



## Episode 063

### 063 | Andrea Parker: From Success to Joy - Helping Leaders Find Fulfillment by Living from the Heart.

Andrea Parker [00:03:21]:

Yes, we were just saying how we feel like we know each other, even though we don't actually know each other. So I feel like this is going to be magic.

Laura Foster [00:03:30]:

It's true. And I think this is one of the beautiful things about having online presence, is that people get a sense of you and what you stand for and what you're passionate about in the world before they get to have the felt experience of being in your presence.

Andrea Parker [00:03:49]:

I love that. It's like the essence.

Laura Foster [00:03:52]:

It is the essence. So the first thing that stood out for me, number one, I've been following you, otherwise known as semi stalking you for some time. I consider myself to be as conscious as possible to what's going on in my world and the world. Okay, so we're having some technical problems, I think I'm having some technical problems and I feel like it's going to come through. So I was just saying for the third time now, if this feels like an awkward start to the podcast, know that it is on me and it is awkward. So just stick with it. We're going to keep rolling with it. Little power outage here in Costa Rica. I wanted to say to you, Andrea, that I have been really tuning into the work that you're doing in the world for as long as I've known you, which has been the last few years. And I have been really inspired by how you walk and what you have to say and the leadership that you've been creating, probably quite purposely with the ones that you work with, but also in the way that you walk is very inspiring in that respect. Tell me a little

bit about how you got to the work that you're doing right now because you weren't always a coach. What's that about?

Andrea Parker [00:05:04]:

Yeah, I love this. I'm sure you have read the book or listened to the audio of the Alchemist.

Laura Foster [00:05:16]:

Yes.

Andrea Parker [00:05:17]:

Like, they start as a shepherd and you go through this whole path. I feel like that's been me. I even said it recently. I think it was like this past week, I was like, I just feel like a full circle. And part of it was because when I was young, I was naturally happy. I loved playing. I love joy. Let's see how we can infuse sheer enjoyment in what you're doing. From playing outside to I love to Boggeting. I loved all these things, building forts. I grew up in nature. And then what happened is, over the years, it's like I shifted from this heart centered, very embodied living to being in my head, like the people pleasing the overachieving, let's do all the things I should do. And it started to stem from I just felt like I couldn't be successful being me. I can't be successful having fun and playing. And I needed to fit in and do all these things. So I actually got really good at it. I learned how to play the game. Let's become the captain of your sports teams. Let's get the grades. Let's even working. I would overperform since I was 15, and what I did and then that naturally carried over into my career. So I ended up getting hired as a police officer, and I knew how to play the game. It's like, I had this one sergeant, and we kind of joke. He was a very regimented, strict, head centered man. He was a former military police. And I'm grateful for him, because what he did is he was very challenging, and he would even do our performance reviews publicly, and he would just roast everybody. Like, just it roast them. But then he'd get to me, and he's like, you're doing so great. And he advanced me a whole year, and he did all these things, and I'm like, this is not going well for me, fitting in that's right, because I knew how to tick all these boxes for society's success. I did well on the outside, as most of us, it's, like, looks like we're playing at the top of our game. I have a great career. I was detective. I had income, properties. I was doing all the things like good health, loving relationship with my wife. But if I was honest with myself, first of all, I didn't feel like what I created was enough. And most importantly is I wasn't actually happy. And it was the happiness piece, because I was always naturally happy and not a superficial happy, like a

