



## **The Limitless Women Podcast Baeth Davis**

In today's episode, I had the honor of speaking with one of my favorite women on the planet, "Doctor Purpose", Baeth Davis. Baeth is the secret sage to global leaders. She has a superpower for uncovering and unleashing your life purpose, so you can profit and serve. She is a supporter of the Unstoppable Foundation, Just Like My Child, and the Pachamama Alliance.

During our interview, Baeth and I dive into her experience with the giving process, the multi-faceted work with Human Design that she does with her clients, and how she believes that abundance is all based on faith.

### **Want to skip head? Episode Highlights**

- [02:36] Discover what Baeth has experienced in the giving process.
- [16:11] Listen to Baeth and Laura reflect on their experiences from around the world, and how it is always a reminder that we are all the same.
- [29:28] Learn about how Baeth uses Human Design and Hand Analysis in her practice.
- [43:50] Baeth shares her words of advice for you the listener and how you can incorporate Human Design in to your life.

### **Episode Transcript**

*[MC]* Welcome to the Limitless Women Podcast. Our mission is to help women business owners, like you, grow profitable businesses and actualize your opportunities to serve and give to yourself and others. Here's your host, the founder of Limitless Women, Laura Gisborne.

*[Laura Gisborne]* In today's episode, I had the honor of speaking with one of my favorite women on the planet, "Doctor Purpose", Baeth Davis. Baeth is the secret sage to global leaders. She has a superpower for uncovering and unleashing your life purpose, so you can profit and serve. She is a supporter of the Unstoppable Foundation, Just Like My Child, and the Pachamama Alliance. Baeth has been featured in Women's World, Cosmopolitan and the LA Times, as well as heard on NPR, KPFK Los Angeles, Radio Europe and the BBC 5.



During our interview, Baeth and I dive into her experience with the giving process, the multi-faceted work with Human Design that she does with her clients, and how she believes that abundance is all based on faith. Enjoy the show!

*[Laura Gisborne]* Welcome. Okay, my darling, thank you so very much for making time especially because as you just shared, there's a lot going on in life for all of us, and not only what's happening in the world, but what's happening for us personally. I just so appreciate you.

I want to say before I even ask you any questions, what a dear, amazing friend you've been in my life. You're just such a role model, such a leader, such an innovator, and always just incredibly generous. I just know that all good things are happening for us in this new crazy, chaotic time of what's next. We're really being called to step into leadership, so when I was thinking about who do I want to talk to about this conversation, who do I want to really tap into what does it look like to be in this new way of being, which is not so new for those of us, as I said earlier, that are outliers, those of us that are always doing our own thing anyway. Like I said, you've just really been such a great role model to me, so thank you for making time to share your wisdom.

*[Baeth Davis]* You're welcome.

*[Laura]* Yeah. Tell me a little bit about what you have experienced in the giving process. I know that you've raised so much money over the years for the Unstoppable Foundation, for Pachamama Alliance. These are just two organizations that you and I both share a big heart for serving, and I know you've done many more things than that. Tell me about where this all started for you with philanthropy and giving back.

*[Baeth]* Well, my mom said it started when I was 18 months old. I love this story.

*[Laura]* Tell me.



*[Baeth]* I remember it actually. I was sitting in her arm. I have a very strange memory. I will remember things when people ask me to remember things, but trying to remember them myself, that's like needle in a haystack. So I was sitting with her on the bed and I guess we were looking at National Geographic and there was one of those starving baby pictures from I think the Ethiopian famine at the time. It was in the '70s. I said to her, "Mommy, why can't we feed her?" The story goes that my mom said to my dad, "We should start sending in money," so she has a pen pal and she'll grow to know this person in this other country. Well, they never did it.

*[Laura]* It sounds amazing.

*[Baeth]* That would've been an amazing story, "And then they became lifelong friends and now we talk every week." No, that didn't happen. That did not happen.

*[Laura]* But something was catalyzed there.

*[Baeth]* There's something early on in me with having empathy for people suffering and having a really strong recognition that the situations people find themselves aren't their fault. I get incensed when I hear people particularly in the coaching industry or New Age community or spiritual growth community start to talk about how people's souls chose these things and it's karma and it's a frequency. No, it actually doesn't work like that. It actually doesn't work like that. If anything, more likely, based on what I know from genetics, is that our soul and our own physical body is the result of millions of incarnations. We know this. If we just talk about our actual physical lineage, it's the incarnation of many generations. All peoples and all nations go through periods of prosperity and periods of impoverishment, which of course, all over the world now with the situation we're in right now, people are experiencing this in a very visceral and real way.

