

Therapy Chat Episode 275

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[00:00:00] **Laura Reagan:** Therapy Chat Podcast Episode 275.

[00:00:04] **Announcer:** This is the Therapy Chat podcast with Laura Reagan LCSW-C. The information shared in this podcast is not a substitute for seeking help from a licensed mental health professional. And now here's your host, Laura Reagan, LCSW-C.

[00:00:23] **Laura Reagan:** Hi, welcome back to Therapy Chat. I'm your host, Laura Reagan. And today I'm very pleased to be bringing you an interview with an author and teacher who is known around the world for her book, Inner Alchemy, which has recently been re-released. My guest today is Zulma Reyo. In our conversation today, you are going to hear Zulma talk [00:01:00] about her work, her journey, and how we can find that still small voice within us, which I think is very fitting for the times we're living in.

[00:01:12] So I hope you will enjoy listening to my conversation with Zulma Reyo. Let's dive right in and I do have a little bit of news for you all. There's a new thing coming on the horizon for me, I'm starting a second podcast. This new podcast is going to be called Trauma Chat and notice the theme there. And in my new podcast, I'm going to be basically just giving bite-size pieces of information for the general public to learn more about how trauma shows up in our lives, how we might be impacted by trauma, even when we don't realize it, and how to identify what traumatic experiences you have that fit into what category so you can [00:02:00] understand how to get help with what you've been through, instead of just thinking that there's something wrong with you, which is pretty much the common experience. So my new podcast, Trauma Chat will be coming out in June, 2021. I cannot wait to share it with you. For now, I have the only thing going on right now is two places that you can find more information about this on Facebook, if you look up my Trauma Therapy Coaching and Consulting Page, all the updates will be posted there. And on Instagram, Trauma Chat now has its own instagram account called @traumachatpod. So go find Trauma Chat on Instagram or Trauma Therapy Coaching and Consulting on Facebook to get the latest updates. Soon there will be an email list you can sign up for to be informed when it comes out and be able to, you know, go ahead and find it right away because one of the things that's hard [00:03:00] when a podcast first comes out is it can be hard to find it on Apple podcasts or iTunes, even when you know the name of it.

[00:03:06] So, um, I hope that if you're interested in learning more about Trauma Chat, you will go to one of those places and look out for the opportunity to sign up for an email list to be informed with all the updates about Trauma Chat, and don't worry Therapy Chat is not going anywhere. I'm just going to have two podcasts.

[00:03:25] So, I hope you will be interested in that. Thank you as always for listening, I'm looking forward to more good stuff being available soon.

[00:03:38] So Zulma, with these gifts that you're speaking about, can you sort of start us off by telling our audience, what do you mean when you say 'inner alchemy'?

[00:03:50] **Zulma Reyo:** I think I kind of was going that way. I was implying that where I come from in my perception of the world is what has [00:04:00] led me to be able to transform myself, situations, people around me because energy is, uh, it, uh, you have to be a living energy to be able to reach another living soul or another living energy. And so the inner, in inner alchemy refers to the contact with the inner self. Now, this is very, very tricky because inner self is usually interpreted as the subjective thinking or feeling. And the inner self is beyond that. It has nothing to do with the personal self. And yet it is underlaying, it's like the backdrop, the background, or the, the curtain upon which the wind blows.

[00:04:47] And you feel the vibrations without knowing what it is exactly. But you follow it. You, you fly with it, you swim in it, you flow with it. And this inner self is [00:05:00] the soul, perhaps the heart and vibration, even though this is also very misused in this day, these days, referring to emotions, whereas the heart is really higher intelligence. It's sentient intelligence, it is that part of the mind that that knows love, that is love, as a state of being. Now in contact with this, which takes a little while in the book, if you follow step by step, you will get there on your own, but in the groups and when I'm present, this is done through the personal touch, it's through the personal contact, sort of the energetic relationships between me and the student. And in the case, which is going to be most people, that they will do it through the book, it is reaching that stillness, that pause between the words, that pause between the thoughts, it is, working body, mind, and feelings, [00:06:00] beyond themselves.