genuine joy. And I almost felt like I lost my sparkle. I call it sparkles when I bring my clients their sparkle back. And for me, I felt like I lost that. So I was like, okay, what do I need to do? Who do I need to become? What's the path that I need to take back to myself? And for me, when I do something, I like to go all in. So I went all in. So for years, I think it's been like, well, it's definitely an eight year journey now, but I've studied. I've trained with the best of the best in human behavior, subconscious, spiritual science, like, all things quantum physics, consciousness. I want to know the real deal, and I think that's probably why I went into policing. It's. Like, I love being a detective. Tell me the essence and the truth of things. So I had to get back to the truth of who I was, what made me happy, and what made me happy, what I had always wanted. I wanted to live on a lake. I wanted to have just, like, a fun lifestyle, playful lifestyle. I wanted to co create a business that I found meaningful, that I felt like actually helped people. And if I was honest, I wasn't doing that. So I slowly started that transition, and basically, it started just with me focusing back on myself. So that's where I went deeper into my own work, and then from there it kind of snowballed. And it wasn't like a people are like, that's a random thing to go from policing to coaching. And I'm like, it totally is. It makes sense if you know more about why I like to get to the truth of who I am, but it felt more like a calling than it did something that I was just going to do, right? And because of that, I felt this great responsibility on me to do it in a way that was rooted in the pillars that I have is like, play heart centered consciousness, like leadership. I wanted to do it in a way that was inspirational but was also rooted in, is this going to make me happy? And it's definitely easier said than done because I didn't want to take myself so serious in the process. And that's what I had done the whole time was going into my head so serious, all this shoulds and have tos and all these things. So it wasn't until probably I had actualized the dream that I wanted. Like we were living on the lake. I left policing. I took the courageous steps and followed my heart just continuously over and over and over again, even though it made no sense on paper. And I remember one day, it was like June, it might have been June last year, and we're looking outside the lake and it's a beautiful day and we were not having fun. And we're sitting inside and I was just like, what am I doing? Because I had just done the same things I had done in policing in my business. So I was like, if this is what being an entrepreneur is like, I don't want this. I don't want this as my experience. And that was kind of like the true shift, I think, for me being in what I am now. Because I had to go through all of that to still realize that I was still missing the point. And it really is about embodying your experience. It's not just coming from your head. It's about journeying through, but actually living from your heart. Can't just say you're living from the heart, not actually live from your heart like you actually have to. And that's kind of what led me to where I am now.

Laura Foster [00:11:40]:

Okay, so so many things come into my mind when I think about this. Number one, I think you and I have been walking some parallel paths, but I've been over here and you're obviously over there. But that's for another time. I will say. Was it messy? Because when we look back on things and we can see in its totality through the rear view mirror, we're like, I did this and then I did that and then I did this. But I'll tell you, I had my elbows to the door jams and my heels to the ground when I purposely and voluntarily and created my exit from a career that I loved and wanted to do forever until I no longer felt called to it. So I'm thinking about, it does sound like when I did it's like, oh, that's so great. How did you go from the top of the game to something else? Or whatever someone's interpretation is? And when I hear you say that, it sounds like that, but did it feel messy? Was it messy? Did you feel really connected and you just felt so steadfast in what you were doing that there was no wavering?

Andrea Parker [00:12:46]:

I would say, like, cluster fucky is probably the way to describe and this is why I think living from your heart, it takes courage and it's very simple to do, but it's also one of the most challenging things for many different reasons. But for me, I went into policing, and it was virtually day one of police college. And I'm sitting in the auditorium and I'm looking around and I was like, I made a big mistake. Like, this is not for me. So my journey in policing, for the most part, from day one to the day I exited, was, how do I get myself out of this? How do I create something that's actually more aligned? And I was very fear driven. So when I say it's cluster fucky, how I was living was I wouldn't even say I was living. I was like in a constant state of anxiety, stress, just overthinking everything, trying to and that's why I think I felt like I had to be the best, because it felt safer. And it was when I started working with one of my mentors, and that's when she took me under her wing, and I went really deep into learning some of the subconscious stuff. And it was interesting because when I first started working with her, I said, I want you to help me to leave policing. And she's like, not yet, not yet. I'm like, I'll quit today. Just tell me to quit and I'm going to quit. And she's like, do not do that. I do not recommend you do that. And I'm like, okay. And her whole thing, and this is something that I really took to heart and embody and help my clients with as well, is don't leave something out of desperation because you're just going to recreate it. You have to find the love in it. You have to find the gratitude in it. And it took me a very long time to find the gratitude in policing because it's like, I don't see the gratitude in it. This is hard. This is challenging. I feel like I didn't have a lifestyle. I felt like I couldn't be me. There were so many things where it really made me go deeper into not just policing, but go, when I was a child and even younger, it really made me do my work. And through that process, having to choose myself was really hard. That one time with my

