

## Ep #196: Slaying Shame: The Power of Unleashing Your True Self with Shoshanna Raven



### Full Episode Transcript

With Your Host

**Becca Pike**

[The Hell Yes Entrepreneur](#) with Becca Pike

## **Ep #196: Slaying Shame: The Power of Unleashing Your True Self with Shoshanna Raven**

Hello, my friends. Boy, do I have such a fun guest for you guys today. So I was at an event in Tampa, Florida, and I was standing next to this woman in the dinner line and I kept stepping on her fucking dress. I just kept stepping on her dress and I just kept apologizing and she was so sweet about it.

We were just like scooting and moving our way through this dinner line and grabbing food and she and I got to talking and I realized that she understood a lot about plant medicine and the ayahuasca world and she and I started joking about being moms and running seven and eight-figure companies and like I just immediately loved her and she obviously felt the same way. She was like, we need to be friends. And I was like, hell yeah, we do.

And so today I am going to be hanging out with the host of the podcast, Living Brave, the transformational and business coach, life artist, community builder, brand new mama that is Shoshanna Raven. A lot of you guys already follow her. A lot of you guys already know her, the work that she is doing on self-leadership and getting rid of shame and living freely and transformation and just doing what the fuck you want. All of her work online has just been such a beautiful place and a beautiful community to be in. And if you don't follow her, you definitely should.

So you guys get to peek into our conversation today, but before I get started, I just cannot express to you how much fun we are having inside of The Mature CEO. You guys, The Mature CEO is one of those classes that is just like going to live in your mind rent-free for the rest of the year.

In fact, one of my students contacted me the other day and she said, I cannot wait for Mature CEO to start. She said, I took it last year and I go back to this class more than any other class. She said, this is where my work actually is. When it comes to boundaries and self-leadership and hard communication, I thought that I was already killing it. I'm already at the multi-seven-figure level. I thought I was killing it."

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She said, but the way that you put this into words and the examples that you give and the understanding that you have is just on another level. She said, I think about it all of the time. And the way that I show up now, it is so obvious that how I lead myself and the conversations that I'm willing to have and the expectations that I'm willing to have and the standards that I'm willing to have and how shamelessly I'm willing to open up about it. Like this is the foundation of why I'm making so much money.

And every single time that I turn the volume up onto this, the income increases. And anytime that I turn the volume down on this without being aware that I'm doing it, it is so obvious how much the income decreases or something like that. She said it probably more eloquently than I just did, but she was just raving about her experience with The Mature CEO.

And you guys, she took the class last year. Since then, I have injected this shit with steroids. We have added in so much more to this course and we are hosting it right this moment, February 11th to the 13th. So we're going to link in the show notes if you want to come be a part of the Mature CEO, now is the time to do it. Of course, if it is over by the time you're listening to this episode, you can catch the replay as well. Again, all linked in the show notes.

All right, my friends, this is episode number 196, and I cannot wait for you to be a fly on the wall in this conversation with my friend Shoshanna.

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My team and I are doing something so big. We are making such a big leap. We are completely changing everything and flipping everything we know on its head. And we have just announced the biggest announcement probably Hell Yes Coaching has ever announced.

For the first time ever, you guys, we are bringing Hell Yes Live to Lexington, Kentucky, at the Manchester Hotel, on Manchester Street, in the distillery district, the same district that made me a business owner for the first time. I could literally cry thinking about this full circle moment.

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Five years ago, I had the shakiest hands as I signed a lease at the distillery district for my very first business that I could barely afford and didn't know if it was going to work and just, you're such a beginner. And now I'm signing a contract to host the biggest business conference in Lexington in the same area. God bless America.

And we want this event to be drastically more accessible to the public than it has been for all of the years of Hell Yes Live. And we want to fill this room with literally hundreds of business owners. Hundreds. This is going to be the place to be in July. We want to fill it with hundreds of business owners, even if that means that we profit way less.

So we are slashing the prices all the way down from what used to be \$3,500 per ticket all the way down to we are starting the pricing at \$397. What? Crazy, right? Less profit for us, but more potential for our community, more potential for more business owners getting their butts in these seats and growing the hell out of their business. Let's fucking go.

Hell Yes Live is an event that I have put on around the country for years. It's not your grandpa's business conference, okay? It is not just like a sit down and take notes event. Hell Yes Live is a complete identity transformation. It's an interactive, intimate experience, and the sold out seats and the constant outpouring of testimonials speak for themselves.

In three days, I take you through more intense business coaching, gap maps, profit creations, infrastructure, marketing strategies than you can get in most year-long coaching containers. Millionaires have been made on repeat in this Hell Yes Live room. You will leave this event absolutely unfuckwithable, ready to walk through fire in your company and with the exact strategy to grow and propel your business to see a 100% increase immediately.

A lot of my students are reporting 456%, 700% increases annually as they come to these events over and over each year. And it's all coming to

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Kentucky, my little bluegrass babies. So you're going to be surrounded by droves of business owners, wealth, potential at Hell Yes Live.

Not only will you have direct coaching with me, but I have teams of multi-seven-figure business coaches who are ready to not only take my strategies, but help you strategize your own business and speak to your exact problems and make your company bulletproof. This is what we do all day every day at Hell Yes Live. You don't just get me, you get my team too. The success is literally inevitable. It is baked in. So here's what you need to know.

Hell Yes Live will be in Lexington, Kentucky on July 15th through the 17th. There is a VIP day on the 18th as an upgrade. The price for Hell Yes Live tickets are going to go up every single month. So the very first price raise is mid-February, then again in March, then again in April, May, June, all the way to July. So this is the lowest price it will ever be. The longer you wait, the more you pay. So by the time we get to the event, the ticket price is gonna be somewhere around \$1,000 each.

For now, this is all the information that you need to know, okay? It is still early in the year, but we are getting these seats sold out. We are building out the best event that you could ever imagine. There is going to be hundreds of the top business owners in one space. This is the absolute opportunity of networking, of creating social circles and of exploding your business with me.

My team and I are so proud to be bringing this event to Kentucky for the first time. And we are excited to watch all of our Hell Yes students who are non-Kentucky folks fly in and experience my beautiful home state in the summertime. I hope to be toasting champagne with you on the rooftop of the Lost Palm of the Manchester Hotel the evening of our welcome reception on July 15. Email us at [contact@hellyescoachingonline.com](mailto:contact@hellyescoachingonline.com) to secure your ticket.

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Welcome to *The Hell Yes Entrepreneur* podcast. I am your favorite business coach, Becca Pike. If you're looking for high level CEO leadership skills, modern day marketing strategies that actually convert the hell out of your leads, and you want to create a big ass wallet and big ass impact in your community, then this podcast is for you.