[00:06:02] It is behind that. There are many techniques to get there and I use them all, believe me, according to the need of the person, the, the characteristic, the other salient characteristic, for example, I'm very physical. They will need to do a lot of breath work, a lot of movement. We even use [indistinguishable] movements, which are fantastic to stop the concrete mind, and grasp the spaces of the higher mind. If they're very emotional, then I will use devotional. I will use a mantra. I will use sound. So the people listening to me, place yourselves in, in that, which appeals to you the most and use your own temperament to an inclination, to, to look for that still small voice. People who are mental, will be able to find that in abstraction or when we meditate intuitively on for example, uh, virtual or quality, we get to that state of [00:07:00] feeling what we're saying, and then it goes beyond the word.

[00:07:03] Now all of these point to this inner self, this still, inner voice, which is what alchemizes you, your personality. Because the personality is composed of thought forms, and feelings, and the history, the linear history, and all of this on top of, the history of your parents and your ancestors that, that backdrop of astrological configurations.

[00:07:27] All of this is just for the vehicle, it is just for the body and mind typology, but you are much more than that. You are what lives behind that, beyond that you are what gives life and love to that, which you do and see and learn. I may learn in the school, the same thing that you do, but my interpretation is going to be different because, I am different because my soul inside of me comes from a different place, even though we touched the same frequencies [00:08:00] together.

[00:08:01] So when touching that space, it is very easy. That is a difficult part. It is very easy to transform in the chemical sense, not, not a substitute one thing with another, but to actually transmute would be a better word, or the, uh, the personality yourself by creating spaces. You know, the work isn't so difficult as it appears to be, because actually you don't change anything, you just step out of the old patterns, you step out of who you think you are into what you really are. And this is what we're needing today.

[00:08:38] And this is why all of this effort in writing the book, rewriting the book, expanding enlarging, and it's like totally different book. And, uh, and settling here now in [indistinguishable] to open the school, you know, it's a lot, a lot of effort and work that has gone into that. And I'm 77 years old. So it's been very rewarding and I'm here in the [00:09:00] stage waiting for the restrictions and limitations of travel and COVID to, to go away so that we can begin to communicate with people at the soul level to create this new humanity, that new perception, because once you have been exposed to this inner self and then managed to step out of your habits and the thinking mind, and the fixation with emotions, and all the importance that the emotions give you, and even the sensation that emotions produce or sensations themselves beyond that, you know, you can, you can, um, refine your self and your vehicle, your personality. Then, the true work of alchemy is seen as the gold emerging from the lead because you don't change.

[00:09:52] How are you going to change yourself? People try so desperately to change themselves in therapy, and meditation, and whatever. [00:10:00] When they get married, they change themselves with the other or whatever. And what'd you have to do is be yourself in the spaces in between. And then the soul is able to reach right through and embrace that personality and give it its flavor, its frequency, its tone, you're able to sing your song in your way. Personality is the way that I present myself. I'm Latin American, I'm very expressive, I'm very dramatic at times, very deep, uh, emotional and, and dramatic, I'm extremely dramatic. And I play with this, because this is not what I am, it may be who, as a label, but it's not what, and this is what I try to reach people with in finding their what you are inside the who, and marrying those two together.

[00:10:49] This is where I say that the soul and the personality blend in a person and a person becomes so infused. So, this innocent rather long-winded nut [00:11:00] shell is inner alchemy. This process of transmutation of stepping away from the linear and into the concentric holistic, a resonant being that inhabits the vehicle that moves in time and space.

[00:11:15] **Laura Reagan:** This is so deep and I'm trying to digest it, but I'm thinking one, one question I have, and I don't know about those who are going to be listening to this, if they may be more familiar, but you know, I've had some experiences with energy work and I hear that word, transmutation or transmute, often, but I don't, I don't know exactly what would be the difference between transmuting, and transforming.

[00:11:45] And can you, can you give me a little more info about that?

