

Fear Me Out Podcast

Episode 16

Hosted by Clinical Psychologist - Dana P. Saperstein PhD.

Dr. Dana Saperstein – Intuition

Dr. Dana 00:11

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 00:30

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 00:52

So this is usually part of the show where you hear an intro from me where I give you some context to the episode you're about to listen. But today, we're just going to skip the intro. And I'm going to take a moment here to thank you listeners that have either tuned in through this is probably going to be at least Episode 18, maybe episode 20. Or those that periodically, check in and and listen to the episodes that have interest to you. Again, we want to thank you, as we continue to make this podcast better, and get different guests that have varying opinions, maybe sometimes polarizing opinions, maybe sometimes expert opinions on certain things. But we hope that you're getting something out of the podcast. And again, we appreciate you listening week in and week out. We do encourage your feedback, either through our email at fear me out podcast@gmail.com Or through either Facebook or Instagram. It does help us good, bad or indifferent in terms of how we continue to do the show and topics that we continue to discuss or will discuss guests that we have, and so on and so forth. So please, please provide your feedback to us. It's extremely helpful to us. And again, if you differ with us, that's okay. But we also love the positive comments as well. And again, at some point, you know, we're going to take, take your questions and do an episode just based on questions that come in through social media or through email. And, and again, as you know, we're a long form podcast 60 minutes in length. So hopefully, you know, we have 2025 questions that come in that both Dan and I can discuss and make it interesting for everybody listening. So anyway, I know Dana is eager to talk today. And I'm gonna start off. This is a very important subject that we're going to talk about. It's a premise in the book, that hopefully it will be done soon and released sometime here in 2022. But we're going to talk about intuition today. And Dana, the first question I'm going to ask you is, have you ever not trusted your gut?

Dr. Dana 03:32

You know, that's a good question, Kim. I would say absolutely, I have, I had to learn, like we all do the hard way. What happens when you don't trust your intuition? Generally speaking, it creates a, either a minor or major disaster in your life. But I was really lucky because when I was about 21, I started doing therapy with a man here in Santa Barbara, that was, he was very enlightened in this way. And he was the person that initially taught me how important it was to be really connected to how you feel deep down inside. And I saw him for a very long period of time, did really intense therapy with him. And so it kind of cemented in me the importance of why your intuition lives inside of you and what's, what purpose it serves, and what can happen to you if you trust it and what can happen to you if you don't, I didn't necessarily have a spiritual connection at that time. That was a harder sell for me. Because of the unfortunate experiences, I had an organized religion as a kid. So that part of the intuition in terms of my seeing it as God's voice inside of us, and looking at it was being really, truly sacred didn't happen until I was in my 30s. And that happened as a result of developing a relationship in a pretty magical way with God and realizing that the more that I kind of surrendered in a positive, healthy way to that aspect of my life, to really believe in that God had an interest in helping me help the people that I work with, and so on and so forth. That's where we're really I don't think I've ever dismissed it since that period of time.

Kim Fauskee 05:35

Eventually, we'll start talking about faith, which is another premise and context within managing fear and within the book and within the podcast. I'm interested to hear from you though, being a person in his 30s that finally had a relationship with God. How did that transpire?

Dr. Dana 05:55

Yeah, it's kind of a bit of a long story, but we have an hour, okay. I was, at that point in my life, my daughter was about four, my son was two. And I started having really severe nightmares, night after night after night. And it was a really disturbing dream, in that I was in a sort of a green tiled room, and there was a man that was chasing me with a syringe. And I would be running away from and then I'd wake up in a cold sweat, panic, kicking and screaming. And it was quite disruptive. My wife, you know, kind of got scared that I might accidentally, you know, kick her in the process of my trying to get away from this fellow. I tried really hard to figure out why I was having this repetitive dream night after night, I even went back and talked to my mentor, he said that he really had no idea what to tell me. And then I made an acquaintance of a fellow who had an office next door to the one I was working in, and he was kind enough to invite me this was 1989, New Year's Eve over to his house, because he just said intuitively, he had a feeling that I should meet a friend of his who was a very unusual person, but he wouldn't tell me anything other than that. That was enough to intrigue me. So my wife and I, and my kids went over to this man's house, and the kids are off playing. And my wife and I were sitting in his living room, and all of a sudden, there was a knock at the door. And then, this woman came in and sat down next to me, very unassuming person. And she, you know, said to me, you know, our friend, our mutual friend, Alan tells me that, you know, you're having some interesting experiences doing hypnosis in your office, and that, you know, that you're open to sort of different ways of being a therapist, and I said, Yeah, you know, it's been interesting and fun. And then, in a very strange set of circumstances, just picked up a pad and a pen, and just started writing and thinking to myself of what that you know, what's, why is this woman sitting next to me on the couch, we're writing on a pad furiously. And she wrote for about 10 minutes. And, you know, we're chatting and I keep looking at her thinking, What is

with this woman? You know, that's not a normal thing you do in a social situation. And then she hands me the pads. And the salutation, said, God, comma, welcome on it. And I thought, you know, what the hell is this? I, you know, first of all, I didn't believe there was such a thing as God. So, you know, it was quite puzzling. And then I started to read what you wrote. And as soon as I started to read what you wrote, I realized that what she was writing about was why I was having the nightmare that I was having when everything came back to me in a flash.