sergeant, for example, when he did the performance reviews, my whole thing was trying to fit in so that I could feel safe. And in that process, I've never had this before. And the next sergeant who came in, he didn't last very long in our unit. Another sergeant came in, and she goes, you realize that no one else on the platoon likes you, right? And it rushed. I remember, went home, and I cried to Mel for, like, ever. And I was like, I have to go back somewhere where these people are supposed to have my back. Nobody likes me. My whole life, I've tried to be liked by others, fit in. And it was because I was willing to do the work. I was willing to basically try in that setting. And I'm grateful for all these little things, because what it made me do is it made me had to choose myself. Like, truly choose myself, not just to be liked, but to be loved. And that led me to choosing myself. In other times, like, if I'd fit in, I would have stayed. I would have just stayed and just done whatever I did. So it's funny because I had worked through it. I had worked my way up, but I had started to make shifts. Instead of doing it from desperation, doing it from inspiration, like, how can I give my best? How can I feel safe now without anything else changing? And what actually changed for me is it took me from the time I consciously started to make an exit plan to when I wanted to leave. I still had about two years left on this plan, but it was around the time when I said, you know what? I'm done trying to leave, and I'm just going to enjoy. I'm okay if this takes me two more years. And then maybe, like, two months later, I walked into work one day, and I was like, uhoh, now is the time. I have to leave. And at that point, I didn't want to leave because I was terrified. It was like, I don't know what to do. And I knew I had to. So this is where you were like, was it kind of messy? Was it hard? What was it like? Terrifying. Because now I had to have the courage. I had to have the courage to stay, first of all, to figure out final perfection. But then I had to have the courage to be like, now my heart's saying, it's time to go. I have the courage to actually leave. And it didn't make sense on paper. I was in a detective role. I kind of created my own hours. I worked, like, Monday to Thursday, seven to three. It was unheard of. People are like, you're insane. People would come to me individually and like, what are you doing? And I gave in my resignation, and the day I left was it was December 2019, and obviously, we know what happened a couple of months after that in the world. So it was like the safest thing I possibly could have done for myself. Just didn't know it at the time, but there's so many stories I could go on for probably a week with that. But I think, yes, it's challenging, but I've done it enough times now where I've thrown myself in, where I've just trusted that when it's the heart, even if it doesn't make sense, it's going to be safer than doing the thing that maybe my logical mind says to do, but it's not rooted in what my heart wants.

Laura Foster [00:18:51]:

I wanted to break this down. Thank you for going into so much detail, because I know that when people look at other people who they know intellectually have made a shift from something that was seemingly really important in your life because I can see that it was to a place that you feel called to be right now. And humans who are listening, we do this. I do this to other people as well, even though I know in my own experience it wasn't that it's that it looks like it's just like it was easy for them. They're just wired different. They knew how to do it. They have the skills, they have all the things. And I think there's just so much goodness in hearing how fucking hard it can be sometimes, and yet also to hear what sometimes the most practical steps can be. Because I think we can all relate to being in a place where we know it's time to start creating the exit strategy. And I think the exit strategy is really good because I'll get this a lot of times living in Costa Rica, it's like, yeah, I want to do that too. Okay, I understand know it looks really probably great. Of course, life is not what always it looks like to other people, but let's just say, yeah, I'm super happy we did it. And at the same time, what steps are you actually taking if that's actually your dream? That's the other side of it. So this practical side where you had to fall in love with staying or you had to be grateful for staying, and then you also needed to trust the fact that it was time to go. Those are two really big things. And by the way, I left my 25 year career in December of 2019.

Andrea Parker [00:20:31]:

I thought I was going to Way.

Laura Foster [00:20:33]:

Yeah. And I thought I was going to stay for several more years. I had been working on an exit strategy from the thing that I love doing to the fact that I knew it was time to go. And it accelerated really rapidly in that fall of that year. And it was so confusing because I was like, I'm going to stay for two more years. I'm going to stay for a year next spring. And then I'm like, Damn, I'm done on December 23, 2019, I was just.

Andrea Parker [00:21:00]:

Like it was the weirdest thing. That was my last day.

Laura Foster [00:21:05]:

Hi, nice to meet you. See, I told you. I feel like we were walking some similar paths. So thank you for sharing that. I think it's really potent. And I even just want to say we talk about courage. We have to find courage. And oftentimes the word courage is linked in with this idea of trust and patience and all these other attributes. And I fully think that that's all true. How do you cultivate courage for yourself when you know you're in a place where you need to dig deep? What does that look like for you? And or how do you speak to your clients about that?

