that, you know, it's the drug of the masses isn't that it's, you know, something that really holds no weight in any way. So what changed for me was to open myself up to the notion that everything that I needed to help the people that came to see me would be provided to me, and all I had to do is be willing in a healthy way to surrender myself to God and allow God to, sort of, for me to be connected to God all the time. And so, I guess, there was fear before, but not after, because since that process of really coming to understand that God exists. I've rarely if ever experienced any kind of fear in my professional life.

Kim Fauskee 39:26

Was it that writing that started your belief in God?

39:31

Oh, absolutely. I mean, I

Catherine Weissenberg 39:33

know that's what his brother says, you know, his brother said, My brother was saying he believed in God and I knew like, oh my god, this is Something's happened to my brother. I need to come down and get some of this. I don't know. I gotta check on it.

39:47

They were certain that I'd lost my mind. Yeah, sure. Again, very sarcastic, really anti religion. And you know, I asked Catherine many times . Why did this happen? For me, and, uh, you know, I'm not sure that ever got a real direct answer other than, you know, again, that you got work to do. And you can help a lot of people in your position to be of service. And if you're willing to embrace all of this, then there's lots of people that you can help. And it's a sort of a different approach to therapy to include the spiritual aspect of things, and to really rely on your intuition as the main source of guidance in helping

people heal, it's certainly made it possible for me to invite people into my life that have had the worst things happen to them that you could ever imagine. Because one of my specialties is working with people that have post traumatic stress in the most extreme kind of way from child abuse. And it obviously, it affects me to hear the stories, but it doesn't, you know, people think it's going to take me down somehow, or that is going to, you know, hurt me in some way. And I look at it completely the opposite, I look at it like, it's an incredibly, it's an honor, that people feel safe enough to bear their soul in my presence and, and to allow me to know them in ways that they would never reveal to most people in their lives, because they have so much shame and embarrassment about the things that have happened to them. And the things that have transpired in their lives because most kids blame themselves for the horrible things that happened to them. So I think that in those in those ways, things opened up in a very big way, I did look back on some of the people that I'd known previous to this awakening, and I realized they were trying to tell me things about their life in sort of, like you say, metaphorical ways that I couldn't hear, because of, there was a block inside of me that I didn't even know was there, because I had no idea that there was such a thing as a repressed memory. And, and was very skeptical, skeptical about the idea that something could have happened to me that, that I had repressed that deeply. But man, I can tell you that it was like somebody popped the cork.

Catherine Weissenberg 42:04

And I think that that is like in the work that I do. I think that that is, what happens is that people know, I know nothing. I don't know about them, I know nothing about them, and yet their soul is speaking to them. And that, and it's that soul in that heart that have all the answers that have all the information that are still whole and perfect. And in that energy set, as I imagine with you and your clients, they can tap that. So it's less I'm not doing anything but facilitating that connection with spirit and their own soul. And that really is what is healing? Energy. And you know, you're

42:55

right, absolutely right. Cutting because people say to me all the time, you know, thank you so much, you're so good at what you do. On and on, I think to myself, it's not really me.

Kim Fauskee 43:05

I really didn't do anything

Catherine Weissenberg 43:07

I feel and people like you're so humble. You're so like, and I'm like, No, I'm just, I'm just so privileged to be able to see people make these transformations, that, that for whatever reason, you know, I'm off the grid, and they can do you know, they find me and then it's just as it's supposed to be like, I'm sure it is with the people who come to work with you.

Kim Fauskee 43:37

So this question is for both of you, we talked about this. And Catherine, you mentioned it early on, I mentioned in the introduction, that that we believe that we all have this psychic ability, it's just how we tap into it or don't don't tap into it. So I guess the question is, for both of you is if somebody's listening here and thinking, Well, I've really never tapped into it. I hear what you're saying. I've either had friends

or I've gone to it. I believe that what they're talking about is really true out there. So how do I tap into my psychic ability more than if I've never tried before?

Catherine Weissenberg 44:14

Well, I think that it's happening all the time, and that people are not aware of it. So I think that if you open your awareness, and you really go like, you don't have to believe it. You don't have to believe it. Just say where is wonder because I think when Spirit opens you up, it'll just keep coming for you. It'll come for you this way you block it will come for you that way. And so and it has been my experience that with many people if the tumblers just start falling and they start knowing much like I did. There's no way I could know this. There's no way I could make this up. There's no way I could orchestrate this, and that something larger. And believe me, in the early days, I wanted some kind of literal explanation. And I just said, forget it, if I hit my hand with a hammer, I can't deny that it happened. I mean, never be able to logically, rationally explain it. So opening up and following the wonder, because it's happening for a reason. And usually, I think, in my experience, it is to grow that person to be of more service to themselves, to love more deeply. It's all good stuff. So not to pathologize it, which is the first line of defense, which I played myself until, you know, I couldn't anymore, how could I be so highly functioning and be crazy. I mean, I'm sure some people could do it. But.