I always had a sense that each of us is born with unique potential and special gifts and special abilities. I also was very aware that our environment makes us or breaks us. Study after study after study shows this that we have a nature that is quite imprinted. It's quite definite, our destiny, in a genetic sense. There are a lot of things about ourselves we're not going to change and it's best just to accept them, but the nurture piece is taking that imprint itself and putting it in the right conditions to maximize potential.



Education -- well, let me back up. Nutrition is the most important thing out of the gate, nutrition, which starts with the mother being healthy and being able to nourish her child so that the child's actual DNA program can activate because what makes our DNA evolve is digestion. If you don't have proper nutrition, you don't have proper digestion. Basically, it stunts your growth not just physically, but emotionally, spiritually, economically. So the first piece is people not being hungry. This is the fundamental bottom line to people having a chance at life, is that they're receiving proper nutrition so their brain can grow properly, then education. Having access to knowledge and being able to interpret the data that you encounter put you in a position of choice. So even if you come from humble beginnings -- we hear these stories a lot -- you almost invariably find that someone that escaped poverty had someone in their life who was their mentor.

I have not found an exception to this story anywhere. I have not found a person who was abused and beaten and left to die who really thrived, but the person who had that teacher or the mother, the father, the uncle, someone who said, "Kid, I believe in you and I'm going to make sure you're fed and you have clean clothes and clean drinking water and an education. You can do anything in life," I really believe this if you can read and you can think as yourself because at that point, that's the pivot point once the person recognizes, "Oh, I can educate myself" because we know it only takes about two or three years to learn all the basic skills. We don't need to go to school for 12 years. It's absurd. We need to know math and we need to know how to read and write, and we also need to know how to actually function in our life, which they don't teach and that was intentional. It was intentional to make people good factory workers, but that's another discussion. We'd have a whole other conversation about --

*[Laura]* Yeah, factory workers and soldiers.

*[Baeth]* Exactly, good warriors. Our education system was studied from a system developed in Prussia. That's where it came from.

*[Laura]* I think that's actually a really interesting point to bring up. I've studied this quite a bit and I know you have as well, and it's something that you don't know that you don't know, right?

*[Baeth]* Right.

*[Laura]* But really, let's look at what's current and relevant in the world. Is that actually the applicable education system? The answer is of course not.



*[Baeth]* No. It was created within the milieu of the time that we're watching disintegrate now, which was all about institutionalization of everything. Of course, that has positive and negative effects. The positive effects are infrastructure and people being educated. Public education has a ton of faults, but if you're aware, you take the good and you leave the bad. My public school education taught me how to read and write and do arithmetic. It didn't teach me how to balance my checkbook. It didn't teach me how to be a good communicator. It didn't teach me really good social skills. It wasn't designed for that, but I knew that because my family was in education, so they warned me early on you're not going to get everything you need from here, but you're going to get the basics and then it's up to you to think for yourself.

*[Laura]* And figure out what you do. It's so interesting because I always say when people meet me today and they don't know about my history or my family of origin, because why would they, and they start hearing about where I grew up, I would say I grew up in a very, very violent, abusive, and really poverty by American standards. I always have to clarify that because the work that we do in the world has us really looking at literally billions of people living without food, water, or access to education. I had access to education. None of my family had ever been to college, but my mother knew -- bless her. She was a teenager when she had me. She knew enough to know that there was something in that and she always encouraged me to be a good student. It's one of the places that she really supported me, and there were other people who saw me.

When she was checked out and drugs and alcohol wasn't available, I was blessed because I had a babysitter who's still really a spiritual mother to me today -- she's almost 80 -- who took care of me. That was my safe place. When I had an accident as a teenager and I had a concussion, I didn't go to my house where I lived. I went to her house. She hadn't babysat me at that point for six years. When I was in childbirth with my son, that's who I called and I didn't remember calling her until after we talked and she said, "Well, we talked while you were in labor." I had no recollection of that, but that was my mama. That's what I called her. It's that one person believing in you that can change everything.