Andrea Parker [00:21:47]:

Yeah, courage is a big one, and I really do believe this is the heart leadership. Even the word Kerr, like, one of my mentors, she's French, so she used to drill it like Kerr, it means heart. So to have courage is to live from the heart. And it sounds so simple, but it's not, because what your heart wants and what your head wants, what your senses wants, are usually very different things. So for me, especially when it's big things, is I lean on all the times where I've made conscious kind of intention action on the littler things. But really what it comes down to is there's always going to be equal support and challenge. So my opinion, I would rather challenge myself to do what's good for my heart and then be supported than stay in my comfort zone, because I've stayed in my comfort zone enough. And comfort zone, I think people get confused with that too. Like, comfort zone isn't, I want to work so hard and I got to push and I got to force. Comfort zone might be slowing down, relaxing, doing less. It might mean softening, like actually allowing yourself to feel. So the courage comes in then is, what's the worst case scenario that's going to happen? And that's something I ask myself all the time. We talk about our dream house. So when we bought our dream house, this was another kind of act of courage on our part, because it was during real estate was insane in Muskoka. We knew we wanted to be on the lake. We've been looking for years and we found this house and we just knew we're like, that's it. And before that, I had been getting these messages from my heart because for two years we've been looking, looking, and it was like it wasn't happening. It was like, uhoh, we're going to have to sell our house and then hope that we're going to find a house. Because that was just the message I was getting from, like, let's do that. So we sold our house within 12 hours of selling our house. We privately brought this one, but when we bought it, we bought it privately and it was a shell. Like they started a major renovation and because they didn't finish the renovation, we got to finish it, which was awesome. But it's in the middle of a lockdown. We have a month and a half to renovate a house that we don't own in order to get a mortgage because if it's not 98% complete on paper, you're not going to get a mortgage. So we basically had to know what's the worst case scenario if we're going to put all our money into a house that we don't own, have to get to this certain place in order for then everything to work out. And the worst case scenario was we had to get a private mortgage.

Could we live with that? Yes. Was it still terrifying? Absolutely. Try renovating a house with your partner who you also work with in the middle of a lockdown, in the middle of nowhere. But we did it. And this is where keep building on those because one thing leads to that. And we're like the universe always has our back, even when it doesn't feel like it. So we keep stacking on and remembering those times and continuously doing that. Because an amazing life is those stacked on each other. It's not just one act of courage and then that's it, I'm done for the rest of my life. It's like we have to continuously unfold.

Laura Foster [00:25:26]:

That it's true and also that I love how you say it that way it feels like it's almost like lived proof. Right? You're looking for proof in your own life that you can do it. Two things. Either that you can do it and you get the outcome you're looking for or something better, or like you said, you do it. It doesn't go the way you want, but you're still resilient, you still can live with it, you're still adaptable. All of that, all of these things have been taken into the work that you do in the world. Talk to me about who you work with in the work that you do. What are the tenants and what are the clients that come to you and what are you actively really doing with them in the containers that you work with?

Andrea Parker [00:26:12]:

I love working with leaders. Love it. And leaders, it's kind of a broad term, but somebody who is on this path of wanting to live an amazing life, wanting to have lasting impact, to live a life that's worth living, really like being a conscious creator. So I find most of my clients are more either in the entrepreneurial field, business owners, high level executives, but mostly people who are kind of paving their own path. And typically when they come to me, it's because they're an expert in what they do. Like, they're great. They're great at business or they have strategies. I don't know. Some of them are holistic, doctors, whatever it is, they've mastered their craft and yet they still desire more. And what I find with my clients is that most of them love having fun, but they're not really enjoying their experience. For example, I had a client, she came to me, she's like, amazing in business. I want to hit seven figures. I can feel in my bones that this is my seven figure year. She knew it. She goes, but at the same time, I feel like I'm at capacity. How am I supposed to do it? Like, I'm already doing all the things. So with her, we had to help her do the opposite of what she thought. Like, slow down, prioritize your joy, have more fun, focus on you as the business owner and then as a byproduct, what ended up happening is she ended up increasing her revenue by like, 741%. So there's no way. And this is why I love getting to work with leaders, because there's no way they would have been able to



connect those dots. And if you can help somebody who's committed to having an impact, if you can help them change on how they lead, if they can shift from their head into their heart, they're going to bring that then to their audience, to their clients, to their family, to their community, to wherever.