Welcome to my world. In here, we do two things. We scale, and we play. Because what's the point of being rich if you can't have fun? If you want to make multi six and multi seven figures without sacrificing your gym time, your music festivals, your wine nights with your friends, then I'm your girl. Enjoy.

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Becca Pike: So Shoshanna, tell us just who is Shoshanna? What do you do and who are you?

Shoshanna Raven: Oh my gosh. Well, you know, what would I say? What does my Instagram bio say right now? Life artistry, rock star business, liberated femininity expression. So for me, I really, you know, the way I like to describe it, which is kind of new, is like life artistry.

I always feel like – and a lot of people in my community and probably your community can relate to this. Like you have the kind of job, you have the kind of role, maybe you have a personal brand where your family, your friends are like, "So I read everything that you write and I still have no idea what the F you do. Like I literally have no idea what you're talking about." And I'm like, "Well, that's a good sign."

What really is it? Like I'm in love with personal development. I love taking like the raw material that life is giving us and looking at how we can, you know, lean into the moment and create magic with it, whether that's in our relationship, whether that's taking, you know, our own personal story or our own experience or our own skill set and applying it to business.



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And so I've started to call it like life artistry, you know, and working especially with female entrepreneurs where one of my favorite places to play and to create is in business because you can go, you can take your story, you can take your skills, and you can create value for an infinite number of people.

So I do business coaching, I do transformational work, and it really all began with shame slaying. And so really life coaching and a podcast called Living Brave where I was talking about the taboos and I was talking about shame and alchemizing, you know, your shame into power and owning who you are. And that really grew organically and I started working with people on a life coaching basis, but more so women who felt like they had a story that they wanted to liberate themselves from and they saw me owning who I was and my story.

And then naturally, you know, female entrepreneurs, especially those with personal brands, with businesses that were attached to their shame to power story, were like, "How are you booking out your one-to-one? How are you doing all these programs? I want to learn podcasting from you." And then I realized, oh, this liberating ourselves, owning who we are, getting on the edge of our own discomfort zone and like living there. This is what leadership is all about. Like this is what building a business is all about. And so it really evolved, you know, over time growth as a whole woman and building what I call high cash flow, low maintenance, lifestyle businesses, which are so much fun.

Becca Pike: I love this so much. And you touched on something I just want to pluck out and I want to dissect a little bit. So you are talking about shame. And I think a lot of people think of shame kind of as like, I should be this way or I shouldn't be this way. I should do it like this or I shouldn't do it like this.

And if it doesn't follow the rules, it's not right, whatever. And I feel a certain way about myself for wanting to be this certain way or wanting to do things this certain way. But I think that that's a very umbrella way of looking at it.

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As you are working with people that are like, this is coming up for them a lot, can you think of any examples or angles that this is kind of sneaky and it shows up and you're like, wait a minute, actually, I think that that's shame or like, wait a minute, actually I think that this is shame. What does that look like?

Shoshanna: Yeah. So I feel like the best way to share this is to kind of bring you into a little story because I was someone years ago who I probably wouldn't come on your show and be like, yes, I have shame. It just felt like this big thing, like shame. But really if you've ever felt like a perfectionist, if you've ever felt like you need something to work out, if you ever felt really attached to an outcome, if you ever felt like, what if I get found out? If you've ever gotten a negative comment and it made you feel bad about yourself, this is all rooted in our own wounding and our own shame, right?

Because if we don't have something that we are protecting, right? Oh, what if they find out I'm really a loser? Oh, what if they find out that I'm not really that great? Oh, what if they find out that I'm actually insecure? Oh, what if they find out?" All shame. That's feeling like I'm wrong for who I am.

That's when people get attached to metrics. That's when you're like, why am I going to call a big shot? Like what if I don't make it? If you don't have shame, who cares? You just call a big shot. You don't make it. And you're just like, I'm a fucking legend because you know who you are, right?

But all of this wounding is what makes us avoid the conversation, avoid doing the brave thing. And so really my company is called Living Brave because on the other side of shame is like you can go and just meet the things that scare you head on because you're not protecting your wounds.

And so for me, it all started back in, I mean, it all started way before this when I really realized that I had a big mountain of shame that was probably passed down from generations and generations was 2015. I was in Nepal and I was traveling the world. I had like found freedom. You know what



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everyone talks about? It's like quit your nine to five, go be a digital nomad and you'll be happy and you'll be free.

But what do we know? Most of us who have touched success and touched freedom, whether it's time freedom, money freedom, is that freedom is an inside job, right? And feeling truly like I think the rarest thing and the greatest source of magnetism beyond high level branding, beyond a luxury aesthetic, beyond authority tone is someone who owns who they are unapologetically. Like they love themselves, they accept themselves, every bit of their human story.

And so I wasn't there, but I had the travel life and the punny captions and I felt on the surface confident. And it was in May 2015, I got really sick in Nepal and I was working at a kid's center with untouchable caste children who, you know, for a couple hours a day we were doing board games, we were teaching English, and then they would go out and I would see them throughout the day as I was doing my little freelance blogging to make some money to stay at the \$5 hostel.

They would be collecting garbage and trash in exchange for the slumlord, for food. It was this crazy environment that I was in, so I was already just really immersed in this other world and feeling like thousands of miles away from home, and I got really sick. 104 fever, nerve pain down my legs, the heat of the summer in Nepal.

And, you know, as a traveler, you're like, no big deal. You know, I've stayed up all night with food poisoning. So I go to the kiosk on the side of the road and I buy \$1 antibiotics and like this will go away. It gets worse, it gets worse, it gets worse. I go to the doctors and the doctor's like, you know, you have typhoid. I'm like, I'm pretty sure I have the typhoid shot. And I start telling him about some of my women's health stuff and he's like, women just sometimes get stressed. And I remember like screaming, like I was just so frustrated. Like how does no one know what's wrong with me?

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And I got home that day and I did probably what some of the people listening to your podcast have done, because one in two women will have an STI before age 25. And I just Googled my symptoms and it was like that heart sinking feeling, like complete ego death is what I now know it to be, but like identity crash, like the entire conditional confidence bubble bursting in a moment. It's like, oh, I have HSV, like I have herpes.

You know, I have this thing that I've been so afraid of my whole life. My life is over. And in one split second, like everything, all of my confidence, it just dissolved. And I felt like no one's going to love me. My life is over. I had it coming to me. I attracted this. I literally was looking at old photos of myself, seeing a different person. That was me before. This is me after. This whole identity I built up because I had no safety, security, deep, deep, deep within myself. It was all flimsy, which is what so many people base it on, right?