*[Baeth]* That's right. It just can change so much. I grew up in relative privilege. We weren't rich, but we were certainly upper middle class. My father had gone to Dartmouth. His father had gone to Dartmouth. My grandfather had gone to Dartmouth, which is an Ivy League college. My father was a computer engineer right when it was getting rolling, right around the time when Bill Gates and those people were going. He worked on those huge mainframe computers, which actually, some were developed at Dartmouth College. He made big money in the '70s and '80s doing computer programming.



My mother put a very high value on reading and writing, and so I was always read to since I was a baby. She played Mozart. The house was always playing classical - there was classical music just playing in the air. She made me -- she didn't make me, but I agreed -- she urged me to drop one class and take up typing, which was in this day and age probably one of the best classes I ever took because I'm such a fast typer. The speed at which I work is ridiculous. People hear me working and they're like, "Oh my god." Yeah, typing, typing class, it's such a great thing, so I had that opportunity.

I had scholarship. Then I had an aunt who never had children, and so all of her savings went to myself, my sister, and my one cousin. We were the only descendants of this whole generation in the family, and so she paid for the three of us to go to the college we wanted to go to. I came out of college with some student loans and they were really given to me as an exercise in responsibility. It's not like I had to have student loans, but my mom was smart. I got those paid off by age 27, but I'm not complaining. I knew I had been given more than most people on this planet and I also had parents that didn't mess with me. They didn't try to tell me what to think. They didn't indoctrinate me into any kind of religion or culture or way of believing. They always just said to me, "It's so important you do what makes you happy. It's so important that you fulfill yourself through your work because you're going to spend most of the hours of your day working, so it better matter to you. It better be something you enjoy doing. Don't worry so much about the money. The money will come, but it's more important that you really feel fulfilled," so I had that indoctrination, if you will.

Thinking back on that 18-month-old, looking at the 18-month-old and having a resonance -- because the baby was probably about the same age as me at the time -- and being aware suddenly that everybody isn't born into the same environment, and so if they're not given access, as you say, then their chances of escaping that life of backbreaking poverty, backbreaking work -- and people have no idea. When we go to visit these countries, they give you an exercise of, "Hey, let's go haul some water." You go haul some water and you realize these people haul water eight hours a day and it is literally backbreaking. That's a lot of what inspired in me the desire to make education more accessible and that really is my lifelong mission, is to educate people about who they are so that if they live fortunately in a Western nation, they become prosperous.



We have a government offering bailouts now. It's kind of amazing. Like you and I were talking about, we've never seen this in our 30 years of entrepreneurship, so there's so much abundance, there's so much abundance in the West to education. I think in a lot of other nations, they actually have so much abundance as it relates to being in their physical body and being embodied and connected to the earth and connected to the plants and the animals around them. They have a much deeper sense of the spirit world. My hope always in being charitable, being philanthropic, is that cultures can bridge together and that the people who have so much in terms of material means and head education can maybe learn to get down in the lower part of their body and shake their butt to the rhythm. Find some rhythm. Just find some rhythm, get with the flow, you know?

*[Laura]* Yeah. Well, think about the remembering of where we all come from.

*[Baeth]* That's right.

*[Laura]* The more we get the opportunity to be with other people, at least in my experience, the more I'm constantly reminded how much we're alike all over the world.

*[Baeth]* Yeah, we are.

*[Laura]* We have really the same desires. We have really the same hopes and dreams and visions. I think we all want the betterment for the next generation so that they can have an easier time and we can let go of what I call -- it's really a self-induced insanity, this mindset that "I'm not enough" and "There's not enough." That's really something I see in the Western world or in developed nations that I don't see when we're traveling places like you and I both have been, to South America and Africa, with people who live in very humble physical environments and very deeply connected, rich spiritual experiences.

*[Baeth]* Well, if you have a connection to the land and you have a connection to your family and you're not starving, there's enough food, there isn't that hole inside of you for soulful connection. In the West, the not enough and the constant hunger comes from an ache really for the self, the true self. And as long as people give their power away to the external that is dictating who they should be or how they should behave even more to the point, they can never feel fulfilled. "Never" is a really big word, but you'll always be searching outside yourself if you don't find peace with the basics of day-to-day living. I do think that this period of self-isolation, and in some cases, quarantine for many, many people is reconnecting them with the basics of life and the actual rhythm at which life is designed to be lived by a human body.