Laura Foster [00:28:18]:

And that's how your impact keeps growing. What barrier is it? That barrier of, like, if you had to say that there's a barrier that you almost need to break through or breakdown in order for your clients to get to that place where they can take the action that might seem counterintuitive to them. Is it the do less? How would you say that? What's the barrier you're breaking down there?

Andrea Parker [00:28:45]:

The biggest barrier is it always comes down and they don't like hearing this at first, and I didn't like hearing it at first either. It's really just to love themselves more. It really comes back to self love and self worth. At the root of every single one of our fears is the illusion that we're unworthy, that we're not enough, that we're unlovable. And that just keeps going over and over and over again until we break that loop or that pattern. So what I specialize in, what I really help them do, is to release the blocks. And often the block is, well, it's not safe for me to slow down, it's not safe for me to have fun, it's not safe for me to enjoy. If I make myself important, then I'm going to lose it all, I'm going to lose my business. And that's not the truth. So what we help them do is really release the block, which then helps them feel safe. And if someone feels safe, they're now in this creation energy, they become magnetic and that's like, I can feel the energy. Then all that force you are putting to something is now transcended and you become like this magic attractor, you become magnetic.

Laura Foster [00:29:59]:

I've actually seen that in people and I felt it. Within myself. It's almost easier to see it in other people, but I can feel that difference in there. You focus on four pillars heart, consciousness, leadership, and play. And you spoke a little bit about it already here, can you break these down a little bit? I'm going to ask a really obvious question and say, how the fuck do you live from your heart? You know what I mean? Like you said, you already said it. It's super simple and not so easy. So I can see why you focus on that. But in a practical sense, how does that come through? Not just in coaching, but in living life. Yeah.

Andrea Parker [00:30:47]:

And it almost sounds like when I first started saying it, it's like it feels fluffy. It's like, yeah, okay. You got to live from your heart. Yeah. And then you go on the alchemist journey, and you're like, oh, it is living from your heart. And what I usually have is if you think of, I usually have my yin and Yang with me. But yin and yang is such a great representation of what it means to lift from the heart, because you have the yin, which is more the female, the feminine principle, which is to listen, to listen, tune in soften. But really, what your heart's asking you to do? So if you think of the yin, it's asking you to admit, what is it that you actually want? What does your heart want? And then know that you're worthy of it. Know that that's possible. And then on the other side, you have the yang, which is the male principle, which is the action. So if your heart wants you to listen in, admit what you want, admit your dreams, then you have to get into action to make that happen. The challenge is as individuals, but also as a society, we're usually doing one or the other. It's like, I got to take all this action when I was in policing. I'm like, I could bang off a to do list like no one else. It's like, same with my clients. It's like getting them to do some kind of action fully in their comfort zone. They could do that all day long. But if it's not connected, rooted into what's truly important to you, it's missing the meaning, it's missing the fulfillment. It's missing the whole point. But at the same time, if you're not allowing yourself so acting is important. Listening is important. But often we don't even allow ourselves to admit what we want. Because if we admit what we want, what if we can't have it? So if I can't have it, why am I going to admit it?

Laura Foster [00:32:41]:

Right?

Andrea Parker [00:32:42]:

I had a client. We do something called the Accelerate Your Growth Workshop, and it takes you through this journey. It's going to accelerate the things you would learn and do in, like, two years and two days. And the people that I work with most, they know what they want. And the one she comes in, she's like, I want to have X amount, multiple, six, seven figure in my business. I want to have this, this and this. Those are my goals. And then we went through this exercise of, what does your heart really want? And then she was like she even said to me, she's like, Shit. She goes, My heart wants is more peace, is more ease, is more fun to take time off. So now there's this disconnect between these goals that she says she wants and what her

heart actually wants. So how she's living is totally disconnected from what would actually bring her joy, because all she was doing was working more, pushing more, launching more, and then she wasn't actually getting the results she wanted. So for the next six months, she just focused on, okay, so if I actually do less in my business, if I actually schedule time, I move my body, I do all the things that are on my heart list. Those things actually organically then came to her. So living from your heart is a simultaneous process of continuously tuning in to what's coming through. What is it that you want? Continuously admitting it, having the courage to take action and to also trust. Like, trust that you do your best and you let it go. So for me, the most challenging part I think I've had with listening to my heart is I'm impatient. It's like, if I admit it, why is it not happening right this second? It's like, let's go. So that's where if you're not trusting, it goes back into your head. It's more of a control. Well, okay, now I'm going to keep doing more action instead of doing the things that are actually helpful, that are actually beneficial. It's like desperate action opposed to inspired action.