And so really in that moment, like I felt like a victim to my life. I felt like I had a good run and I booked a flight home from my like two years of travel. I was about to trek the Annapurna circuit and I just felt like a shell of myself, like crying all the time. I felt like such a victim.

And through, you know, I watched a TEDx talk of someone who was owning her story. She was owning the fact that she had an STI and she likes to joke about it. And I was so far from that, okay? But I saw it and it planted a seed for me because she kind of was my age and she was kind of like sassy and flirty and fun.

And through my experience of feeling like such a victim, telling people about HSV, snot rocketing everywhere, crying, and then some people would be like, "Oh my God, I'm so sorry" and tell me like a really sad story and it was horrible. But because it's so common, one in two women will have an STI before age 25 and 100% of people carry around something that I have shame around.

People would just start being vulnerable to me. They'd be like, "Oh yeah, I've had it since I was 16. Oh, let me tell you what happened to me." And it

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was like every single time that happened, oh, I thought I was this victim and thank God, people just started opening up to me.

And it started to kind of crack me open to the fact that what if everyone's walking around with something to hide, feeling like, if only people found out the truth about me, like how much energy is it taking for us to hide, to perform, to be something that we're not, even if we love the version of ourselves that we've perfectly crafted to present to the world, like it is so fucking flimsy, right?

And so through a dark night of the soul, which we all have, I realized that I had some trauma and trauma. My teacher, Dr. Benjamin Hardy, explains trauma as anything that we still feel happened to us, not for us. And so I realized that I was carrying trauma. I was carrying heaviness of my past versus he says, anything from your past can be mined for gold. There's nothing that happens to you that you can't turn into post-traumatic growth.

It's like, oh, I have trauma. I have shame. I have wounding around HSV, and that's causing me. When I moved to Denver, I did back before my spiritual awakening, I was falling into all the same patterns. You know, I was seeking outside of myself. I was going out six nights a week. I was running from myself.

And I heard a voice that was like, you know exactly what to do. You can keep running from yourself or you can become your own best friend again. You can do something with this story, this trauma. And it was like this intuition, this knowing, especially through the conversations I was already having, that it was through authentic connection and vulnerability and owning our story, which is what I call shame-slaying, that I was going to liberate myself from this deep, dark secret.

And so before I launched a business, before I started a podcast, before I made a post about my deepest, darkest secret, I went on a vulnerability project, which is episode number one of my podcast. I was like, I'm going to tell. I know that I have a story here and I know that whether it's going to be

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a podcast or a book or maybe I had no idea it was going to be a business or coaching business, I'm going to liberate myself by doing the scariest thing.

I'm going to tell every guy that I've had a crush on, that I've had a date with, that I've made out with at a festival about my highly stigmatized STI, and if I can tell them in person, better. Like if I have to talk to them on the phone, okay. And this journey, I swear to God, it scared the shit out of me. But when you start to be someone who is really committed to the path of living brave, when you feel stagnant in life, you're like, I haven't felt that feeling. Like, holy shit, am I about to do this? Oh my God. Like for me, that's my main strategy of life. And so that's the first time that I got a high from vulnerability and from bravery.

And those conversations didn't end in these men being like, ew, you're disgusting. Actually, people tried to make out with me as I'm telling them about HSV. Like, I met my past partner I was with for three years because we had reconnected after a couple of dates. And I was like, I have a story and I feel like I'm gonna do something with this and I'm practicing sharing with people." He's like, you're such a fucking badass. Can I help you make your podcast?

Becca Pike: Yes. I'm watching you be courageous and lit up. Yes.

Shoshanna Raven: Yeah. So that really is the origin of shame slaying. Through my own personal story of seeing like how much doing the scariest thing that I can imagine, liberating myself from my deepest, darkest secret, I felt this sense of joy, of vitality, of like lightness. People always say like, Shosha, how do you have so much energy? And I really feel like our shame, our stories are all like lodged in these really heavy things that we're carrying around.

And the more that you just liberate yourself, it's like the life force can move through you. Like joy and energy and inspiration. It's just free flowing. It's not getting stuck to your shit.

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Becca Pike: Yeah, there is so much to this. And by the way, if you haven't contracted an STI in another country, like have you ever really been 22?

Shoshanna Raven: I know, right? It's like, how are people not talking about this? And I saw no one like who kind of had my energy or looked like me, like, who was talking about this at all? I did see people who inspired me, but I was like, how is it that every time I talk about this, they're like, half of the time someone's like, "Oh, me too, here's my deep, dark, scary secret."

Becca Pike: Speaking of like really big transitions, and I want to get right back onto this topic, but it's very rare that I find someone that's been extremely sick or handicapped physically in some way in a third world country. I have a story very much like this. Extremely, extremely wounded after a very disgusting motorbike accident in Indonesia in a third world country, no medical care, no ambulance to come peel me off the street. Like I got to the "hospital", just it was a tent that had stray dogs running in and out.

And what they did for me was they put rice on my forehead and they prayed for me. And like that was it. And I needed serious medical care. And speaking of ego deaths, I feel like there's like this awakening that happens when you're in a third world country like that and you don't have the medical system that you need. And it's this awakening of like how amazing it is that we live in America or that we live in a Westernized culture where like literally I remember laying on the pavement knowing I can't get up.

I have like third degree burns. I'm in sandals. I just slid down the pavement for like a half mile. And I'm sitting there thinking, oh, the ambulance is gonna come, someone's gonna call. Like I can see people around me, like somebody's gonna call an ambulance.

And then kind of five minutes later, realizing there's no ambulance, and just waking up to like, holy shit, I'm not in America anymore. And there is something that puts hair on your chest in that scenario. There is something that grows you up in a millisecond in that scenario. There is something that

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is like after you have a scenario like that where you're that sick somewhere that you can't get medical attention, talk about coming back to the Western culture and never complaining again and just being in complete awe that we have everything that we have. So it's very rare that I find someone with your story that is so similar to mine.

Shoshanna Raven: I remember taking photos too, like, here's the bathroom, like, here is the, you know, here's the hospital. And you take it for granted that you just go to the doctor and they know the answers. I'm like, you obviously know what's going on. He's like, what do you think you have? And I'm like, not typhoid, I'm pretty sure.

It was so shocking. It was so scary. And especially he wouldn't even really communicate with me. He was communicating with the guest house owner because he's this man, right? So there was a translation happening. He's like, tell her women sometimes just get stressed, right?