Kim Fauskee 08:45

So it was that it was that crystal clear as you're reading what she had written that you understood it right away.

Dr. Dana 08:52

Well, she was really writing about what happened to me that was causing the dream. And she gave a very sort of detailed description of it and but as soon as I started to read it, I remembered everything even before I read what was on the pad, I it was enough for me to to begin the writing and because it described its situation were when I was four years old, when the hospital and back in those days, your parents didn't stay with you when you were in the hospital and I had to have surgery the next morning, and so my parents left and an orderly in the hospital came and and he molested me and he told me that if I told anybody he would, he would kill me basically. And so the next morning when I woke up to go to the surgery, he was wheeling me in on the gurney into the operating room and I was really scared because of what happened and then when they started to unearh suicides me I thought they were actually killing me because I was losing consciousness and I'd never, you know, been under before so I just started screaming at the top of my lungs. I won't tell I wont tell I won't tell. And I woke up from that surgery and I I completely blocked out what it is that happened. While I was there, there was no memory in any way shape or form inside of me until I started having that nightmare. And it was the same age I was my daughter was at the same time, and I think it was her little, her little person that just reminded me of what I was like at that period of time. And then meeting this woman, Catherine and having that experience with her. I mean, I'm a hard sell. I'm not somebody who believes very easily. And again, I think I've mentioned before that if you ask him or her religion was at that period of time, I would have told you I was an antagonist, right? Not atheist or agnostic, but I was so anti religion, that I was actually probably really obnoxious in my, my ferocity about the that there's no such thing as God or a that sort of thing. That experience turned me upside down in a way where I woke up the next morning, and realize that I all of a sudden did believe in God. And I experienced that incredible miracle. And it was so compelling that I thought, I gotta learn how to do this. Because if I can do what she did, for me, with the people that come and see me, it would be so revolutionary in terms of changing people's lives and helping them heal things that either they remember or not, but it was just so powerful, that I sort of said about, you know, wanting to figure out what that was all about?

Kim Fauskee 11:29

Did you when you start to believe in God, did you? Did you believe in the common description of God?

Dr. Dana 11:37

No, because I don't believe that God is a person I never did. I don't think that God has a gender. And I think, again, that, that people have co opted God in the name of religion, not that, you know, being a

religious person is a bad thing. But I was never somebody who could ascribe to organized religion because of the hypocrisy and the other. And because I was forced to participate against my will, as a little kid. It just ruined it for me. So again, you know, part of what I came to understand is that, you know, if God had to wait for me to go to church, or temple, or whatever, wasn't going to happen, wasn't ever going to happen. So it had to come to me in a way that kind of left me unable to deny the existence of God. And then, a number of months later, I was still sort of shaky in terms of my complete faith. Because it was, it was just so new and a little bit scary to be willing to, to sort of surrender yourself to something, and be that dependent upon it. Because, you know, we're all brought up to believe we shouldn't depend on anybody but ourselves. And I went to sleep, and I had a dream that God came to visit me at a house I lived in when I was in high school, but I was the age I was now and there was a knock at the door, I opened the door, and there was a man standing there. And I immediately recognized the man was God. And I said, God, what are you doing here? And God first explained to me that, that there is no such thing as God being a person that God's not a man or a woman. But in order for us to have a conversation, God had to appear in a human form, so that we could, you know, talk to each other. So I said, Okay, well, so what is it that you're here for? And God sort of like him to answer your questions, because I can tell that your faith is still a bit shaky. And I would really love to help you get to a place where you know, where you and I can be very much bonded and wedded to each other. And I thought that was such an amazing thing that the gift that I was going to be given in that moment. So I said, Okay, so what's the deal, and the first thing that God said to me is that, that God is love. And that if I ever want to feel love, all I have to do is think about the concept of God, and they will immediately feel that love and that connection, and that that connection is always there. And that the only time I won't feel as if I turn away from God, because God never turns away from people. And I thought that well, that sounds pretty cool. I mean, who doesn't want to feel love whenever they want to feel love? And so I was willing to accept that I just thought it was great. I said, Well, is there anything else? And God said, Yeah, human beings have a really hard time with forgiveness. And that it's something that all human beings struggle with is being able to forgive the people that have harmed me. And for me to ask forgiveness from the people that I have hurt and harmed, and that what God was asking me to do is to work really hard at that concept of forgiveness so that it wouldn't, so that the hurts that I incurred from other people wouldn't be a central factor in my life, and that the hurts that have caused other people that I could relieve myself of that guilt and discomfort. So again, I took that as a very serious, you know, task and have worked really hard at forgiving, and being and asked me for forgiveness. And so that was really wonderful. And then so is there anything else? And God said, yeah, there is one more thing that's really important for right now. And God said, Because of your chosen profession via a psychologist and working with people that have been traumatized, I don't want you to necessarily have to feel frightened when somebody comes into your office, you know, with a great deal of pain, and with the things that will find you that you will find will come your way. You know, they're unspeakable in a lot of ways because of the way that people are treated when they're kids. And so if I allow God to be with me all the time, then God will take care of the pain, I can be the human representative of the healing process. And that if we work together, it will be a sort of a seamless process of healing. And I just thought, Oh, my God, that oh my god, that's an incredible gift. It's so amazing that you know, that I that I was, you know, all I had to do is choose to do it. And I will tell you that since that time, if I ever feel confused, or kind of stuck, I just think, Okay, God, what am I missing here? Or, you know, what's most important for me to concentrate on? I have yet to not receive an answer. And so I will say that when I'm in my professional life, it's very rare for me to feel fear, no

matter what a person brings into my world. And I can welcome as much pain as a person can carry and not feel overwhelmed by it. Because I realized that it's not just me, that's, that's there in the room. Some people I explain this to and other people who are not so sort of crazy about the idea of God, I just kind of keep it quiet, but nonetheless, is made for a really lovely, professional life.