Kim Fauskee 45:55

So, Dana, same,

45:57

you know, I look at it slightly differently. And in that, I believe that evolution is a very powerful force in our lives. And if you don't have to worry about food and shelter, and we have the luxury of not having to worry about food and shelter in our world, the world that we live in, than your evolution is going to be spiritual, emotional. Those qualities are the things that are an, you know, that are a part of our existence that need to be examined. And I think there is a force that's always flowing. And that again, if you're not concerned about where you're going to sleep tonight, and what you're going to eat, then that force is going to guide you toward healing your emotional wounds, and developing your spiritual gifts for lack of a better way of looking or a different way of looking at it. So it is a matter of being willing to be open and listen. And I try to encourage people all the time, if they're open to it, to start having a dialogue with God. And they look at me like, well, what are you talking about? I said, Well, you know how to talk to your friends, you talk to your family, if you're willing to not make it complicated, which is what we all have a tendency to do, especially when it has to do with spiritual matters, and just have a simple conversation, which is, I don't know what to believe. I'm not sure if there is such a thing in the first place, can you help me really understand what it means for me personally, and just keep it as simple as possible so that, like Catherine says, people start to hear what is always been said, but they have never heard it before. Because they weren't paying attention to it. Sometimes it's very subtle. Other times, it's not really that subtle, but people just sort of dismissive, they try to talk themselves out of it, because they're afraid. Because sometimes the implications are not as comfortable as we might like them to be people are, are asked to make choices, or at least sort of nudged along to think about things differently than maybe they have before. So there's always an element of fear that comes into the picture and balancing the fear versus the faith that you can begin to develop, once you're willing to open up the dialog and recognize that that force is always there. It's always trying to guide people

toward healing and enlightenment. And it's up to you to decide whether that's what you want out of your life and whether it doesn't have to have anything to do with formal religion, which is what a lot of people that I see feel uncomfortable with is that they equate God with religion. And I tell people all the time, that's just one path for some people toward God, and it helps certain people. But if you're not somebody who can sort of manage to accept that, then you can have whatever relationship you want with God, or whatever you want to call it. And it doesn't have to have a there's no Bible or, you know, whatever, though, it's just a belief. It's just a belief. And it's not just a belief, it's a relationship.

Catherine Weissenberg 48:48

Well, and what I have found, like when we wrote the book, and we go out and speak. The other thing is that these deep, profound intuitions or moments of clarity and connection are some of the most intimate in people's lives. So when we wrote our book, people would come up and say, Oh, my gosh, I I I never talked about this and this happened to me and and I was just in shock because and the truth is, we're all having these experiences and you bring up a good point is that this is not normalized conversation. There's nowhere to dialogue about it. And what I have found is everybody has this capacity, everyone's having these experiences of the spirit of deep connection with spirit with self. And it's, it's rewarding, but if you try to not know what to do with it, it can be very confusing. So people are lucky if they find a you to Dana to be able to dialogue with but um You know, just keep on that path because things unfold. It's like one domino goes, they all go and you don't end up in a crazy town, you end up in a grounded, more loving, more serving, more radiant, more life giving joyful way to be in your life connected to others and to yourself and to God's Spirit.

50:26

You know, Katherine, another thing that I like to talk to people about is that developing this connection, doesn't mean that you get a pain free life in the desert. It doesn't mean you get an easy

Kim Fauskee 50:37

path, there's no magic fairy dust.

50:41

Because we're, you know, we're told that everything's gonna be fine, if you just believe and all that. And I can tell you from my own personal experience, certainly on a physical level, that everything is not fine, and never will be.

Catherine Weissenberg 50:56

You have sight of Second Sight, I'm losing first sight?

50:59

Well, yeah. So the idea that I asked people to consider is that you're not signing up for a pain free life, what you're signing up for is, whatever support that you can allow yourself to have in the process of dealing with whatever comes your way. Because that's what you get, that's what you get is that feeling of resilience in order to face sometimes the darkest, most frightening things that a person could ever encounter? You know, our podcasts are going to have people that have lost children that you know, relatives, there's nothing more painful in my mind than to lose a child. So having a strong spiritual belief

does not preclude the loss of a child, what it does, hopefully, is give you the strength to be able to handle it and move on with your life, and not have to take you down and your family down on top of the loss that you've already suffered.

Catherine Weissenberg 51:51

And feel that deeper connection when you said it's a relationship. That's really what it is, right? It's an invisible support. That's always available. Right?

Kim Fauskee 52:04

So you've done, you've done 1000s of these writings. Now, at this point, if you've ever had the experience of somebody coming in, it's just not there for you ever, never, never not been available. So it isn't it isn't so much about I have this connection with this person.

Catherine Weissenberg 52:24

It's uh, no, I mean, no, the person is irrelevant. I mean, it's not relevant. I'm very strong. No, but I understand what you said. Yeah, it's, it's about that I don't have to do anything to move in that space. It's always available. I describe it as sticking my hand in the water, and it just flows. And I believe that is true. It doesn't matter who and I believe God's sins, the people I'm supposed to work with. Because I don't advertise. I don't I'm not out there trying to look for anybody, or sell anybody anything. So Yeah.