And I'm like, there is literally water just pouring out of my vagina. Like I had a virus, you know, which is I didn't know how it worked, but it was so scary. And it's like, I think I'm just stressed right now, but I'm going to self-diagnose and fly back immediately. But I will say that we have an amazing medical system.

Oh my gosh, especially after just having my baby two months early, being in the NICU, like amazing hospital birth, hallelujah. I am so fucking grateful. Oh my God. I'm a proponent of whatever way women want to have their motherhood and birthing experience, but I'm like, hospital birth was absolutely incredible. I look forward to doing it again.

Becca Pike: I'm just that savage inside of me that's like, I'm gonna have all these babies at home in a tub and I'm gonna just grit through it. Like, there is a part of me, like, I get that. I get that side of life. But then as soon as it's time to have a baby, I'm like, epidural, please. Anything you can give me, someone help.



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Shoshanna Raven: The person's like, you had a little too much fun. And you know, in my pregnancy it was so hard. I was just like, we all choose our hard. And you know, I've done, we've talked about like plant medicine before and like no one does ayahuasca because you just like want to get a high. You know, it's like you are and somehow experiencing a death and a very painful experience.

And I just felt like, yeah, I don't know. That's not really the one. I don't want to choose it for this one. But that said, you know, the emotional support and the stigma in the society and in the culture around our sexual health, around our bodies, that is something that, like, we have an amazing care system, right? But there are so many people who are just like, oh yeah, you have an STI, you have herpes.

Like there's so much in the school system and the culture and the media. And actually there's work around how the government actually went and like created stigma around HSV. And like it didn't actually used to be something that was like a big deal. And then all of a sudden the media and there was all this propaganda around it. So HSV, I mean, I've been asymptomatic for like five, six, seven years.

I don't even know how many years now I've only had the first outbreak. And then after that, it was like went away. And I think a lot of that is because of overcoming shame, because there is, you know, the emotion, mind, body connection. Of course, I've talked to people who finally overcame their shame around something and like healed their symptoms, you know, but it would have taken them four years to heal.

Becca Pike: Well, and like letting out everything that you're saying, like liberating all of your deep dirty dark secrets, it really does bring a physical lightness to you. Like anyone can feel this. When you get something off your chest, it's literally taking a weight off your chest. But then going deeper than that and saying, I'm not just going to get this thing off my chest because this thing is bothering me that's happening right now in real time, but saying, I'm going to go back in time and I'm going to find the things that

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have bothered me, that bothered me, that I shoved under a rug, that I have not looked at, that I know is affecting me and I haven't confronted it and liberating those things. I think about this sometimes.

Like, I'm a huge believer in this type of storage causing disease in the body, disease and disease. And my mom passed away very unexpectedly in 2023, in the summer of '23. And when we found out that she had cancer, her whole body was just like covered in cancer. It was in her kidneys, her lungs, her skin, her bones, every organ you could ever imagine. And I know that this isn't directly tied, and I know that she didn't live the most healthy life.

However, she was a woman of secrets and shame, and she was. And she was riddled with anxiety that she wasn't doing it right and that it could be this other way, and maybe it was her fault. And like all of these things that she just wasn't releasing and then ended up dying, you know, of cancer. And I just am kind of like on my own mission to not go down that path. You know what I mean?

And so for you, like, was there a time where – was it like a moment of truth where you were just like, I'm done. I am just going to be – I'm going to live my life shame-free? Or did it take a while for you to like really let this simmer?

Shoshanna Raven: Well, yeah. Well, first, thank you for sharing that with me. And what you're sharing right now, it is sometimes opposite of what we hear in the personal development world. Like, you know, I'm so afraid that I'm not good enough. I'm so afraid that this thing, the secret that I have, we just shove it down and we're like, find all the reasons why it's not true. You know? And like, avoid, avoid. And Brené Brown would say, shame amplifies in the darkness. That's why you get shame out of the darkness, because you think by hiding it, you're protecting yourself from it, but it's ruling your life, right?

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And so what we resist persists. And this is why until we typically own something is when we liberate ourselves from it. But we think in owning it and putting it in the light, it's going to somehow have this power over us. But it's like that's actually how we take our power back.

Because, for example, if I'm always afraid of being rejected in a relationship, like typically life gives us everything that we're resisting. It's like until I'm like, you know what, it's okay if they don't like it. It's okay if I'm rejected. Then you know you find the one. So it's what we resist persists. And that's really the whole concept, part of it behind shame slaying.

And what you're saying right now around was this a gradual process? I would say that when I was sharing around coming back and coming to Denver and realizing like, oh, I have trauma, I have shame. I know what to do next. I've done this before. I can continue to seek outside myself or be my own best friend. That was like a rock-bottom moment for me of, you know, I was teaching yoga now. Like it wasn't when I was working in New York City, like addicted to Adderall, like quitting my job, going, taking a one-way ticket to India. Like I had done all that, right? But still that was all on the surface. It was great, you know, but it wasn't the deep, deep, deep stuff. And that was when the HSV experience happened. I moved to Denver and I fell back into the same patterns.

You know, and there was one night where I was crying myself to sleep. Like I had no boundaries. I was letting everything and anything into my life, you know, and typically surrounding myself with people who maybe made me feel better about who I was, you know, instead of really holding myself to a standard.

And I was going to bed that night, and I heard this familiar voice that I think we all have heard from time to time. Now, the first time I heard this voice, I was in a yoga class, like, staring at myself in the mirror, and I had taken a lunch break from my corporate job in New York and I heard a voice like, "You're tired. What are you doing?" You know, and that was like one of the things that got me to quit my job and take the one-way ticket to India.

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And so it came back and I was like, "You know what to do. You can keep doing this. Like no problem. Keep doing this. Keep seeking outside of yourself. Keep running from yourself." I didn't actually enjoy my time with myself. I wasn't proud of my life. I wasn't excited to wake up in the morning.

Now sometimes I'll go to bed and I'm like, I cannot wait until the morning. I can't wait for my coffee. I can't wait to do another day. You know, like that's it. I wasn't feeling like that. You know, I was just numbing out.

And it's like you can become your own best friend because that's the foundation of everything. You know, when we were talking about that, freedom is an inside job. That happiness is an inside job. That deep, deep, deep bone deep magnetism has nothing to do with how much you've made, the follower count that you have.

Like some people might be attracted to that and it's not that in some ways it's not an attraction point, but deep bone, deep magnetism, subconscious sales. People are excited about right? Like the way in which people go, "What the fuck? Like I'll have what she's having." You just naturally uplift people around you. Like I don't even know what she's talking about. I just want to get closer. Like that, that's an inside job.