Kim Fauskee 16:56

I don't think you could have scripted a better dream. Uh, yeah, it was, it was pretty bad. I don't know how many epiphanies come from dreams. That one was cool. But that one was that one was pretty cool.

Dr. Dana 17:07

Well, and at the end of that dream, I was sitting in my bed sort of floating around with a big smile on my face. And I heard this music playing. I've never heard this music before. I've never heard it since I didn't even know that music like this existed in the world. And I thought to myself, God, what is this? And the message I got is that this is what the angels sound like when they're singing in heaven. It was very, very sweet. And that dream lasted a long. I mean, for many months afterwards, all I had to do is think about it. And I was like, wow, that was so incredible. But God hasn't come back since. Well, not in that way. But I feel the presence of God every day all the time.

Kim Fauskee 17:45

So intuition is innate to all of us. I believe that yes. And I believe it is, well, some of us are more tuned into it than others. Why do we allow our you're the expert? Why do we allow our conscious or subconscious to dictate what our intuition is trying to tell us? Why do we over why do we constantly try and overthink it or out think it?

Dr. Dana 18:13

Well, I think that for a couple of reasons. Number one is that if you choose to be married to your intuition, and allow it to be the central sacred part of your existence, it can make your life more full and richer, but it doesn't make life easier. Because a lot of times the things that you feel you have no way of proving them in any sort of rational

Kim Fauskee 18:35

sense, right? And again, that's a great differentiation, right? That intuition is a feeling not a thought, right.

Dr. Dana 18:41

And so you have to be willing to trust your feelings as being kind of the central part of your existence and your connection to reality. And I will say I've had a lot of debates with people who don't like that idea that what you feel is real, not what you think. And that you are given a brain in order to decide what to do about how you feel, not the other way around. Because it means that reality changes from a moment to moment basis based on how you're feeling. And that can lead us to feel anxious and uncomfortable because because we don't know what we're going to be feeling a few moments from now.

Kim Fauskee 19:16

So how does it all I mean, how does it all start? Right? If intuition is innate with us, and we have this feeling, but apparently we're conditioned to think otherwise?

Dr. Dana 19:28

Yeah, I mean, in our culture, in our society. I think a lot of times feeling as something, feel your feelings are frightening, either to you, the people around you, or both, right. If you're like you as an empath, and somebody who's very sensitive and feels things really strongly. Inherently the people in your life are either going to be really comfortable with that quality that you possess. Or most likely, what they're going to do is try to shut you down because they're scared about being seen. And they're scared about being discovered. Yeah, there's certainly no in between. Right? I mean, if you think about your father's example, how heavy handed was he with? You? Know, extremely. Yeah. And I think that, and then some, yeah. And my guess would be that he saw the vulnerability in your eyes. And he could tell that you knew what kind of person that he was. And so he did everything he could to scare you into submission and to make you shut down and go away and leave him alone, because you could have exposed him for the not so nice person that he was. So he bullied you. And usually when somebody is a bully, it's not because they're strong, it's because they're inherently weak and trying to overcome that or compensate for it by being, you know, the first strike.

Kim Fauskee 20:51

We talked again, about faith, a little bit being a parallel to intuition, as well, I do we have to do you have to have faith to have intuition? Or do you have to have intuition to have faith? And I know this isn't completely a faith discussion.

Dr. Dana 21:10

You know, it's a bit of a difficult question for me to answer in that it depends on how you might define faith. But I believe that my faith has grown as a result of trusting my intuition. Because every time I make a decision that's based on what I'm feeling, and it turns out well, it increases my faith. But this also has to do with the concept of dependency, which is really hard for all of us, in my opinion, to accept that human beings, in my mind, are the most dependent species on the face of the earth, that we are born helpless for a longer period of time than any other life form that exists. And that's really scary. Because if we're born to people who don't take proper care of us as an example, we start to feel weak and start to feel like our, our dependency on those people is what the problem is, and it's not a dependency. In my mind, that's the problem. It's the people that you depend on. But as you know, as a kid, you don't have a choice about who you come in to, to the world, or who adopts you, or who adopts you. Yeah, I mean, you're stuck with what you got. And if what you got is not so great, then you go to war with yourself, because all kids blame themselves for whatever it is that happens to them. And whatever it is, that doesn't happen for them. So we learn very quickly not to trust our intuition, because it can be quite threatening to the people around us, if those people are pain filled and have something to hide. And even, they may even be aware of the fact that they're filled with pain and have something to hide.