Laura Foster [00:34:56]:

Inspired action. I love that, continuously admitting it. I see that sometimes because I do retreats. And in the space of the retreat and in all the energy that goes on in those experiences, oftentimes women can drop into their heart and say with crystal clarity what it is they actually want. But then when they leave that space, it's like they don't want to go back to the admitting. Because it's like, that's the part. This is always the thing that I find. That's why sometimes retreats are so incredible, because they open up the possibility of what's sitting right there. But then that action component doesn't often follow through because then you get home and you're like, now what the fuck do I do with this information that I'm aware of? I need to take action, which some people do, and then others go, I'm just going to pretend I never knew that information. Which I can appreciate because I remember the first time when I told myself that I actually no longer wanted to be in full time practice as a chiropractor. It was like it came out of my mouth and I wanted to stuff it back in. I think that's human nature, it's like, you know that you've released something into the ethers that is probably going to shift your life going forward. And there's that part of you mostly your head, that's like, oh my God, that's going to be a problem. And that's going to be a problem. This place for you where we talk about being in the practical side of being patient and surrendering. I said that. You didn't. But like, that idea that we put it out there and we consciously kind of go back to what's in the heart. Do you have daily practices or things that you just continuously do in your life that orient you back to the truth of what's in your heart?

Andrea Parker [00:36:50]:

Yeah, and this is my highest value, the thing that's most important, which is also helpful to know when you have courage, when you're living from your heart, what are the things that are most important to you? For me, it's my spiritual growth and evolution to be a beacon for what's possible. So to unfold my potential, but also to inspire others to do the same, that is something that's so important to me. So for me, my practice is I incorporate a couple of different things, but it's also something that I absolutely love. So I want to preface that for those listening, being like, you don't need to not that I sit for hours and hours and hours, but it's something that you're always going to choose in favor of your highest values. And for me, it's like that's something that it lights me up and I really do seek truth. And what are some of the real deal things? And some of the things that I have found over this course of.

Laura Foster [00:37:53]:

My.

Andrea Parker [00:37:54]:

Journey is a couple of things that I teach and I embody myself, which is the Heart Freedom Method. So that was created by Dr. Lee Janelle. She's a former chiropractor. It's actually funny. Three of my mentors are or were former chiropractors. I love chiropractors. So that one is it helps release the blocks on a subconscious level. So that's something if I notice something in myself, I'm like, I'm having resistance here, or this isn't what's actually coming up. I'll actually use that. She has a book coming up. It's not out yet. It's coming out with I think Jack Canfield's co authoring with her. That would be an awesome resource for people. Vesica Institute. I absolutely love it's. More on the realm of spiritual science, vibrational science. But there's some really cool practices that you can do. Dr. Gilbert. It's on. Gaia. So if anyone has Gaia, it's sacred geometry. I think you would actually love that one. I love him. He's a little dry, so I'll put him on 1.5 speed just to kick things up a notch. But he is the real deal. I also study in biogeometry, so biogeometry is also a centering principle where it's coming back to the center. So there's a few different things that I do, both energetically and there's so much that I could share in those realms. But for anyone who wants to get started with a good tool, those are three great places to start. But my superpower. And what I like to do is take these real deal, true areas in human development, in human behavior, in spiritual science and biogeometry in all these fields for how we can unfold the potential and how can we take it and create it so that people can access it without having to study for years and years and years? Or have to sit here for hours to implement it while making it fun? Because I think that's the missing link is bridging the gap

between spirituality and fun. It can be fun. You don't have to sit and meditate for Eons in order to get a transformation.