People are sleeping a lot more because we need way more sleep than we've been getting. Humans need eight to ten hours a night on average, eight to ten. People are cooking at home. If people have children, their children are often at home. Even their young adult children are at home, so there's a lot more bonding. For the introverted self, they're having to get better at asserting boundaries. For the extroverts, they're learning how to be with themselves and be with their own thoughts, feelings, impulses, and addictions. It's a quite incredible time, but when I look at it, I see us coming back to a much more communal way of living.

My message to people is it isn't going back to the society it was. We are going down to a much more micro level of governmental management. I see it's going to be much more of the city, town, and state level throughout the world. It will be tribal in the sense of people forming groups, probably 150 to 250 people, which is how we had lived up until quite recently. It's a very sustainable way to live and it's also much less stressful. I see that happening organically, if you will, because the virus, no matter people's theories about it, whether it came from the market, the bat in the market, or it was some governmental leak, which is entirely possible. We know that they use bioweapons all the time. We know China has used bioweapons on diplomats and stuff, so it's not like that isn't possible. It's irrelevant because the virus itself is culling the population, and whenever a population becomes too crowded and too dense in nature, there will be a correcting event.

We're in a correction event and I think it's just a wonderful time for people who are fortunate in material things to go inward and ask, "What is it my soul really wants to create and express and be and do and have in this lifetime? What is really most meaningful to me?" Then for people who are in more impoverished places who are probably unlikely to ever hear this interview, but if they did, I would say to them you need to get your mindset straightened out and let go of all those superstitions you have and get together in small groups and learn how to read and learn how to educate yourself so you can make more intelligent decisions for your community in terms of the water and the healthcare because a lot of that is just sanitation. A lot of the reason people are healthier -- and we know this -- is because of pipes and plumbing and sanitation plants. That's the number one reason most of the infectious diseases in the United States and other modernized society has plummeted, cleaning the water.

For the poorer places, it's getting enough education to those people and enough resources so they can become self-sustaining without following our footsteps and saying, "Now, I need three cars and two TVs."

*[Laura]*

Right. That's not the solution.



*[Baeth]* When I was in Kenya -- and I think you've gone on a trip too with Unstoppable, right?

*[Laura]* I went to Kenya several times.

*[Baeth]* Yeah. Cynthia Kersey, for those of you listening, founder of Unstoppable, which works with a company called ME to WE -- an organization rather, a nonprofit, ME to WE, which started in Canada, ME to WE does all the grunt work. They're the people on the ground. Organizations like Unstoppable do fundraising, so the basic structure is there is an on-the-ground army that builds wells, cleans up the roads, builds the schools, helps with the cultivation, with the farming, and so on and so forth. Organizations like Unstoppable raise funding to enable this army to do the building and support these communities. When I went on my first trip to Kenya -- and I'm in love with Kenya. I could live there.

*[Laura]* We could both live there.

*[Baeth]* Maybe that will happen. Jared and I, my partner and I, have been talking about the possibility at some point of just moving to Africa. Being out there on the plains with the Maasai, I'm like, oh, this is my speed. This is amazing. I could just read and go --

*[Laura]* It's a little bit of heaven. It really is heaven on earth.

*[Baeth]* Yes. Go do some hunting. There's no Wi-Fi tower. Anyway, I asked a couple of the Maasai warriors with their cell phones. They've got their cellphone. They're on Facebook.

*[Laura]* Nothing but basically the scarf they're wearing and their cellphone.

*[Baeth]* Right, and their cellphone. They're looking totally ancient and then they've got a cellphone and they're friending people on Facebook. It's so funny. It's such a strange world, the cultures coming together, but that's exactly it. It's the cultures melding together. I said, "Guys, aren't you worried that you'll get so modernized that you'll end up like the center in Nairobi or like New York City with everybody worried about what kind of handbag they have and what kind of car they're driving? What are you going to do to help mitigate this conspicuous consumption that is really damaging the planet?"



Their answer was very interesting. They said, "Yeah, we thought a lot about that. One of the first things we stopped doing was hunting the lions and we shifted our entire cultural mindset to what makes us warriors is protecting the lions. That's what makes us men, is we protect the lions. Another thing that makes us men is we make sure that the women in our community can also go to school, not just the boys." Education allows for that shift in mindset, right?

*[Laura]* Right, and just for clarification for people who are listening to this, in case they don't know, education is not free in most of the world.

*[Baeth]* No.