Kim Fauskee 53:06

How's it How has your gift evolved in some way over the years for you? And maybe that's not the right term? Or has?

Catherine Weissenberg 53:13

Yes, it most certainly has. In the beginning, I thought I had no control. I thought it was a gift. I had to say yes to anybody that was sent to me, because it was a gift, I had to use it. And it took me a long time to learn to put boundaries around it to say, Okay, I'll set a one hour appointment with you, you'll come and and I realized that this because I had a gift did not mean that I couldn't have a schedule or have a life or that so that has evolved. What also has evolved is i i know this vocabulary, I know the language of metaphor, I can say to somebody that gets this beautiful image that you could do therapy, like Dana said, for 10 years and get nowhere and you can get this one image that allows you to see this thing that that is beyond talking about it and moves. I think what the writing does is it shifts your perspective a little bit and if you change your perspective, or you change your orientation, the whole world opens up. So um I went started talking and forgot my place but

Kim Fauskee 54:37

I think that was a very good explanation. i

Catherine Weissenberg 54:39

It has evolved because it's energetic. I appreciate that what I do now is not I am not a passive recipient, which I thought I was in the beginning. I am not altering or trying to shield anything And, but I know that what I do is I open that energy field, I open that space for whatever can they're supposed to get to come. And that is something that I am also doing that I'm not. Like I said, I'm just not a passive

recipient. And that makes that energy lets the other person open up to themselves. And so I see it in a different way than I did. And that really has evolved. Also, the messages are all about love. They're all about healing. And I see in 1000s of writings that we are human, and we all deal with the same shit. I mean, pardon me, but you have your you know, you absolutely, you have your and that's what, and yet no metaphor, no description has ever been repeated in 1000, you know, in 1000s of these things, so

Kim Fauskee 55:59

you made a differentiation early on that it's not about you. Dana and I are in the coming weeks going to have some conversations with some guests about taking on other people's emotions with the fear of taking on other people's emotions. And I know that as much positive that comes out of the writings for these people, there are some dark things that comes out. And Dana got very vulnerable early on in the show about the experience he had with you. So how do you not take on those people's emotions and block that gift that you have?

Catherine Weissenberg 56:34

And because I have, I trust it, I know it to be true. And I don't need to necessarily understand. I know that. I know, proof positive in my own heart of hearts, that person is leaving with whatever they need. And I don't need to know what that is, I don't presume to know what that is. And so if someone's crying, and some, you know, I, I keep the tissue when I used to do this in person hidden under the table so as not to freak people out thinking they're gonna cry or ever reaction. But people have cathartic releases. And I just know, I, Catherine, have no idea what that person needs. And yet I know that they are going to receive it. And if they don't, in the immediate second, that they're there, when they're there, they walk away, and it sets them on a path. So I don't take it on. And you know, sometimes I write like you said, you have, I don't know, 20 pages, you know, and people like, aren't you exhausted? And I'm like, No, I'm not exhausted, I'm not impacted by it. So and because because, because I know that we all have hard things in our lives, I've got hard things and, and that's not a reason to be sad or traumatized. I can feel empathy towards the person, but I'm like, I'm on the healing side of that I'm seeing the light. That's, that's busting through.

Kim Fauskee 58:14

We're coming up on the end of our hour here, we always like to kind of summarize our last 60 minutes of discussion, and come away with a couple of takeaways that we want our listeners to kind of think about as they finish up listening to this podcast. So Katherine and Dana, leave it up to you.

58:34

You know, I just want to say again, to Catherine, thank you so much. I really love you. And it's good that you're a part of my life. And I'm just hoping that you can appreciate what it is that you did for me many, many, many years ago. Yeah. Because it's still a huge part of my life. And I think about it on a fairly regular basis. And when I hear you talk, and I think about what I do, they're similar in very, very many ways. Yeah, mine is a little bit different in that people have very specific sorts of ideas about what they're coming to work on. And not always when they come to see you. They're not sure what it is that's going to come up. So that's different, but it's just all very exciting to me.

Catherine Weissenberg 59:14

Yeah, yeah. Well, and I thank you for introducing me to your brother, although I really don't think you have anything to do with that. But really, I think that was orchestrated on high but um, takeaways, I would say, Trust yourself, trust that we all have this innate ability and don't compare yourself to like, Oh, she can do that. Or this person does that. And honor those intimate moments. Those moments of wonder when you are in flow when you're in deeper connection. We all know when those are happening. And don't dismiss them, and talk to a friend about them to open up that dialog. I wish we could all be more normalized about these things. because we're all having those experiences and they're the joyful ones when that'd be a wonderful world. Yeah. Hey, thank you, Satchmo.

Kim Fauskee 1:00:11

Catherine, it's been a great hour. Thanks for being here.

Catherine Weissenberg 1:00:13

Thank you.

Fear Me Out 1:00:14

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