Laura Foster [00:40:21]:

And I'm going to link all of that stuff in the show notes because I think that that idea of having some tools that might really resonate with you. What I heard from you that I want to just go back, loop back and say is that fulfillment really comes from living your values and your value, which is what you're saying to us is that idea of being of service, but that spiritual evolution is so important within you. I mirror that. But that might not be the same for somebody else. Which is all to say that journey of knowing yourself is so important and doing and kind of uncovering I guess would be a better way to say what your values are, I think is really important. When you talked about a client that wanted all of these things, wanted the business to be a certain way and wanted who knows, whatever it is that was on their mind and then when they tapped into their heart, these lists didn't necessarily look the same. I think that's part of that evolution of really understanding ourselves is understanding what do we truly value? And I will tell you, for me, these last few years my values have shifted. Nothing like getting a kick in the ass when it comes to health, freedom to go. Yeah, if health wasn't important before, it always was for me. But if it wasn't before, that shifted, that change. Freedom shifted and changed. It went up a couple of notches. It went from top five to top two, those kinds of things. How important do you feel it is for your clients to really connect into what they value? Is that the hard work? Because that's really what we're talking about 100%.

Andrea Parker [00:41:59]:

Because this frees you for so many different ways. Because you can say yes to it gives you the courage to say yes to the things that are important to you. But it's almost like the more you know about yourself, but also the more you know about other people's values. The only reason people get upset is because you're not acting in their values. The only reason, like my family, their highest value, all of them is family. And there's nothing wrong with that. That is amazing value to have. But me, my values are more lifestyle like, fun play, it's having an impact, unfolding my potential, creating great wealth through freedom, choice, all these things. So if I'm choosing in terms of that, and I'm not going to a family event, guess what? They're going to be upset. It's not because they don't love me, it's because I'm not in their value. So the more you can understand your values, the more you can increase your relationships, more you understand yourself, more you understand others. But also what you can do is you can start to link things that you want to be a value to your current values. Because most people don't

actually value money. They value what money gives them. They think they want money, but no, you want health or you want time with your family or whatever the thing might be, but you can actually associate how you having more money would help you achieve things that are already important to you. And the most important thing I think about your values or one of the coolest things from a detective standpoint is your voids. Your challenges when you were growing up create your values, right? So your voids become your values. So that's something Dr. John di Martini would always say. And what that does is it gives you gratitude for all of the challenges. Because if we think of what happened in the past couple years, it's like the more gratitude we can have to see how that's actually shaped our value and now how we can use that, how we can transcend that. We're not a victim anymore, now we're a creator. We have our power and from this place of value then we can move on and create and do whatever it is we want to do. But in my opinion, it just gives me so much. Power is not even the right word. It's a peace. Knowing if you're living in your values, that's when you live a fulfilling life 100%.

Laura Foster [00:44:45]:

It really is. And so that's why I wanted to come back and say that. Because we look to other people and we see that they have peace, that they have look like they are fulfilled, they look like they have more joy. And then we think we have to do what they're doing. It's not true. We need to maybe emulate the idea of what they're doing, but you need to make it specific to yourself. And the only way you're really going to do that is to uncover again, we go right back to the same thing that you've been saying, uncover what's in your heart, which is really where your values are. I love how you said that voids become your values. Also a beautiful chiropractor, John Demartini. But my mentor, one of my mentors talks about the purpose that you're meant to do in the world is closest to your deepest wound, which is a very similar kind of idea. Right? We get that stuff. The things that we really feel driven to want to do in the world. I think about this for myself. It came for the places where that's what I needed, that's what I wanted, the places where I felt darkness in my own life or hurt or pain. That's the place where that really become the fertile ground for the things that I really want to be living out loud in my life right now.

Andrea Parker [00:46:05]:

Yeah, I love that because that's where the magic happens. At first, we are driven by these voids, by these pains, by these wounds. And then what you're saying, too, is, at the same time, if we do the work to shift it now, we can still take those beautiful gifts that we have, the

inspiration we have, and now do it because we choose to, because we want to, because we get to, because we love to. It's like a whole different vibe and energy behind it.

Laura Foster [00:46:34]:

It is. So a couple of last questions. One would be we're doing life differently now? Yes. In the world? Yeah. December 23 for you. And I was doing life differently way before that, but I know there's a lot of humans who have flipped over into creating in their life, but there's a lot of humans who are still gripping. How are we doing life different? When you see people that are creating now, what's the difference? What's the transition people have made?

Andrea Parker [00:47:09]:

Well, in terms of there's so many different ways, but I think people are starting to get challenged enough where they're like, you know what? I got to do something. And there's so many different ways we can create. But where I think really where the magic is, is when we allow ourselves to focus on our creations, what is it will make us happy. And not just like a superficial happy, but, like, truly fulfilled and happy and joyful and fun. But what that does is it becomes a beacon for other people to be like, what is that person doing?