*[Laura]* It's not free. Unstoppable is one of our charity partners, as you know, and it's a charity partner for your organization. When we support them, they in turn support the opportunity for not only boys to go to school, but girls to go to school because most families, when they look at who's going to be the breadwinner, historically the mindset is if we can only pull it together to support one child to go to school, we're going to support our son so that he can then in turn protect the family. So this whole opportunity for women to be educated is a spectacular opportunity for us in affluent nations to create a beautiful impact because what happens when girls become educated is that they are collaborative and they're communal. I'm always so impressed with how we have our own version of this, of how we give back and do what we do. There in a community, they'll be 20 women that come together and they'll all come up with 25 cents. They may be living on \$2 or \$3 a day equivalent to what we know and they'll donate \$1 so that someone in that community whose elder is ill and needs care and can't afford it is taken care of or whose child needs not only to pay for tuition, but also a uniform because they're required to wear uniforms and books, all of these things. That's the place where women pay it forward.

You may be aware of this already, but when we were looking at -- I think Lynne Twist told me this first when I was studying it. The United Nations has their initiatives, their initiatives around hunger, water, education, community, government, infrastructure, the different things that they really look at as initiatives to eradicate poverty.

All of the measurables, every one of them, pales in comparison than when they empower women. When they empower women, the gross -- I don't know what the word is I'm looking for here, but the wealth of the community as a whole is raised above any other initiative that they can do, and that's what we do. That's really this place. It's this place of how do we help other women have access to resources so they in turn can lead and lift up their communities.



[Baeth] Yes, absolutely. Absolutely. Just to my prior point that I just wanted to finish because I didn't --

[Laura] Oh, I'm sorry.

[Baeth] No, it's okay. I just wanted to -- because it ties back in. When I asked the young men about the conspicuous consumption concern, what they said was, "We have built in cultural literacy through both reading and writing, but also the actual ceremonies and made it required in the curriculum because we're very certain we do not want to lose connection to our ancient culture. We want to stay connected to it and bring it forward into this more modernized way of living."

What I was also impressed with is, to your point, with the boys being so excited about their sisters being able to go to school and actually working with their sisters to convince the fathers because the fathers are the biggest obstacles in most cases, not the mothers. The fathers are the biggest obstacles in terms of mindset about their daughters going to school.

[Laura] There you go.

[Baeth] It's amazing.

[Laura] Again, if we're alive and breathing, it's really to me one of the greatest honors, one of the greatest gifts to be able to learn from other cultures, so I'm so excited to hear that piece around, again, the Maasai, bringing their -- this is their legacy. This is their lineage. This is their culture. It's beautiful and amazing and it deserves to be -- not to say it deserves. In my opinion, it not only deserves, but it needs to be protective and brought forward. Yeah, it's beautiful.

One of the things that I know you've helped me with so much and helped at this point thousands of others, probably tens of thousands of others or maybe hundreds of thousands of others because you've been doing this for a long time, sweetie, is this work around understanding ourselves and our natural gifts. We talked about the nature versus nurture. I'm always fascinated by why one person who grew up in an environment and have it be a catalyst for resilience and exponential growth and another person who grew up in an environment that looks very much the same and they collapse or get small in that experience. Can you talk a little bit about your purpose work and what you do with Hand Analysis? I know now there are some other resources and tools that are coming in with Human Design and some different things that you're doing. Can you talk a little bit about your work?



*[Baeth]* Yeah, sure. Thank you for asking. Well, many years ago, I was searching for my purpose and a friend said, "You should get your palms read." Many people have heard this story. I said, "You're crazy," but she kept bugging me, and so I did it so she would leave me alone. It blew my mind really. It blew my mind. In that reading, it was revealed that I was here to be a spiritual teacher. I did not know what that meant. I had my own business, coach people, do writing, do speaking. All that sounded really good. I thought about the books I had on my shelf of Caroline Myss, Wayne Dyer, Louise Hay, my heroes.

*[Laura]* Me too.

*[Baeth]* Just people who had the courage to follow their conviction and their ideas and step out and share them. That's really what they did. Also, they educated themselves. Those three people are very, very educated people, so I thought about the people I admired, Oprah, people who had overcome whatever they've overcome whether it's illness, poverty, sexual abuse or all of the above, to step out. So I decided it was the best thing I'd ever heard and decided to believe it and set out to learn everything I could about hands. Within about a year, I was reading palms, and then in about three years, I developed a coaching business coaching people around the information in their hands, and then in another few years, I started teaching and training people. Then about five years ago, I was reintroduced to Human Design.