Kim Fauskee 22:46

I want to go back to when you have that dream. Okay, and so you're in your early 30s. You're a psychologist by then Yes. What did you know about your intuition? Or how much did you trust your intuition between whatever age upto, you had that dream? I mean, was it something that was a navigator for you? Was it a term that you knew it was a term that you were taught? Was it something that you trusted as your best friend?

Dr. Dana 23:18

Well, I learned about the concept when I was in my 20s, and the therapy that I was doing. So I did bring it into my professional life, but not in a way where it was connected to faith. So maybe that answers part of the question just a few moments ago, which is that you can have an intuitive connection and not really understand where it comes from. And you don't really need to even, you know, sometimes I talk with people and say, Look, if you don't believe in God, that's okay. It's not a big deal. That's not the part that matters the most. It's really learning to trust yourself and being really loyal to what it is that you know, it just makes it a little bit easier if you have context to put it in. But if you don't, it's okay. I mean, the most important thing is that, if you can become wedded to yourself, it just makes negotiating life a lot easier. And I'm not talking about being self centered. And that's a really important distinction I want to make about being centered in yourself. I mean, we all know self centered people that are, you know, obnoxious, and that we would prefer not to have anything to do with. So that's not what I'm advocating. I'm advocating being centered in yourself and rather than most of us who are centered on the outside and care way more about what other people think of us or how we're being received than we actually care about ourselves.

Kim Fauskee 24:33

It makes total sense to me i is you know, I'm a late bloomer in terms or either that or I have a thick skull that doesn't get stuff through it as easily as other people. But I was in tune with my intuition early on. I think I spoke about it in one of the previous episodes, maybe when I was describing who I was and how I was brought up. But I still remember during the times of Use as I was growing up, I would seek solace in the comfort of my closet in my bedroom. And I still remember the clothes hanging down in front of my face and over my ears. And it brought me some relief. And I always had this feeling within myself. But I wasn't alone in that closet. Again, I didn't know what that was, I wasn't brought up in a, you know, religious family either. So I didn't, you know, I probably knew the word God, but didn't know who God was, or saw God on TV. But I always felt that I wasn't by myself. And growing up, I continue to have that feeling. But going back to what I said earlier, I was conditioned not to respond to that feeling. I was conditioned to think my way out of things, or overthink my favorite way out of things. And like you said early, early on, when we mentioned intuition, that usually sets you up for disappointment or failure most of the time, right? You know, when we're not trusting that inner gut feeling that is telling you, yeah, this is okay. Or this is bad, right? And allowing that may allow your mind, whether that's the conscious of the subconscious, to override that feeling. And, you know, I did that for the better part of five decades of my life, right in there, even though I knew even know why my intuition was there. And sitting there kind of knocking on my, on the inner wall of my stomach saying, Hello, I'm here. But, you know, my, again, my head was swirling in, in ideas and other people's voices and allowing that to control my direction in life. Absolutely. It's interesting, and maybe this is putting the cart before the horse in this discussion. But like I was saying, it took a better part of five decades before I finally embraced that intuition. It was in the best example that I can give in it was in a short relationship that I was in a couple of years ago.

With a woman that pretty much checked all the boxes of somebody that I was looking for in a partner in life. But somehow, through that courtship for the first couple of months, I had this really uneasy feeling. And that uneasy feeling turned into anxiety when I was with her. And eventually, that anxiety turned into dread of being around this person. And that person did nothing. That you know, it wasn't that she was trying to control the situation or that she had some bad pathology herself or was mean or or narcissistic or any of those things. This was this you know, person, it was perfect. It was my body for the first time viscerally reacting to my head trying to say, what's wrong with me? Why do I not? Why am I not falling in love with this person? Why don't I like this person? Why would I rather be sitting on my couch watching ESPN, instead of having her next to me here? And eventually, it was very, it was the visceral reaction was so extreme, that I couldn't sit around and will it away, or wait till it laughed and try and act my way through the relationship? It was okay. I know what's happening here for the first time, my life, I'm actually going to listen to this feeling. And I had to tell her it. You know, the cliché again, unfortunately, was it's me, not you. And that was the truth. That is as painful as that was. I had to have that conversation because it was only fair, not only to her, but it was fair to me on that. Right. So it took like I said, it took a better part of five decades before my intuition said I've had enough of your conscious and if I had enough of your subconscious, I'm gonna knock you right between the eyes now. So I think what we're trying to do is at least get this out there for people that may be listening and interested in this or understanding to wish intuition or haven't fully embraced her intuition. Don't wait. better part of five decades to finally embrace it, embrace it now.