Laura Foster [00:47:57]:

Right?

Andrea Parker [00:47:58]:

If you think of a truly successful person, and to me, success is just living from your heart. But some people who are, if we think back to ancient Egypt, like the true successful people who are very wise, heart centered, they're very humble. And they're humble because they knew that thriving is our natural state. So a lot of people are shifting more into the creator. But that's why we're here. We're actually meant to be creators. We're meant to thrive. We're meant to shine. We're in the heart era. So this is actually, spiritually speaking, we're in the era of the heart. So it makes me happy that more people are starting to shift and start to do things differently. And at the same time, that's the only way that I think we're going to move forward consciously, collectively, if individually, we all kind of step up and decide, I'm going to do this from my heart. And it doesn't have to be outwardly focused to be like, I'm going to now spearhead a whole community. It could be, you're going to do it in your home, you're going to

do it with your dogs. It doesn't matter. There's no judgment for what your heart wants, but that's how you become the beacon. And then other people change and other people and that's feeding, and that's it.

Laura Foster [00:49:22]:

And I see that wave, and I know you're a part of it, and I'm so grateful. I see you working with some really impactful humans. And like you said, impact looks different, just like success looks different. It doesn't need to be on the places like social media and all of those things. In fact, it probably isn't. But I do want to know if there's someone, many someones who are listening right now who want to connect with you and possibly work with you, where can they connect with you and what are the different ways that humans can work with you?

Andrea Parker [00:49:53]:

Yeah, I love this. So Instagram. Andrea Parker coaching is a good one. If you want to kind of get a glimpse into my world and some of the stuff that we do, that's a good one. My website has my offerings, so [Andrewaparkercoaching.com](http://Andrewaparkercoaching.com) and the different ways typically, is I do one on one coaching, so I only offer a handful of spots for that. But I am opening some up. So if you wanted to do some deeper work for six months, fully committed, there's two options for that. But then we host, which is so fun for me because it accelerates you is the Accelerate Your Growth workshop. So if you're like, I want to get a taste. I want to see what this is about. Highly recommend that. And I believe the next one we're doing is the 29th and 30 September.

Laura Foster [00:50:40]:

September 29 and 30th. Okay. I'll be sure to put those in the show notes. And first of all, thank you, Andrea off to kind of a slightly rocky start, but that's probably quite symbolic of life at times. Thank you for sticking with me in the podcast today. I really feel like some of the most simple things that we talk about today, talking about really living life from your heart and where courage comes from. And we talked about transformation and this place of knowing you're not meant to be where you are right now and how do you get to the next thing? Because I feel that in the field a lot with a lot of humans right now. So I love the practical side of what you've shared. Thank you for oh, thank you.

Andrea Parker [00:51:28]:



I feel like I could talk to you forever, so I'm grateful for being here.

Laura Foster [00:51:32]:

I'm going to see you at the NYM conference in Canonasca.

Andrea Parker [00:51:36]:

You are going?

Laura Foster [00:51:36]:

I'm going to make the trek all the way up there. It's so worth my time. And I know that tickets close tomorrow, so we're not going to talk about it right now, but just say, watch Instagram. It's going to be amazing. So thank you so much. For those who are listening, please visit the Show Notes so you can connect with Andrea. And if this episode resonates with you, can you rate it or review it or share it or drop into our DMs and tell us what the heck you liked about it? And I also want you to know that Andrea has dropped a super sweet, potent five minute meditation for all the listeners of the podcast. And I have linked that up as well in the Show Notes. Thank you so much for that. Andrea, please do something with today's episode. It really is my ask. Let it wash over you. Let it activate something inside of you and let it somehow be expressed in your life in a bigger way. Have an incredible day. Bye for now. Hey there. Thanks for listening to the soul Inspired Girl podcast. To learn more about my program and feminine collective Roots and The Sisterhood, or to find out more about what it means to one on one coach with me, you can go to [Soulinspiredgirl.com](http://Soulinspiredgirl.com) and find me on instagram at [soulinspiredgirl](https://www.instagram.com/soulinspiredgirl). If you like what you heard, be sure to share with Friend Post and tag me on your Instagram stories and leave me a five star rating on your favorite podcast platform. Now go out there and create yourself an amazing day.