The first time I encountered it, it just went right over my head. I didn't grasp it. The next time I was introduced to it, there was something in what my friend said to me about it where the light bulb went off and my whole body said, "Yes, this is important." So I set out to learn everything I could about Human Design, which is an ongoing study. I still study hands as well. Both Hand Analysis and Human Design are lifelong studies. The deeper you go, the deeper you go. There's always a layer beneath the layer beneath the layer with these systems.

Bottom line, what both of these systems enable a person to do is to clearly and quickly pinpoint their skill sets and their liabilities because we all have them, as well as how to make correct decisions because correct decisions make us or break us. There isn't a lot of educating around how to make correct decisions, and most of what we're taught is mental, which is the worst way to make decisions. Pro and con lists, there are all these ways we're taught to make decisions, and the truth is that those exercises factor into our decisions. However, our mind should never ever be the final decision maker. It will steer us incorrectly.



The focus of my work now and especially during the shutdown is showing people that the only thing that can ever keep them safe and empowered is to have personal sovereignty, is to be the decision-maker of their lives. The example I give, which upsets a lot of people, but I'm going to give it here because it's to the point -- I'm the heretic -- someone wins an award and they go up on stage and the first thing they thank is God. I've always been perplexed by this because God didn't do it. The person did it. God had really nothing to do with it. Now, people may pray to God. They may ask for sustenance from this cosmic force, which is all very well and good. However, where we're living now, where we're going now, nothing external will help you. The government won't help you. The church won't help you. Your friends can't make decisions for you. Your parents don't know what's best for you at least after a certain point. They may have never known what was best for you if they're not well-equipped to be parents.

What I'm suggesting is we live in a cosmic matrix of energy, no doubt, and this cosmic energy created us. We didn't create it. We're birthed from it. That's what I think of when I think of God, is this mystery, this mystery that just keeps giving birth to itself. Within that cosmic mystery, each of us has been given the potential to differentiate and be unique. In this new society we're moving into, it's the opposite of the one we've been living. It's very difficult for most of us to wrap our mind around it. We're just going to have to live our way into it because we're so used to systems and structures supporting us.

*[Laura]* And the herd mentality.

*[Baeth]* We have this long chain of dependencies, the post office, the police, the emergency broadcast line, whatever. As these systems break down, individuals must go within and live moment to moment to decide what's correct. Let me say this more simply. Your mind may get an idea of what will keep you safe. That will never keep you safe. The only thing that will keep you safe is your spleen, which knows safe-not safe, danger-not danger, moment to moment to moment, as well as our intuition, which is in the spleen, our gut knowing, which is kind of below the belly button, and then of course our emotions and our senses. How does it feel? How does it smell? How does it taste? We are so equipped to be safe.

Our biology is ninja. That spidey sense is built into us. When we operate this way, many of our decisions will not seem logical, but they will feel correct and the results will be shown to us because we will begin to live lives that don't have drama, that aren't filled with difficult people.



We're not meant to be sick. We're not even meant to be poor. If there's anything I wish I could broadcast to all the people in these hungry nations is you can't use your mind to make money. You have to use your instinct to be prosperous, and prosperous isn't about having a castle. Prosperity is about the development of your spirit. So this new frequency that we're moving into -- and this is from Human Design -- one of the core aspects of it that I find terrifying and also beautiful is we're moving into Gate 55, and Gate 55 in the Wheel of Life is the spirit. The idea of the spirit is that abundance is strictly a matter of spirit. The example I like to give is that of Eckhart Tolle. I urge people to listen to the audio version particularly of the beginning of his book, "The Power of Now". Listen to the whole thing. I once got a speeding ticket listening to "The Power of Now", which I think is so perfect, so perfect because I was so in it. I didn't see it go from 35 to 25, and I was like, "Oh, there's presence for you. You've got to work on that."

In the beginning of his tale of how he became a spiritual teacher, he essentially talks about what we would describe clinically as a nervous breakdown. He felt the earth drop out from beneath him and he was spinning down into a black hole. Not long after that, he was homeless. He was out of a job and he was living on a park bench. He lived on that park bench for two years dispensing guidance to people who would sit down and speak with him. Eventually, someone sat down with him and said, "You're so wise. I want to publish a book with you" and the rest is history. Someone from Hay House or whatever publisher --

*[Laura]* Right, and then Oprah got a hold of him and there you go.