Dr. Dana 29:57

You know, Kim, you're bringing up some really, really important points, because you and I would not be having this conversation right now, if I was not really committed to that part of myself, when I was 45, I went to go surfing one morning. And it was a really beautiful, lovely winter morning, though I arrived at the surf spot that I've been to many times, I got there before my friends, usually I meet my friends there, but I was about 20 minutes early, the waves were absolutely perfect, and there was nobody in the water. Now, I don't know, you know how many people understand surfing, but if you can get to a place where the waves are perfect, and nobody's in the water, you either have to wonder if there's sharks in the water, or polio or something. Because in Southern California, that doesn't happen, that doesn't happen. So I'm standing there Jones in waves thinking to myself, like I get my wetsuit on as quick as I can get out there. And then all of a sudden, I had this really strong feeling, it was like somebody was yelling at me that said, Don't go in the water by yourself. It wasn't don't go in the water, wait till your friends arrive. And I was thinking about Hamas. I'm not gonna listen to that, you know, the waves are perfect, my friends will get there, everything will be fine. And I was really getting hammered big time about not to go in the water by myself. And finally, good sense took over. And so I said, Okay, I'll wait. I don't know what the hell the problem is. But I'll wait. So I waited for my friends to get there. And we all put our wetsuits on and we all piled out in the water, and wrote a couple of waves. And then all of a sudden, I felt this enormous pressure in my chest, and I couldn't breathe. And I kept thinking to myself, What is wrong with me?" And I wrote another wave, and I got halfway to the shore. And I was in so much pain, I couldn't breathe. And I thought, oh my god, I gotta go in. My friend just happened to be paddling back out after catching a wave. And he said to me, if you're having a heart attack, I'm gonna kill you. He was joking around. Well, it turns out that I made it to the shore, and I collapsed on the rocks. And my friends saw me, you know, obviously been in quite a bit of distress. And it turns out that I was having a fatal heart attack. And then if I didn't wait for my friends to get there, I would have died on

the beach. Surely, because it was a really severe heart attack. Luckily, one of my friends was a nurse, and he knew what was happening. And there just happened to be a fireman whose mom was on oxygen that lived in the house on that stretcher before he ran to that person's house got an oxygen tank for me until the paramedics got there. And they rushed me to the hospital and, you know, saved my life. Otherwise, I would have died for sure. So I'm only alive because I listened to my intuition in that really critical situation.

Kim Fauskee 32:53

That I mean, that's, I mean, that's a pretty amazing story. Right? I mean, for somebody that was a dedicated surfer to avoid going out in perfect waves on a perfect morning with nobody out there, because your inner voice told you not to do it. It's interesting to me how you actually want to know why you actually listen to that, you know, because, again, the draw of the ocean and okay, my voice is telling me not to do it. But I should go do that, right, because I keep thinking of the battle that's going on in my head right now, versus what I'm feeling.

Dr. Dana 33:33

Right. Well, I will say, though, that at that point in time, I had already had probably close to a decade of feeling really connected to God and feeling like I really had surrendered to that force in my life. And that's why I listened. Because I just sort of thought, Okay, well, there must be a reason. Because I can't imagine that God would not want me to go surfing in perfect ways by myself. So there's got to be a reason why I am being cared for in this way. And yeah, the impatience could have overtaken me, but I listen. But that's not the first time in my life. I mean, that's, I mean, I've had other experiences since that time, where the sort of the same thing happened

Kim Fauskee 34:18

a number of years. So that was your intuition, wake up call.

Dr. Dana 34:21

Yes. But in 2011, or maybe 2010, I started having really severe cardiac symptoms again, I have really bad chest pain and shortness of breath. And I went to the doctor and I had every test, cardiac test that a person could have and both the pulmonologist and the cardiologist said to me, there's nothing wrong with you, you could run a marathon now and be fine. But my symptoms were so severe, but I still kept going to the gym every day, and it kept surfing all the time. And I kept myself in as good of shape as I possibly could, but I was scared. Really scared that something was wrong. And then finally, I was sitting about a year later sitting in the pulmonologists. Office. And I said to the doctor, I'm not nuts, and I'm gonna die really soon. So you got to take me seriously here because I'm not, this is not psychosomatic. There's nothing really wrong with it. He said, of all the tests are normal. I don't know what to tell you. I said, You got to figure out what the hell's going on. Because I promise you, if you don't, I'm gonna be a dead man really soon. So, you know, he called up the cardiologist while I was sitting in his office, he said, You know, I don't think this guy's crazy. He keeps telling me he's going to die. Maybe we should actually go in and look at his heart by doing, you know, a procedure that wasn't done because they don't do. They don't go in and look at your heart with a camera unless there's a real good reason to do it. Because it can cause problems anyway. So the doctor said, Okay, I'll do it in a few weeks or whatever." They put it off, because neither one of them believed me. So two weeks later, I'm in the cath

lab in the hospital. And all sudden, I look at the doctor, and he's got sweat pouring down his face. And the cath lab is like, 40, below zero, they keep it really cold. And I'm thinking, why is this guy sweating? And he comes up to me, and he said to me, Oh, my God, I am so sorry. And I'm thinking, holy crap, what he said to me, all five of your coronary arteries are completely occluded. And you are, it's a miracle that you haven't died from a fatal heart attack. As a result of having all your arteries. The major arteries closed up. And I said to him, Well, what the hell, you know, I'm trying to tell you guys, he said, Well, you know, all the tests were normal. And he said, The peripheral circulation must have taken the place of your arteries, because you kept exercising and kept yourself in great shape, and you fooled all of us, we've got to do open heart surgery on you tomorrow. And so, you know, the next day, I had 10 hours of open heart surgery, and they were able to kind of put me back together again. But if that didn't happen, there's no way I would have, again, be here to have this conversation.

Kim Fauskee 37:00

The interesting thing you said in the early part of that story was that you were scared, scared that something was going on. So generally, most of us that are scared of something that potentially may or may not be happening, tend to retreat away from it, right where you went toward it.