And so that night I really made a decision. I woke up and I decided to go on a quantum leap experience. I didn't know that that's what it was, but for me, quantum leaping isn't just income. Like quantum leaping is when you let go of 80% of the thoughts, actions, behaviors, habits, you know, inputs in your life in a split second and you radically shift vehicles and directions.

And so in that moment I cut out so many relationships, so many of the things I was telling myself, my behaviors, and that's when I decided to go on the vulnerability project. And I decided to run a half marathon. I'd never been a runner.

The next day, I decided to go on a road trip across the U.S. by myself. I'd never pitched a tent. I learned how to pitch a tent. I signed up to volunteer. I

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was on the Blissware team, which is washing dishes at a festival in Oregon in the forest where there's no cell service or Wi-Fi for a week.

And I started to just pour into myself. I took myself on Whole Foods dates and felt like I was going out to fine dining alone. I was laughing by myself. I was just like, I am my own best friend. Like I am living a life that I'm so proud of. And I started just like

Someone at a festival would be like, "Can I have a sip of your water?" I'd be like, "Yeah, I have herpes, but don't worry, you won't get it." And like wink. And they're just like, "Who the fuck is this?" This is when I first understood what energetics was, and I don't think I called it this, but that your behavior, your energy, your intention around something dictates the outcome. So if I approach something as a victim, I'm going to be received as a victim. But if I approach something like, "Yeah, this kind of makes me more of a badass, I'm going to kind of shock you, and I'm going to own this thing, and this has nothing to do with me." And there are more important things to share with the world, and this is something I'm passionate about, slaying shame around. People were like, "You're a fucking legend."

I didn't have a boyfriend. I didn't have a job. I didn't know where I was going to live in two weeks. Like, none of that fucking mattered. It was people would walk up to me and they're like, "How do I know you? Like, do you live in Hawaii? Are you my neighbor?" Like it was this magnetic pull.

You know, I've had a teacher, once a spiritual teacher, say people start coming up to you saying like, "How do I know you?" It's a good sign because part of their like soul is seeing itself reflected in you, something they've forgotten. You're like a remembering for them. And this started to happen.

And I think it's really important to share with people because my business skyrocketed right when I started it. I did a podcast with no intention to monetize for six, nine months. When I finally launched my business, and I didn't grow this huge following, it really did blow up. I launched my business

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from that space. Like it was from a genuine space of like, I have found the holy grail. Like I am happy. I'm liberated. I'm fulfilled. Like, oh, I have something I want to share with the world. Like not how do I get someone to get something or have an X dollar month.

And I love sharing like that girl at the festival who was just like on the Blissware team, like drooling water all over her face, like as a party trick, like making people laugh, not giving a fuck what people thought. Like that, that's where this business was started from. And gosh, it's so hard because I'm on the path every single day too, right? To really know like all of this, like everything we're seeking, choosing to be, do have, right? And that's really the journey of living brave.

Becca Pike: And do you think that people are worried about becoming this liberated? Like you describe it really well with the war on happy people. Can you describe the war on happy people and can you describe how this would... I don't know, maybe people that you're coaching... I know that this is true, but maybe you have examples that you're coaching people and they almost are protecting themselves from becoming this free and this liberated because other people won't like that.

Shoshanna Raven: So whatever we're protecting, which we all do, right? But understanding what's happening, which is like I am protecting a wound that's already there. Right, and so we're compensating for our wounds constantly by like if I need you to like me I think that you liking me is gonna make me feel something that I don't have inside. I think that if you like me, I'm going to protect myself from feeling the rejection I already feel inside. And so just understanding what's actually happening, which is like, I am willing to neglect myself for like a short term gratification, a short term, maybe you, you accept me, you like me.

And there's a sense of, I want to say like it's an understanding that there's like a much more expansive way to live, which is like sustainable, you know? And it's like, no matter what, I'm loved. And I truly feel like understanding what's happening here, like when there's a hater on the



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internet, for example, people like talking about this, it's like, I'm a human too, right? Like I still have wounds. I still have things I'm compensating for.

And so if I feel like, that also shows me that I'm still protecting myself from feeling something. I still am maybe not totally at peace with who I am because imagine you're at peace with who you are. Every single decision that you've made, it doesn't even have to be like, I know it's the right decision, but I know that I've made it from a good place and if I'm wrong or if I want to change, I'll change. And it's not even, I know I'm a good person. It's I know that I'm a person and I have shadows and I have like, I know who I am.

And so there's nothing that you could say that could make me feel like, you're dirty and disgusting around HSV or trying to get attention. I'd be like, oh, I could just like see through that person's matrix, right? And be like, oh, wow, they're projecting like that has everything to do with them and nothing to do with me. But if someone's like, you are so gross around money and charging, and I have something around that, it sticks to something inside of me.

It has nothing to do with them. It's like, oh, I must not feel really at peace with that, with my money story, with charging. Like there's something that I'm protecting myself from feeling. There's a wound, there's a shadow that is a wound match. Because if I'm really at peace with who I am, I've liberated myself, I'm doing the healing work, I'm just seeing, ooh, look, there's something there. Ooh, look, there's something there. Then why the fuck would I live my life as a circus pony to like you and what you think and want of me rather than, ah, I'm good. I'm enough. I'm whole.

I'm not pursuing things to feel something. Like this goal is going to make me finally feel at peace and fulfilled and happy because anyone who's ever achieved anything knows it's not the case, right? It is exciting. It amplifies what you're already feeling. But really, like, desire-led living, which a lot of people speak to desire, it's shifting vehicles. It's not like Once you have everything, once you know you're enough, and this doesn't mean I don't

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have shadows and I don't wobble with faith and fear and validation and internal validation. Of course, I go on that dance all the time, but it's the awareness that gives us power, right?

Of just really approaching our life from a space of, I'm at peace, I'm grateful, I'm whole, this is enough. I know I'm 1% of who I'm becoming, but that doesn't make me feel lack, it makes me feel excited. And now, holy shit, I can't shut up. Like because I want to share, because I want to influence, because I want to impact, because what if there's more? And that's genuine desire. And it's full detachment from like the result. Fully committed and fully detached.

Most people are halfway committed and fully attached because they're compensating for their wounds. And so that's around the conversation of like, well, what if they don't like me? Right? It's like, well, first we're human, but it's understanding what's really happening there. It's like, how much do you love yourself if you're willing to neglect yourself and your own experience of your life to get a little short-term validation from somebody else to be a version of yourself that you aren't even genuinely. It's like a quick little sugar high. You know, there's nothing there.