*[Baeth]* Yeah. He published the book and that's how it unfolded. How abundant is he now bank account-wise? This is the lesson of the world we're moving into. If you can feel relaxed being homeless on a park bench, you figured out how money works. You figured out that abundance is a matter of your faith. It is a matter of your faith in yourself and in the earth beneath your feet and in the cosmos that spit you out. It's faith that you've been equipped with all the ninja skills you need. You've been equipped with the correct DNA to fulfill the purpose that only you can fulfill.

Now, the majority of people will never get there, and "never" is a big word because their mind is a terrorist. Their mind says, "What are you going to do today? How are you going to pay that bill? How are you going to make money?" None of it matters. None of it matters, and the more I live this way, the more -- first of all, money shows up because the thing that happens when you're not attached -- and I know I could live on a park bench because I've actually been homeless.



I don't tell the story very often because my period of being homeless was one of the most fun times of my entire life. I was such a free bird and I made everything work because I felt so abundant. It's like, oh, this is awesome, no responsibility. It was great in my 20s. I've had that experience and I think that really served me well especially having grown up relatively privileged. I just didn't have money. There I was.

When we really can let go -- and most of my friends, even when I tell them, they're clutching so hard like, "Oh my god. What if I lose my apartment?" What will you do? Hitchhike to Mexico. Do what your soul tells you. What difference does it make? But this is the thing. You can be safe hitchhiking to Mexico if you do it based on your strategy and authority, if you do it based on your inner guidance. If you do it from your head, I wouldn't recommend going. You're not ready to go hitchhiking.

That is the lesson that I hope to transmit over the coming months to people, is get real honest with yourself. Could you be happy sitting on a park bench for two years talking to strangers and supporting them rather than you being the one asking them to help you? That's an abundance of spirit, you see. That's the abundance of spirit. It isn't my material circumstance. It's the abundance I feel in my heart to connect with another human being. That's why you and I do philanthropy. It's because at the base of it, we are all a family. We all came from Africa.

We all came from this one centralized location not that long ago before we migrated and that kind of awareness makes us very generous and very abundant. I've been generous when I had no business being -- at one point, I had debt and I gave 20 grand to an organization and I checked in, and to this day, it was one of the best decisions I've made. I've made a lot of good ones from that place. Actually, it was a joint donation with another friend, so she put in seven grand and I put 13 to one of the organizations that our business supports. At that time, I said, "I'm putting this on my AmEx." I just felt really good about it and so much good came out of it for everyone involved. I just was amazed.

Now, I wouldn't do that every day. It was right in that moment. It was the right thing in that moment, and that's what I mean. People try to plan this all out and they're all wound up about their retirement. Look how that pans out. It's not a good use of one's energy to obsess about that stuff. Be mindful, yes. Have a will. Have a power of attorney.

[Laura]

Be smart.



*[Baeth]* Be smart. Get your stuff organized not so much even for you, but for when you die so you don't leave a big hot mess for your descendants, just to not be rude. That's the main reason to do it, is to be considerate.

*[Laura]* To be considerate of those after death.

*[Baeth]* Anyway, that's basically what I feel is afoot right now.

*[Laura]* It's perfect. My final question, if you've got just a couple more minutes, is really how -- I'm thinking about my own homelessness, if you will, being in England without any money and no access and just being gifted and gifted and gifted by strangers, complete strangers, so that was a big shift for me around my own abundance and wealth and money, wealth meaning wellness, just being well and being in flow and being okay, that piece. I think often, people have -- it's not Psychology 101, but they have messages from their past that are there. They're ingrained. What advice would you give to someone because you're -- I always think about you like I have this picture of you in my mind as a freedom fighter.

*[Baeth]* I am.

*[Laura]* You're a freedom fighter for --

*[Baeth]* I am all about that.

*[Laura]* -- your own freedom. You're a freedom fighter for humanity starting with the One, and I think that's the piece. What would you encourage somebody listening to this to really look at like how they find the courage to have that first step and then the next step because we're strong now. We're strong in our groundedness, and a lot of people still are struggling.

*[Baeth]* I would say go Google "free Human Design Chart".

*[Laura]* Perfect.

*[Baeth]* Find your Human Design Chart and look up your strategy and authority. If people want support, I do a free training every week in my Facebook group on Human Design and I'm happy to give that out or I can give you the link later.