Dr. Dana 37:17

So because again, I trust what my body is telling me, whether it's telling me through my intuition, or through physical symptoms, I know that, that they don't have him for no reason,

Kim Fauskee 37:27

right. And I, why I'm trying to do this is to accentuate a point here, right, when we were talking about early on, is that we tend not to listen to our intuition, because of potentially with the negative ramification of listening to intuition is, so I'd rather not suffer that pain, that grief that, that inconvenience, or, or whatever, and take a look, take what comes along with it, versus trying to be proactive and listening to my intuition and getting through that piece. So that's what I'm trying to make here on that. And again, I on that topic right there of either retreating or being proactive, I wouldn't be sitting here doing a podcast with you or writing a book with you. For that, for that simple reason, right there. Because, again, when you approached me about the book idea, I think the first thing I said to you was now because I had been approached to write books a couple of times before, especially when I had gone in, out into the consulting business. And apparently, that writing a book is validity and credible, no matter what you write on, it doesn't matter. Just write a book, and you're deemed an expert. And for me, it was just fear. Right for I mean, there's other things that factored into it, you know, just probably general malaise and not wanting to put the effort into it. But most of it was fear. Because, you know, I never really have deemed myself an expert in anything. You know, I know a little about a lot of things, but never felt that I was an expert, or could write anything that was compelling enough for somebody to read in. And I was fearful of putting something out there. That either made me a laughingstock or like, my dad instilled in my head, yeah, you're never going to amount to anything. And that was going to be that calling card putting it out there. So you know, that was my natural reaction. When you asked me to be your co-author on this book. I was like, yeah, no. And if you remember, once I agreed, we had multiple meetings. And then finally, it was my intuition that I listened to and said, something the feeling was this is this is different than when I had been approached before, you know, and I had to kind of sit there and again, not be in my mind, but kind of sort through those thoughts. But I

think it but the feeling was I have comfort that it was the right time with the right person in the right subject to do this with, and I felt really good with it. And again, as I've said before the books are not done yet, but I'm actually enjoying this process that we're going through. And I'm actually learning a lot. And hopefully, people that ultimately read the book down the road, will learn something from it, as well. And, you know, after I had trusted my intuition and became a co author with you on this writing project, you know, you approached me about the podcast thing, and I said, Hell no, not doing a podcast. And again, it was the same. I had to go back through and realize it was the same thought process that I was fearful of putting something out there that wasn't worthy, wasn't no more worthy of me and what I wanted to put out there than what people would perceive it to be. You know, everybody has a, you know, there's 10,000 podcasts out there. And I thought there's a handful of ones that are any good, at least that I listened to. And, and again, I had to go back through that, that same process that when you approached me about the book was about the podcast, and I said, Okay, what's, what am I actually feeling about the Bogguss? Well, I'm feeling the podcast is actually the right thing. And I spent probably a month trying to talk myself out of doing it, I kept telling myself, I'm gonna regret this, I know, I'm gonna regret this, I'm gonna get to podcasts and and say, I don't want to do this, I knew I didn't want to do this. But like I said, in the in, when we started the podcast today, I mean, we're almost into Episode 20. And I'm enjoying it more every time here. Absolutely. So you know, again, there can be positives to it, instead of running away from it, I ran to it for the first time. And again, people listening that are younger than me, don't run away, run toward it, you know, and don't wait six decades to finally embrace your intuition. Because you don't know what that opportunity is going to bring you and how it's going to enrich your life, how it's gonna fulfill your life even more, because I think, like we're talking about that, you know, even with fear, it comes with an automatic negative connotation. And I think intuition is the same thing. We talk about fear, your intuition is probably there to keep you safe and everything. And so we don't look at it as that it can bring as much positive or probably even more positive than it ever brings negative into your life there.

Dr. Dana 42:55

You know, can you bring up a really, really good point, which is that, you know, I can describe situations that my intuition saved my life. But what you're talking about is intuition and enhancing your life in some very important ways. Again, I got a really strong feeling intuitively, that it was time to write a book, I know myself well enough to know that if I did this by myself, it would never happen. First of all, I'm a lazy ass. And, and second of all, I was, really, I've lived a very sheltered professional life in a certain way. I'm not active in the therapeutic community here. I've been in business by myself, I live in my little bubble. It's a very sweet bubble. And I thought to myself, you know, if I write a book, and, and really, you know, start to express myself, my ideas and feelings, it's going to take me out of my bubble and expose me to the world around me in a way that I've not been comfortable before. So I thought, I got to do this with somebody else. I can't do it by myself, because it won't happen. So I sat quietly in my office, and I was sort of praying, I guess, for lack of better way of putting it. Okay, so who's the person that I should approach with this? And your lovely face popped into my mind? And I thought,

Kim Fauskee 44:11

Well, that wasn't in a dream.