Becca Pike: I've been teaching my kids to take notice and become really aware of the things that people say that does bother them. And I try to teach it to them like this. I'm like, listen, if your friend walked up to you and made fun of you because your skin was too green, would that bother you? And they're like, what?

No, mom, that's silly. And I'm like, yeah, but that's only silly because you know your skin isn't green. You know that you aren't slimy looking. So you don't have any problem with that because you know it's not true. But now if a kid walked up to you and said, what's something that would hurt you?

And my daughter, who has my husband's hair, is like, well, if they told me my arms were hairy, then that would bother me. And I'm saying, okay, fantastic. Now let's talk about that. Like being green, if they told you, you

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were too green, that wouldn't bother you because you don't have any thoughts about that. But if they tell you that your arms are too hairy, you already have thoughts about that. And so it's just reflecting your own mind.

You know, this is where we get to find our shadows. This is where we get to see things that we get to heal before we have to wait and try to get other people throughout our life to heal them or chase the carrot in front of our nose on what could possibly heal this. We get to heal it before. And so you were talking about the shadow work and like that's the thing.

It's like no one would get to me if they told me I was too short. I'm almost 6 foot tall. I know I'm not too short, but they could get to me if they're like, I don't know, something that I think about, which is like you say that you're going to do this many workouts, but you let yourself down sometimes. That would bother me, right? Like, there's my shadow, right? And like, oh yeah, that is something that I battle with all of the time. And so I love that you brought that.

Shoshanna Raven: This is so good. It's back to what we resist persists, right? It's like, if we're just like, no, no, it's not true. It's not true. Like your subconscious is going to be like bullshit. If you're just like, you know what? What if my arms are hairy? This is what like, yeah, I have HSV. Like, yeah, I'm not going to pretend that like I don't, I do. And you know, the more that I just accept this, the more I see, like, what the fuck this has nothing to do with my worth as a human being.

Like I have this highly stigmatized skin condition, you know, that like two and three people have, if someone's like, Ooh, you know, everything, everything that they make you wrong for. Typically like I think the word imperfection is really just a word that we use for naturalness that we have shame around, like especially as women.

It's like I think the feminine is very like messy and just like, again, messy. Like messy, nonlinear, cyclical, like emotional, right? And maturity in our energy is understanding how to be in our emotion without making them

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about other people. And then people don't feel safe around you and your emotions and you have shame around your own femininity, right?

But like this, like being in that, like owning all of that, like owning everything that they made you wrong for, like, yeah, I'm loud. Yeah. People who don't like me on the internet, right, are like, you know, she whispers too much. Like, she's just flirty and like it just bugs them. And why often do things bug people? Sometimes you're just not for someone and that's okay. They're typically like, ah, she's not for me.

But when it's like, especially the more unhappy people. Why does it make people so mad? It's like because it highlights where you have neglected that within yourself. It highlights the stark contrast of what you're allowing for yourself. And because it would require taking radical ownership that you actually get to dance for no fucking reason, that you could actually be that in love. It's like, I don't want to have to own that and believe that.

That's painful, especially if I spent decades telling myself it's not possible. So now I'm going to criminalize you and make you wrong for it and get really pissed. But it has nothing to do with the person, right? It has everything to do with magnifying a difference, some feeling of lack rather than inspiration and activation, which is—for me, it's like am I protecting people's wounds and triggers that they literally already feel and they're going to feel about any which person on the internet or their dreams and their potential, which is really exciting.

Becca Pike: Yeah. We practice in my world, we talk a lot about being unfuckwithable. And ironically, this lands perfectly. I wasn't timing it this way, but now that we're here, it's like so blatantly obvious that the universe aligned this for us, but I'm launching a class called mature CEO. And the whole thing is about just maturing and like who you are as a CEO so that you become unfuckwithable.

And I go through all these scenarios about, you know, all the things that are going to fuck with you and your business and, you know, highlight all of

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these things, but like you get to choose who you are on the inside. And ultimately the most successful people are the ones, I say it, it's almost like a conveyor belt. Like you're on this conveyor belt and you're moving down the path towards success, right? And you're on this timeline and you're just going towards your next milestones.

And every now and then life throws curve balls at you where you have to step off of the conveyor belt and you have to heal. My mom's death was one of them. People getting divorced have to step off for a while and heal. People that are dealing with really big scenarios have to step off and heal. However, the most successful people are very choosy about when they step off.

A lot of people are on this conveyor belt and they step off every time there's a hater on the internet. They step off every time their launch fails. They step off every time something explodes in their face. When in reality, if they were just willing to stay on the conveyor belt, keep going, and become unfuckwithable while all of the shit is hitting the fan and they are just continuing their pursuits, they would find themselves in success much faster and there wouldn't be people just passing them all the time on the conveyor belt because they've stepped off.

And this conversation is exactly that. It is putting even more verbiage to that conversation, which is just like, shit is going to happen. Like how unfuckwithable you are really matters. Because when you are shameless and you are free and you are liberated and you don't care that there are people that don't understand you. You don't care that there are people that just don't get it. You don't care that people think you talk about money too much.

You know the value that you're creating. You know the people that you're helping. You know what you're doing with your world. You know that your family is happy and content. You know that your marriage is strong. You know everything that you need to know. The rest is just white noise.

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Like to me, all the shit on the internet is just white noise. At 4:30 every day, I turn off social media and I turn off my computer and I go back to my real life and my real life consists of a lot of sticky fingers and a lot of kids and a lot of husband kisses and a lot of just like sitting around drinking wine and hanging out with my friends around a campfire. That's the real shit. And the more grounded you are in that, the more grounded you are and stable you are in that life, the more that the other life seems like white noise, you know?

Shoshanna Raven: Oh, this is good. I love this. Yeah. You know, like grounding in reality and, you know, I love – Like one thing I'll say is like I love my work and it's so much more than a business to me because of, you know, the story that I shared. Like it really feels like life tapped me on the shoulder and was like, you're meant to go like move through things and lead from them and teach people. And I've built like this family and my brand. Like it's really the path of mastery, you know, when you have a calling, like a soul calling, it's beyond a career or something that's maybe like a shadow career that you're good at, that's fulfilling, but you just like clock out and there's no vulnerability. There's no like skin in the game, you know, or just a job, which you just do for a paycheck.

But a calling is like, it's here beyond a paycheck. It's here. It gives me purpose. And through life seasons, I often say like people often ask, how do you show up when life is lifing? And yes, sometimes like there are buckets of our life that just need our full attention and we step off the conveyor belt, right? And I think that's something cool to add to the conversation is like, what if this wasn't detracting from your life?