[00:11:49] **Zulma Reyo:** Sure, its a really good question and it's important. Transformation would be, uh, like substitution, like elaborating, you know, today many, many, uh, [00:12:00]

especially, uh, men are talking about women and empowering women and they are doing it in a man's way.

[00:12:08] They kind of be willing because they're not inside a woman's chemistry, they're not inside a woman's body and it doesn't have to do with attitudes or what you do. It is again, what you are that will create this different paradigm. Now transformation is doing. You have to do something for it. Transmutation happens when you step out of the known and you dip into this space of silence, and all of a sudden what you're looking at, even if it's, uh, it's the countryside or another person, or a problem that you're having, or a project that you're working on, it appears differently. There's a leap into a different frequency that would be transmutation. And when I talk of myself, of transmuting [00:13:00] myself, I would talk of, instead of the emotions, which is what everybody knows is best, instead of being attached to the emotion and the relationship that created this emotion, and what triggers it, and what makes me feel what it reminds me of, going back in time, I will go into the energy without the label and work with that energy and ride, as I described previously that energy, for example, the energy of fear. Everybody's afraid in one way or another. The body holds a lot of fear, especially these days, because it doesn't have to do with what we put in our heads, it has to do with the sounds, the, the, the, the stress all around us, the pace of life, which doesn't allow you to breathe, ect. So fear is a, it's a fearful thing. People become afraid of fear, and that is where the harm is done. When you look at fear in the way that I just described, you sit with it, you can remove the [00:14:00] labels of what you think made you afraid, you with the energy in your body by this time, it has probably gotten you in a viscera. You breathe that energy and you allow it to settle in a different way, taking away the triggering factor. Okay. I'm afraid of Heights. I'm afraid of this person. I'm afraid of being hurt ect, ect, ect.

[00:14:19] Instead of being afraid of something, just go into that sensation of fear, you will discover that fear opens up into myriad antennas. It's like all over the place. Whereas, instead of trying to be careful that you don't step on anybody's toes because they make you afraid that you will lose your control in one way or another. That outward look of fear allows you to create antenna that spread all around you, they're like feelers, so fear actually is a fantastic training in awareness. If you remove the label. The same thing with anger, [00:15:00] anger, people, they will know it's not good. It's not spiritual. And, uh, you know, anger is interpreted as violence.

[00:15:07] Whereas anger is what moves you. It's what takes you forward. You're fed up, well some of us, you have your way of dealing with it by creating these beautiful podcasts. You want to create a better world. We've fed up with the old one. So we do, we take that leap it's what gives us the incentive and the energy and the leadership to go right through and break old patterns.

[00:15:30] Going on the course, so anger has its positive side. If you stop being angry because of something and, uh, you, you, again, take it in, take it in inside. It is the heart, the heart that trans mutates, it is that leap into the higher mind, sentient mind I was telling you before the intelligence that feels and knows, then you will be able to [00:16:00] transmute.

[00:16:01] I don't know if I made things more complicated, or simple. Tell me.

[00:16:07] **Laura Reagan:** Well, um, I think you made it clearer.

[00:16:12] **Zulma Reyo:** Okay.

[00:16:12] **Laura Reagan:** And you, you know, but, but so many things you were saying were getting me thinking about so many things. Everything you've said has been so thought provoking. I'm just like, sort of looking at what I jotted down while you were talking cause I, I wanted to go back to a couple points and I mean, one thing that you've said is talking about the heart and its sentience.

[00:16:36] **Zulma Reyo:** Yes.

[00:16:36] **Laura Reagan:** And I wonder when you say that do you mean the heart that pumps in our chest, or do you mean the heart in a, like when we talk about the soul where it's something that you can't touch, you know.

[00:16:49] **Zulma Reyo:** I, I would say it's a, it's the second one. It is, uh, the, the faculty of loving, and you don't love when [00:17:00] you really love, you don't love because it's going to give you something, even though many people do they think they love, or they love ice cream or whatever, and you love gratuitously.