Dr. Dana 44:14

No, it wasn't a dream. This was in real life. Your face popped into my mind. I thought, well, that's interesting. I didn't really think about Kim in this regard. But I knew that it was the right answer as soon as I sort of got an image of you. And that's why I approached you. And, you know, I know it took us a while to kind of get going. But the same thing was true with the podcasts aspect of things I was sitting here, kind of wondering, Well, I wonder if there's something more that I should be doing besides writing a book. And I got, again, the message, you got to do your podcast and you can't wait for the book to be done before you do it. And so again, that's why I approached you because, intuitively, I just had a feeling like we shouldn't wait, that we should get as much information out into the world. About our philosophy about fear and how to help, you know, people manage their lives in a more graceful way. And that there's all kinds of really interesting people that we could have conversations with that would be really inspiring for people to hear about. And so that's why I approached you, and said, Okay, here's our next thing. And I appreciate the fact that you didn't like the idea at first. But I'm glad that upon reflection, you know, you decided to do it, because it's been one of the funniest things I've ever done in my life.

Kim Fauskee 45:32

If you approach me with the next thing, again, I'll make sure I turn the brain switch off Well, so far, and then see how I actually feel about it. So you've been in clinical practice for some 40 years now. And so obviously, intuition plays a role in the type of clients or patients that you see here. And so can you kind of describe I mean, is it does it play a role in every client that you see, or

Dr. Dana 46:02

it's, it's really truly the the genesis of how I practice is that I know that according to the state of California, I'm supposed to diagnose you, if you come to see me and come up with a treatment plan, the American medical model, yeah, and to figure out what's wrong with you and to treat you like, you know, there's something wrong with you. And then we got to fix you and all that. I have never been comfortable with that notion. I believe that the symptoms that a person brings into my world, generally speaking, are a form of communication. And they are a way of helping me understand what's happening on a deeper level inside of you. But mostly, when I first meet somebody, I take their emotional temperature, using my intuition and and part of what comes to me in the first meeting is, what your capacity for change is, how deep the pain is, whether there's a biological component, you're suffering, which I always think is an important part of, you know, what a person can bring into my life. And so the assessment that I do is really a very much of an intuitive assessment. And it really helps me understand whether you're in the right place or not, right from the get go. As soon as you walk in the door. Actually, as soon as I look out into my waiting room and see your face for the first time you communicate. So the person communicates so much to me that, that, pretty much I can tell whether you know the person is in the right place or not?

Kim Fauskee 47:32

Well, I'm gonna, I'm gonna base this on your clinical practice, the percentage of clients that you see that actually listen and trust their intuition.

Dr. Dana 47:45

That's a tough one, because some people are more in tune with their intuition than others, obviously. But I would say that most of the disaster that befalls us in our lives is by not listening to her intuition. Often couples come to see me when their marriage is in trouble or their relationships are in trouble. And one of the things that I asked them when I first meet them is, you know, when you first got together, did you have a feeling that whatever it is that you're struggling with now was a problem? Before you made it a sort of an official commitment to each other?

Kim Fauskee 48:19

I'm going to answer yes, Yeah, question. You know, I will say to that unit, because I can see myself being that person.

Dr. Dana 48:24

So yeah, well, universally, Kim, nobody has ever said no to me, never. And I think to myself, what? And so the obvious question is, you know, well, how did you overcome what you knew, and the person, what they do is describe to me what I would call magical thinking, I thought he would change, I thought you would change, I didn't think it was that big of a deal. I was lonely. I figured that this was the best person I could possibly be with, you know, everybody's got problems. I've heard every rationalization known to men and women, and then, and then some. And usually, the person just tried to convince themselves that whatever does this happen, is just going to disappear using magic. And usually, unfortunately, it gets worse, not better with the passage of time. And that's not to say that there aren't problems in every relationship, but if you ignore them from the beginning, you're just looking for trouble. And I get that loneliness is incredibly pervasive in our world right now. And so, we're trying really hard to find companionship, and so on and so forth. And so, you know, just because there's something that you know, is problematic, doesn't mean that you shouldn't stay in the relationship, but ignoring it is what creates the problem, because I've never seen spontaneous healing without a person having to make an effort for that to happen. You know, having a relationship is like growing a garden in a way if you don't tend to it, everything's gonna shrivel up and die. And the same thing is true in our relationships, and and your relationship with yourself, which is, you know, the other part of things which is I spend a lot of time doing the best I can to help people realize that when someone says to me as an example, I feel really confused. My response is usually, I'm not sure that that's really the problem. I think it's that you're afraid that you're scared to trust what you know because of the implications. And so it's not really that you're confused. You don't know what you want to do or what needs to be done, but you're terrified of doing it because of the, because it's either going to create conflict, or you could lose the relationship or so it's something that scares you out of knowing what you know. And so it's easier to feel confused than it is to admit how scared you are. Yeah, I

Kim Fauskee 50:34

agree. 100%. With that, because, again, what we're all talking about ties back to fear. Right, right. I'm a big believer that we actually know the answer, the answer is within, right, but we choose to ignore that because of how it's either going to make us feel how it's going to make the other person feel how it's going to change the situation that we're in, and so on, and so forth. And that we become comfortable in those dark patterns. Right? Right. And we don't, we don't want to step out of that box. It's, again, it's kind of that retreating versus, you know, going toward the fear there, that causes us the problem and causes the people that come through your door causes me, you know, consternation and all those

things, through my life until I've figured it out in that way that, you know, I was, you know, I could sit there and justify it away. I could sit there and blame it on my upbringing, I can sit there and blame it on society's conditioning of my mind. But in the end, was the common denominator and that story, it's, it's me, right? So unless I change, and have that conscious introspection within myself, get to know who I am, why I'm here, what I have to offer, and become content with that. And then start listening to actually how I feel instead of trying to talk myself out of how I feel, then I'm at a pretty good place, right there. So but it is interesting how, again, why we're writing a book and having a podcast on fear. Because it all ties back in no matter what we talk about, whether it's intuition, whether it's faith, whether, you know, we talk about death and other subjects that we've talked about in these 15 episodes, it all ties back to fear, right? And how do you manage that fear?