But for me, when I went through my life's greatest heartbreak, I didn't sign off of social media and never talk to anyone again, that would be okay. Like some people need to do that, but for me, I was like, thank God I have my calling and my work that helps me really think about how I want to move through this in a way that my clients, my community would be proud of. That me writing my book in 10 years, I would be proud of. That I no longer



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go through things just for me. And thank God that I have this mission that holds me in my highest values.

And so actually being on a call, being of service, being in my mastery, being in my embodiment, that reminds me of who the fuck I am when life is chaotic.

Becca Pike: And so it's different when you really get fuel and you feel really aligned with what you're doing apart from the results, like that you're actually benefiting and feeling like energy and vitality and you're gaining from being in the work, like you're in flow state. And I think that's so far out for a lot of people that they're still like, okay, yeah, but still, how do you show up? You know? And you're like, no, but it's for me. And believe it or not, like I actually Love this, you know?

Becca Pike: I didn't really get that until last year when my mom passed away and I leaned into my community and I was writing about my grief and I was going into great detail. And I had come from a world where I was kind of taught and believed and took full responsibility for like this idea that I should only be talking about business because that is my brand and it's just business and strictly that and nothing else and I can just keep everything private.

But when she died, I mean, I just cracked open. I just cracked open and I was writing every day about grief. But I was leading myself very well and with a lot of grace and integrity and strength.

And I could even see, I even I was like a third-party witness being like, who the fuck is this? This bitch is fucking awesome. I had all of these people reach out and this blew my mind. I had all these people reach out and they were like hiring me because of the way that I was dealing with mom's death.

And I didn't know that that was even a thing, to be honest. I thought that I was going against what I should be doing by talking about my grief. I thought that this was going to hurt my business, but I just didn't care. I just

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needed an outlet. And I took that outlet and it was like the most beautiful permission to continue to do it, because everyone was like, I'm hiring you because of this, because this is who I want to be led by.

Shoshanna Raven: Yeah, because that's leadership. You know, people are like, "How do you lead when it's hard?" It's like, we don't need leaders when there's sunshine and rainbows. Like we need people to lead when we don't know what's next, when someone's willing to like walk into the fog and bare their hearts and be vulnerable and be like, "I'm figuring this out. I've never seen someone do it like this before." And you know, be like real about it. It's like, wow, I want to be led by that person. No matter what it is, that's leadership. That's it. Like that's when we need leaders. Right.

And so I remember a client asked me and it was a great question. And this woman had made millions of dollars. You know, she's just like, "I woke up, I'm going to fucking take over the world. I feel so good." And then, but this freaking client and this payment issue, and "How do I not let that knock me off my horse?" And I'm like, it's this now. And then it's going to be, "I'm about to speak on stage and step in front of 1,000 people. And I just got a news that I'm being sued." And then this part, like, then how do I show up? Like, it's going to keep happening.

And so I call it like the Jedi skills of choosing our state in every moment and not living as a reaction to the external. But what you're sharing about like, you know, just being unfuckwithable, it's something I call the chill rocket ship of like how do we – when we think of like chill and femininity, a lot of people think like lean back and surrender. And I'm like, why don't you just like lean forward, like lean into the rocket ship. You're flying. Things are like it's – It feels like chaos until it's not. That's what art is anyway.

Like, have you ever worked at a startup? You know, it feels like chaos. It's crazy. You're on a quantum expansion, but you're just like, "I'm going to relax." And I think a lot of the tension for people happens by placing excess importance on things. Like say for example, people don't like you and they're starting to say stuff on the internet.

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Like that might be like, oh no. Right. But I remember like sharing with my partner, he's great at this chill rocket ship stuff and he's like, so I know this might be like upsetting, but at the same time does it matter? And you're like, wait, hold on.

Becca Pike: We're married to the same person. My husband is the chilliest rocket ship that has ever been in the sky. Okay? Literally anything can happen. Anything. Anything. It doesn't matter. We got lawsuits out the wazoo. And he's like, yeah, I think this is probably just our soul growth. It'll be fine.

Shoshanna Raven: It's the game. Like Christian will just be like, it's the game. Like, you know, someone's like doing something. It's like they're playing the game. Like that's the game you're in.

And if you're confused, like if people are having all kinds of breakdowns and triggers and you're in the game of transformation and you're confused, you're very confused what business you're in. If you're in leadership and people are trying to tear you down and people love you and people hate you and you're confused, you're genuinely confused about what business you're in.

If you're in the media business and you have a tech issue and you're just like, oh, all up and you're frustrated about it, you're confused with business you're in, right? I think there's... don't know who said it, but we were just talking about this. There are taxes on success. People not liking you is one tax. A tax that you should happily pay. Like, you know, like this is just part of it.

Becca Pike: Yeah. Like if you're not stepping on a stage to a thousand people and realizing that you have a lawsuit at that moment, are you really an 8-figure CEO? I don't know. You might not be.

Shoshanna Raven: Yeah, the tax on being 22 and traveling the world is like, I don't know, maybe you get sick.

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Becca Pike: Maybe you get an STN. I can't name it. I don't know. I thought we all did. I love this. This is so fun. Okay, so real quick, go back to the shame because I really want to touch on this. I really want to stay with it for a minute. This isn't something that we talk a ton about in my world. I mean, we talk about just being unfuckwithable, but really like I feel like we're getting into the nitty gritty.

Before we leave today, what is one question or like that my clients or my audience can ask themselves? Maybe this is a question, maybe this is a task, just one tidbit. What can they do? They're like, I know I carry shame. I know I do and I want to find it and I want to release it. What advice would you give them?

Shoshanna Raven: Well, the most beautiful thing about all this work is that awareness is power. Because without awareness, we just don't understand what's happening. We're just living in reactionary mode, versus understanding the principles of when I said like the Jedi, like, wait, hold on, this person is coming at me with something. Like I can just live as a reaction to reaction, or I have choice. How chill could I be?

How much fun could I have? Could I be playful here? Like The same thing with our shame, or it's like, for example, I'm leading a class. I think it is, like, maybe what am I afraid of? Like what am I afraid might happen, right?

Like I'm leading this huge class, I'm giving so much value, and everyone's loving it, and I'm like, what if no one signs up? And I'm like, okay, what if no one signs up? What would that mean? And you just explore it. Yeah.

Becca Pike: And it's like, well... This is what I call the worst case scenario game.

Shoshanna Raven: Yeah. Well, no one signs up. Guess what? I am never going to know the best possible scenario if I don't give 100%. And guess what? I actually fucking love what I'm doing. Like what a privilege, what an honor to be speaking to all these people. And like, yeah, it's not up to me if they sign up, but all I know is I can just give my all. I actually believe

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everything I pour into life comes back tenfold. It might not come back in two days, you know?