[00:17:10] It is something which is free. Real love doesn't have a motive. You see your beautiful cat and you love it because it's just beautiful. You see a flower and you love it. You see a person and it resonates within you, even before you've spoken, you can feel them and you love that. And this has got to be more recognized in what it is instead of limiting it to cause and effect.

[00:17:36] And this is the faculty of the heart. It is the heart that knows this. Love it. It looks for similarities. It identifies discord very easily without going through the process and mental process of saying, is it because of this? It's just a state of being, love, and that is intelligence that awakens and intelligence [00:18:00] in the human being that changes the way in which they function automatically. There is no, uh, even though there is spontaneity, there is no automatic, there's no predetermined way of acting, uh, approaching things, or solving problems. It is a spontaneous in that it is free. It is of the moment. It doesn't follow a script and it doesn't go after an ulterior motive. And this is the attitude that I, that I welcome when I'm teaching. I tell my students very clearly, if you can't love me, I can't reach you. I can't teach you. There will be all these questions. And then, you know, censorship, and criticism, which are not allowing the message to go through, instead you know, the old programming from what should be is present instead of what, what is here and now.

[00:18:52] So, um, love and transmutation go hand in hand because when you step [00:19:00] into this state of being love, things appear differently. You begin to change. And the trick. I have many tricks that I teach my students and you'll find a many of them in the book, like the [indistinguishable], chemical alignment, these tricks will allow the person to grasp that state of being love and, uh, an observe themselves from their not as a thinking observer, but as a sentient observer, you know, just like you would marvel at a leaf blowing in the wind, or there's a wonderful oak tree, which is flowery in front of you or whatever, it's

it's right in front of you. It's beautiful. You listen to it, you hear it, you're there with it. It is this faculty of being with life, creation, and this is what we have to rescue.

[00:19:50] And this is why I told you in the beginning that my work isn't so easy to explain because it is really, really, it's just state of being. [00:20:00] I have right now, um, many people waiting to begin with the first training of the first cohort, it's almost filled, it could be really leaving spaces, open for people who are still applying, but, uh, the expectancy is part of the process as well.

[00:20:17] **Laura Reagan:** So as I, I think about what you're telling me and reflecting on that you're a teacher and you are beginning this school. When you say that these people are waiting to begin, is that the school that you're talking about?

[00:20:31] **Zulma Reyo:** No, the school, everything is set up. We're waiting for people to be able to travel, people to be able to gather.

[00:20:39] Spain, the restrictions in Spain are really, uh, I think there, they have been anyway stricter than in most countries. They're not allowing many people in. I've got two of my team members on my staff who can't get here because they can't leave. One is from the states and the other one is from Brazil. They can't leave. They can't travel. They can't get into Spain.

[00:20:58] **Laura Reagan:** Yeah. Okay.

[00:20:59] **Zulma Reyo:** [00:21:00] And then there's students who are coming from Australia, students are coming from Hawaii, and New York, from different places. Uh, and, and of course with the continent itself, even, even my English, uh, students are not able to come here, which was the easiest thing to do like two years ago, you know, the UK in Majorca, where I'm based is, is, was like, you know, a retreat in the country.

[00:21:21] **Laura Reagan:** Yeah.

[00:21:21] **Zulma Reyo:** We're waiting for that to subside as it might appear to be happening.

[00:21:26] **Laura Reagan:** Hopefully, yeah. Beginning to happen, hopefully. So, just to, you know, I think maybe as we come towards the end of our time together already, I mean, we're not at the end, but it was we're moving toward that way. I'm thinking it makes sense to, can you tell our listeners, how you are sharing what you do with the people you're teaching and you know, so you have your book, and then have your school, and if someone who's listening to this wants to experience what you do [00:22:00] for school.

[00:22:00] **Zulma Reyo:** Well, they, they would have to, um, we've worked hard on making the website as, as complete as possible, but of course it is a website, and it is linear.