Dr. Dana 52:38

Absolutely.

Kim Fauskee 52:41

So we have a few minutes left in and I know that we are going to have an expert or who we you and I kind of deem as an expert, that has written in a couple of his books about intuition. I think he explains it well. But but maybe somebody that's listening right now, before we have this special guest on, you know, and an episode down the road. That 's thinking that well, maybe I'm not so much in tune with my intuition as I thought I was or maybe I want to become more in tune with my intuition. What are some of the things that somebody could do to become in tune with their intuition?

Dr. Dana 53:23

That's great question. I think it depends on how in tune you are with your feelings to begin with. Some people, they really don't even know how they feel most of the time, because most of us are not brought up and asked on a regular basis, how we're feeling emotionally, is how we perform the matters to our family members, by and large,

Kim Fauskee 53:44

human doers instead of human beings. Exactly.

Dr. Dana 53:47

So if you're a person that's not really as deeply connected to your feelings as you could be, it starts off by taking your emotional temperature on a regular basis. We all have phones. Now I ask people I know that sound a little ridiculous, but ask people to set the alarm on their phone for every couple hours and when the alarm rings to ask themselves. So how are you feeling right now? And the answer, actually, I mean, the question actually matters more than the answer because the question implies compassion towards yourself, and the desire to know yourself on a deeper level. And after a certain period of time, the feelings will present themselves and it'll become really easy for most people to know how they feel. That extends to your intuition because your intuition can show up in a number of different feelings and some of that sometimes when you're feeling joyful, it's because intuitively what it is that you're either thinking about doing or, or or doing feels really good and so you know, you're in the right heading in the right direction. Other times you might get a feeling of either danger or concern or whatever it might be. And you can't necessarily prove to yourself why you're, while you're having that feeling. But I promise

you that if you deny it, the chances of something bad happening increase exponentially. There's actually a man who wrote a book about the different ways that we get assaulted as people and, and the really bad things that people do to each other. And he's interviewed hundreds of people and realizes that one of the best ways to survive, the worst things that can happen is by not leaving your body when you're feeling under attack. And by deliberately doing everything you can to stay present, so that you can feel what might be an escape route or an answer to a situation that you're in that could end up either causing you great harm or, or even taking your life. So he extends it all the way to, you know, to that extreme.

Kim Fauskee 55:54

They I mean, that makes total sense. But it sounds easier said than done.

Dr. Dana 56:00

It involves a lot of trust and an understanding, if it makes sense to you that that really, that part of you is connected on a much deeper level to what's happening in the universe than, then we might give credit to. And that, you know, if you do have a spiritual belief system, and you can accept the idea that, you know, God communicates to us as human beings through our intuition, then, then our intuition is then sacred. And it's not something we should mess with, even if we can't prove what it is that we're feeling is, you know, 100% correct in that moment. There is a caveat here that I think needs to be mentioned before we finished and that's that there are some people who suffer from brain chemical abnormalities. Like if you're bipolar, or you're schizophrenic, or you or you're suffering from a true mental illness that has to do with brain chemistry, I can't encourage you to embrace all of your feelings as being a true measure of reality. Because your feelings are distorted by your brain chemistry,

Kim Fauskee 57:11

that'd be the same with depression as well,

Dr. Dana 57:13

well, not 100%. Because the brain, your brain chemistry is different when you suffer from depression than it is if you suffer from one of those more severe mental illness illnesses, you know, if you're talking to a deviation away from reality, in a way, yeah, I mean, if you suffer from schizophrenia, or you're psychotic in some way, that's, you know, a thought disorder. And if you're bipolar, you're suffering from a mood disorder, and then you really can't 100% Count on your feelings because they're being exaggerated or distorted by your brain chemistry, when you're suffering from depression is a depletion of neurotransmitters. You still have an intuition under those circumstances, but it is a good idea. If that's part of your suffering, to treat the, you know, to treat the depletion of the bio chemicals in your brain?

Kim Fauskee 58:10

Well, it's been an interesting hour talking about intuition. And we'll have a lot more discussion about it, not only between you and I, but with some special guests that will bring in to talk about it, that have their own story of how they've trusted their intuition or, or how they've gotten other people to trust their intuition. But again, it's a feeling and not a thought folks out there and, and again, I want you to embrace your intuition if we can give you one idea to take away today and we'll talk to you soon down the road.

Dr. Dana 58:41

Well, and I also want to say really quickly, that I'm glad that your intuition guides you toward what you and I are doing rather than away.

Kim Fauskee 58:48

And I appreciate it. If you would ask me 10 years ago, we wouldn't have been doing this. Anyway, Thanks, Dana. You're welcome.

Fear Me Out 58:57

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