*[Laura]* Yeah. Give me the link so we can make sure we put it up.

*[Baeth]* If it's appropriate to share.



[Laura] Yeah, we absolutely will. Again, I want everyone to know you and to know your work --

[Baeth] Thank you.

[Laura] -- because you're such an incredible -- in the landmark world, they talk about taking a stand. You've taken a stand for me at times when I really doubted, "Am I on the right track? Am I doing the right thing?" Your belief and understanding of my design and who I am here to be has given me the courage. You've been that person to infuse me when I doubted myself.

[Baeth] I'm so glad.

[Laura] So I want everyone to have -- they can't always get access to you personally because you've got thousands of people that are trying to love on you and get access to your brilliance --

[Baeth] Well, they're not really trying to -- I mean, they may love me, but they're really not trying to love on me. They want my help.

[Laura] They're trying to get to their own stuff.

[Baeth] It's okay. I accept that. That's part of my design. I know that you love me because we're tight. We're friends.

[Laura] Yeah.

[Baeth] I know who loves me like loves Baeth who sees Baeth and sees my flaws and shortcomings and still loves me. Those people I can count on two hands, but the rest of the people that love me, what they love is they see me being that voice for their freedom. You're absolutely right. They fall in love with that and they say, "I want that in my own version." It's not, "I want to be Baeth." It's like, "I want to be my version of empowered and have my voice and be visible and do the work I came here to do. Even if I'm afraid, do it" because I'm not fearless. No one's fearless. No one's fearless. I'm courageous. Wonder Woman wasn't fearless. She was courageous walking across that battlefield.

[Laura] Yeah. I want to say this back to you again. Please don't ever, ever, ever underestimate the power of you being so courageous and being so bright and so generous and the ripple effect of that. I'm a better leader today for having been led by you.



*[Baeth]* Oh, thank you.

*[Laura]* You didn't tell me what to do and you didn't make me do anything, but again, your clarity and your brilliance and your wisdom, which is so resonant and clean and clear, allowed me to clean up some crap in my own head to lead from a place that's pretty outlandish sometimes.

*[Baeth]* Well, it's so right on for you. I actually have to go to another call, but I want to leave people with this thought that when you lead from virtue, everybody knows how to lead themselves because we instantly resonate with virtue and we recoil from greed, which is often hidden from us, so we have to use our inner guidance to really smell people out, sniff them out and see who's right.

If people want to find my group, it's Align to Your Design. It rhymes, Align to Your Design. Just search that in Facebook and join the group. When you join the group, in the first question, you have to answer the questions or I will not accept you in the group. You will be deleted and you'll have to reapply. It takes two minutes. Please answer the questions.

*[Laura]* Answer the questions. It's so simple.

*[Baeth]* It's so simple because we really need to -- that's like your barrier to entry. That's what you get in exchange for all this free training, is to answer the questions. In the first box, please tell us that you came from Laura Gisborne so that we can thank you, Laura. I really want to track how many people are coming from your community so that we can give back to you for helping grow this community because I am on a mission like never before to wake people up.

What I can say to all the people out there who are wanting to grow their business or they feel like they're struggling in business, the way to grow it is be generous. Share your energy and time and then people will say, "How do I work with you more deeply?" That's how it works.

*[Laura]* It is literally at the heart of everything we do, right?

*[Baeth]* There's no selling. In fact --

*[Laura]* It's literally the heart of Sales with Ease, is that the conversation is actually there's nothing to present.

*[Baeth]* There's no sales conversation.



*[Laura]* It's actually only about them and being of service we get to give. Nine times out of ten, I'm on a telephone call and somebody says, "How can I work with you? How do I get started?" I don't have to craft my offer. I have to actually be of service first.

*[Baeth]* Well, thank you for this.

*[Laura]* I love you so much. Thank you so much for your time.

*[Baeth]* Thank you, everyone. I will talk with you soon, Laura, and thanks for everyone listening.

*[Laura]* Safe travels, my love.

*[Baeth]* Bye!

*[Laura]* Bye!

*[Laura Gisborne]* Thanks for listening to the Limitless Women Podcast. We release new episodes every week, including business tips, interviews, topics from the Limitless Women Business School and stories of Limitless Women just like you. Visit us at [LimitlessWomen.com](http://LimitlessWomen.com) to learn more!

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