[00:22:09] So, um, the person can also ask questions. They can we're available. I have, my whole team is available to dialogue, even my telephone for the person to find out more about what it is that we actually do. I, I hope I have given you a kind of a brief overview of, of the kind of experiences, which always require a sense of trust, and developing trust.

[00:22:31] And oh my god and that is so difficult Laura, we've all been brought up in such horrible conditions, whether they're one way horrible or another way, horrible, uh, where trust is one of the most difficult things to allow, and the human nature is basically in essence, it is trusting and loving, but that's not coming out.

[00:22:55] So, we have to work at it and elicit that, so that the [00:23:00] transmission, which is what it's all about can happen so that the person can get in touch with their own soul and decipher and decode what its mission is, what its purposes are, and go out there and do it. Because part of the work that we're wanting to do, I'm supported by a philanthropic organization at Golden Lighten, which I feel privileged to be in contact with. Our concern, theirs and mine, ours here in my team is a service.

[00:23:29] So, um, it's a three-year program, which, uh, is kind of easily spaced. So a person doesn't get overwhelmed by it, lots of time, because much work happens at home. Much work happens at a distance and much work happens in our contact. The team's contact with each participant and the aim of all this, the purpose of all of this is just to prepare people to go out there and be this.

[00:23:53] Be this alchemy, be this inner alchemy, and teach it. We're looking for leaders who are going to incorporate it in their work, in their [00:24:00] corporations, in their, in their schools, literally or in their, in the medicine. We've got a couple of doctors that are already accepted, medical doctors. So, it's like, bring this into your profession and make us more humane.

[00:24:14] And this is what the purpose is. And this is why it takes three years. Cause it's not just information. I pass a lot of information, like I have today, but it's, uh, it's basically living this. It's like what you're hearing today. I hope people can record it and listen to it again because it's the first time a lot escapes a person. This is my books also. Just read it, and put it aside and, and reread it again and then feel it and get it, grasp it, and then feel yourself feeling it. That's how you learn. And all the information is in the website. The syllabus is there. Remember the syllabus is just the external linear version of what I do, the excuse I use.

[00:24:56] I teach you about this and that energetically. It's an [00:25:00] excuse to do the other, which is where everything comes together, where the person begins to shine for no reason at all, all. And just because the person is.

[00:25:12] **Laura Reagan:** Sounds beautiful. I have not finished the book. I haven't started the book yet. I haven't read the book what I'm trying to say, but very interested in absorbing so much of this through that. And I will definitely be diving in there, but this sounds like a beautiful opportunity for people. And are there any, um, I know you said apply for the school. Are there any specific parameters or request something?

[00:25:42] **Zulma Reyo:** Yes, it would be, uh, the commitment to stick with the program to teach it, to embody it. And, uh, the availability, just, just, just willing to step into the leap into this new frequency when you've kind of had it, you know, really consciously [00:26:00] aware, had it with being the same old self and thinking in the same old box, no matter how

many frames you put into it, no matter how much you think your stepping out of the box, it's still there because you're creating it.

[00:26:12] So that's, that's part of it. And the training is, is, is it offered by the way, as when I said Finland, A big organization, there's full scholarship. So people don't have to be frightened by a possible cost cause this would cost a fortune to, to actually accompany the people with the kind of care that we do.

[00:26:33] And just going a little bit back. You said you haven't started the book yet, let me warn you that the book is presented in such a way, it is presented to the mind, and it has been skillfully, I've had the best tutors in going on again and again, and again, just like you asked me transmutation, you asked me what is consciousness?

[00:26:51] What is, so what do you mean? What do you mean? Even though knowing what I'm meant in order that it was precise, so begins with a whole kind of dictionary in the beginning [00:27:00] of terms and it's, uh, it was, we tried to be as precise to say we, because really I wrote it, but I didn't write it alone. It was two incredible women who helped me put it into shape and it's very, very precise.

[00:27:15] So don't get bogged down. This is where you're your mind will come in, and then yours or whoever's listening to me, or whoever reads the book. And then that linear mind has got to be at some point, put aside, and allow experience to take over. And there are many parts in the book which where this will happen, especially in the meditation.