And so let's go, what am I making this mean? What am I afraid might happen? And can I, by talking about our partners, Christian always talks about fear goals? Like what are you afraid of and make that your goal. Like you know, I'm afraid of being rejected.

Make that your goal. Like I'm afraid of having this like horrible thread about me. Make it your goal. You know, and I remember doing that like, God, all my like really successful clients have all these threads about them and all these things happening. It's never happened to me.

So that's my goal. I want to be that successful that that happens. I want to be that standout. I want to be that... like I want to say something so significant, so controversial that it makes people feel something and it makes people feel really inspired and it makes people feel not so happy about it. You know?

And so I would say here like the journey is what am I hiding? You know what you're... I mean, our shadows are pretty good at hiding from us, but what am I hiding? What am I avoiding? And can I approach it?

Like, just approach it. And there are so many ways like I talk about shame slaying all the time, but it really is like owning the things that we feel make us less than, celebrating them. First accepting it, then loving it, celebrating it, realizing that the thing that you think is holding you back is typically your key to your power and to your next level?

Becca Pike: I love the question, what am I avoiding? I'm always asking my students, what are you avoiding right now? And then once you find that number two, asking worst case scenario or playing the worst case scenario game. And it's funny because Mark and I have been playing this game since day one. And it's crazy how our worst case scenarios have evolved. So it used to be, I'm afraid of going live on Instagram.

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Okay, well, what's actually the worst case scenario? No one shows up, where you stumble on your words, and then people remember it for a few days, maybe? Like, that's the worst case scenario? Like I'm actually not afraid of that. And looking at your worst case scenarios right in the eye, you're looking the tiger right in the eye, and you're realizing it's not actually that scary.

Now they've evolved, they're much bigger. Like we were just taking a loan out to buy another company and our worst case scenario is this company fails and we go bankrupt. So if bankruptcy is our worst case scenario, if this company fails, I was like, okay, let's sit down, let's write it out. We would lose our house, we would lose our cars. We would move into an apartment.

We would buy little junker cars and we would start our businesses again. Honestly, I'm not that scared. That doesn't seem that scary to me. I just feel like we know how to make a ton of money and we'll just do it and we'll build it faster. And like looking the tiger in the eye is what so many people aren't willing to do, but it's where all the juice is.

Shoshanna Raven: Yeah, what you resist persists, right? Like a lot of people who are so afraid of being broke stay broke forever because life will just keep giving you the thing that you're resisting until you learn the lesson and you ascend to the next level, you know? And so hopefully you don't have to go manifest everything that you're afraid of, but typically you know that's what happens if you keep resisting it. And so it's like I often say, I hope your greatest fear is coming to fruition so you find out who you are in the process. You're so afraid.

It's like, I'm going to die if this happens because you're protecting your wounds and your ego feels like it's going to die. Hopefully it does, right?

Becca Pike: Yeah, hopefully it does. And then you have to rebuild and figure out who the fuck you are.

Shoshanna Raven: Yeah, and then you're like, oh, I'm still here. But hopefully you don't have to go through that whole dance. So you don't have



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to keep continuing this breakdown and breakthrough and crumbling to ashes and then rising as a phoenix.

If people just never get past that, actually going from good to great is like getting out of that old dance, you know, that you're like, you have to meet your greatest fears and go through your breakdown, come on the other side. People just love that story. They feel like worthy in that story. Like I, you know, people like that Cinderella story.

And so when you just realize that like, you don't have to go through all of that, right. And that, especially when it comes to like shame and bravery, I often say like less thought, more action, less thought, more action, less thought, more action, because, and that's like the chill rocket ship. It's like, let's just go for it. Execution, experimentation.

So many people are stuck in their blocks, like, "But how? How do I do it? But what do I journal on? But is there something else? I must have another block that I must work through before I do something?" And it's like, no, you really just, the only way through is through. Like the way to slay shame is living brave and living brave is not called living confident. It's not called thinking confident. It's not called thinking brave. It's not called one day, someday, tomorrow brave. It's like you do the thing today that scares the shit out of you, and you find out who you are, and you gain confidence, and confidence is just bravery compounded over time, and you're someone who demands respect and attention, because in a world where there's so much uncertainty and everyone is clinging to this false idea of certainty and stability, you're like, oh, we're floating on a ball in outer space and I'm just going to walk into the fire of my transformation.

Everyone wants the benefits of transformation. No one wants what it takes. One of my coaches, Mandy Keene, she always says there ain't no bumper sticker that says I'd rather be in the depths of my transformation, right? Like no, you know? And so you just fucking go through it.

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Like you decide that that's your happy place, that like, oh my God, I get why I'm fucking doing it. Okay, I'm saying it. Like there isn't some kind of practice or like journal prompt or you know what to do. You just want a more complex answer. Nike, just do it.

Becca Pike: I love this. I love this. And I love you. And I'm so glad that I met you backstage.

Shoshanna Raven: I'm so happy that I met you too.

Becca Pike: I remember being in the dinner line too and you turned to me and we were just chatting and you said, we should be friends. Like we should be good friends. And I was like, yeah, I think I agree 100,000%. Like you just find people that you're like, oh, we click and I love it. And I love it.

And I love seeing like what you talk about. You're adding so much to the world by just bringing this to light and talking about shame and liberation and freedom and just being yourself and not giving a fuck and owning who you are. And like, that is just a conversation that needs to be had over and over and over and you're the perfect person to have it.

So without further ado, where can my audience find you? Where's the best place that they can get in touch and hire you?

Shoshanna Raven: I would say Instagram is I'm very active on there and it's @Shoshanna\_Raven. And that's where you can, you know, look at all the links and there's sometimes like free stuff and podcast and just say hi and tell Becca that you're listening. Tell us that you're listening to the podcast because, you know, we do this and it's just nice, like, to know what's landing, what's rising, who's listening.

Like if you give Becca some love, like, and, you know, leave a review of her podcast, like, rate review her podcast, you know, it's benefiting you and don't just be a fly on the wall, like really be a part of the conversation. I would say that's a great next step.

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Becca Pike: Absolutely. Well, thank you. And we will link Shoshanna's Instagram as well as her podcast in the show notes so that you guys have easy access to that. Thank you so much for coming on Shoshanna.

Shoshanna Raven: Thank you.

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Hey guys, this podcast is the blood sweat and tears of a lot of different people. The planning and the preparation of each episode is extensive. My team and I are really proud to bring you this free and abundant content each week, and we hope that you're loving it. If you are, the very best thank you that we can receive from you is a review and a share.

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