[00:27:36] The other is very linear, very, uh, presenting facts. But in the meditations, one is able to, I suggest people read it in their own voice and tape it and put some music background and then listen and pause when you need to pause. Because there's a lot that was put into there just for you to experience yourself.

[00:27:56] **Laura Reagan:** This is wonderful. I'm so [00:28:00] curious. And so, I don't know. I think I've; I think I feel hopeful that you're doing this because, you know, there's this feeling like of something that's missing in our, in our world. And I mean, it's the love, and the connection, and the lack of humanity in terms of how we treat one another, and ourselves, and you know, it's palpable and it's pretty concrete if you look around with the violence, and the wars and it feels pretty hopeful when I imagine you teaching all these people how to live in this way and bring it back to our lives.

[00:28:40] **Zulma Reyo:** Thank you. I am very hopeful. And each time we do an interview, I get even more hopeful because the people are hungry. They, the ones who actually get through and apply and, and have been, you know, are interviewed, are people who are hungry, just as hungry as I am to give.

[00:28:59] They are hungry too. [00:29:00] To even do work together, understanding. And many of these people know a lot about energies, and bodies, and chakras and all this stuff that everybody teaches, but it doesn't in some, and many are also bodyworkers, and therapists, and healers. And, uh, and yet there is this factor, which is missing, and this is what we provide.

[00:29:21] This is what we're looking to cement in and within the practices of all these professionals who will be attending is this humanity and the spirit of service, the spirit of caring for one another. We need to start caring for one another. And, uh, putting aside your preferences, so many preferences, and likes, and dislikes, and attitudes, and defensiveness and you know, it's, it's so commonplace you don't even know when you're doing it. So when we come together, we help one another by example, [00:30:00] and, uh, little by little things start falling away and people start seeing- feeling like one word with a little hyphen in between the seeing- feeling, knowing, understanding, knowing, loving with Ivan, which is what we aim to give.

[00:30:17] This is our service. This is what we want to do.

[00:30:21] **Laura Reagan:** Oh my goodness. So can you tell our listeners where they can find your website? What's your web address?

[00:30:30] **Zulma Reyo:** Okay. www.zulmareyoschoolofconsciousness.com and abbreviated mercifully abbreviated version is www.zrsoc.com. There you will find all the information about the book, the school, some videos about of me, uh, where I, especially where I speak about my dream, which is a poetic [00:31:00] insight I had at one point, and then the story of how it came to, how we came to be able to create the school. And, um, I also have another website which is www.zulmareyo.com, um, and there's only my name, but the school one is perhaps the most important one to approach. It will give people the most information. The book will be available free of charge on a PDF form, at the end of March, it's been delayed. It was supposed to December and has been going month by month and the printed version would do it, and most people prefer I need to touch a book, and be able to scribble on it, you know, use it, that will be available in May. And, uh, there's going to be a Spanish translation, which is, as we speak, it is being begun. There will eventually be a little, much longer, it'll take one in Portuguese because I have a large following of people in Brazil.

[00:31:57] They're my babies. I lived there for a long [00:32:00] time, and they're very receptive. So in these three languages, it will be available, but English is the most is when using the school, then we will have also trainings in Spanish when we have enough people to fill those cohorts uh, at the moment it's basically English.

[00:32:16] So we're doing everything we can to make it easier for people to take that leap and join us.

[00:32:22] **Laura Reagan:** Oh, this is beautiful. And I'm going to share the web links that you just mentioned in the show notes for this episode, but for everyone who's listening, since this will be released in probably April or possibly May, the book should be available then. And the, so we'll be in good shape. So Zulma, thank you so much for being my guests on Therapy Chat today. I really enjoyed this conversation.

[00:32:49] **Zulma Reyo:** Thank you, Laura, for your openness. Thank you.

[00:32:53] **Announcer:** Thank you for listening to Therapy Chat with your host, Laura Reagan LCSW-C. [00:33:00] For more information, please visit therapychatpodcast.com.

