

# The Inspiring Coches Show | Coaching and Plant Medicine: A Safe Space for Growth with Mee Ok Icaro | Episode 13 Transcript

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00:00:02.470 --> 00:00:20.120

Coach Jen Anderson: Well, hello out there and welcome to our show. And, as you all know, I love to start every coaching, session, every podcast by asking, what can we celebrate? So I ask each of you to send in a celebration, and I would love to invite you to do that as well, and I'll talk about that in a second. But

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00:00:20.120 --> 00:00:33.020

Coach Jen Anderson: today's celebration comes from Joanne, who is a coach in Canada, and Joanne is celebrating that. She was recently awarded her professional certified coach designation.

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00:00:33.020 --> 00:00:56.620

Coach Jen Anderson: And I really really want to say congratulations to you, Joanne, because I know the journey that you went on to be here in this moment, and I want to thank you. And hopefully, everyone listening is thanking you as well for your commitment to that level of professionalism, the high standards of being a truly impactful coach in the world. So I celebrate with you, Joanne.

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00:00:56.830 --> 00:00:58.940

Coach Jen Anderson: and congratulate you

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00:01:00.360 --> 00:01:06.639

Coach Jen Anderson: alright. So I do want to invite anyone who would like to celebrate something. In fact, our guest, me Oak.

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00:01:06.910 --> 00:01:21.669

Coach Jen Anderson: actually send in the celebration for us last month. So how much I I love synchronicity. So anyone who wants to send in a celebration just a sentence or 2 about

something that's really going well in your coaching practice, how you're being a coach in the world.

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00:01:21.700 --> 00:01:34.789

Coach Jen Anderson: always keeping in mind the importance of confidentiality. Of course. But we would love to honor you and celebrate the work that you're doing in the world along with you, so you can send that into Jennifer at coaching out of the boxcom.

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00:01:34.960 --> 00:01:39.200

Coach Jen Anderson: and I will feature you in an upcoming post podcast episode.

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00:01:40.480 --> 00:01:55.570

Coach Jen Anderson: Alright. So today, our guest is coach mio icaro. I'm saying that last name. Right? Yes, okay. You gave me the phonetic, but I think that's the 1st time I said it out loud to you to double check neo is a unique

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00:01:55.750 --> 00:01:59.589

Coach Jen Anderson: and powerful voice in the world of visionary medicine

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00:01:59.650 --> 00:02:01.290

Coach Jen Anderson: and personal growth

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00:02:01.790 --> 00:02:06.399

Coach Jen Anderson: as a life purpose coach, a writer, a book, Doula.

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00:02:06.420 --> 00:02:10.520

Coach Jen Anderson: a sacred medicine advisor and integration specialist.

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00:02:10.620 --> 00:02:16.679

Coach Jen Anderson: mioc, is dedicated to helping individuals heal and find their path in life

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00:02:17.550 --> 00:02:26.879

Coach Jen Anderson: skilled in Gabor Matte's compassionate inquiry, a method she has personally integrated for over a decade to transform her own life.

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00:02:27.030 --> 00:02:31.300

Coach Jen Anderson: She integrates many teachings from a variety of traditions.

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00:02:31.440 --> 00:02:33.880

Coach Jen Anderson: from ancient to modern.

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00:02:34.360 --> 00:02:37.950

Coach Jen Anderson: with a passion for writing and a talent for prose.

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00:02:38.020 --> 00:02:41.229

Coach Jen Anderson: Mioc is an award-winning stylist and poet.

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00:02:41.490 --> 00:02:45.570

Coach Jen Anderson: Her work has appeared in notable publications like the LA. Times.

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00:02:45.590 --> 00:02:50.970

Coach Jen Anderson: Boston Globe Magazine, and Michael Pollan's Trips worth telling anthology.

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00:02:51.450 --> 00:02:57.050

Coach Jen Anderson: She was even featured in gabore. Matte's New York Times. Bestseller, the myth of normal

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00:02:57.170 --> 00:03:00.619

Coach Jen Anderson: and the Netflix docuseries unwell

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00:03:01.090 --> 00:03:07.040

Coach Jen Anderson: with over a decade of experience, working with Ayahuasca and dieting 7 master plants.

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00:03:07.250 --> 00:03:19.200

Coach Jen Anderson: Mioc is curing a near fatal autoimmune disease scleroderma, and is dedicated to helping others heal and recover their birthright of authenticity and truth

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00:03:20.430 --> 00:03:26.719

Coach Jen Anderson: Neoc holds A. BA. In philosophy from Boston University and an Mfa. In creative nonfiction.

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00:03:26.800 --> 00:03:31.029

Coach Jen Anderson: and has studied the history of sexuality and medicine at Harvard.

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00:03:31.390 --> 00:03:40.760

Coach Jen Anderson: She's currently in the process of being initiated, and her own indigenous tradition of Korean Shamanism isn't Medang. Is that how you say up.

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00:03:40.760 --> 00:03:42.400

Mee Ok Icaro: Mood, mood, dong.

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00:03:42.400 --> 00:03:47.900

Coach Jen Anderson: Moved on. I didn't think I had it right. Okay. Mood on Korean Shamanism.

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00:03:48.100 --> 00:03:51.070

Coach Jen Anderson: and as an Iowa scara in the show.

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00:03:51.070 --> 00:03:51.620

Mee Ok Icaro: Sure.

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00:03:51.620 --> 00:03:52.500

Coach Jen Anderson: Purva.

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00:03:53.010 --> 00:03:53.660

Mee Ok Icaro: People.

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00:03:53.660 --> 00:03:55.210

Coach Jen Anderson: Shapib, Olympia.

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00:03:55.210 --> 00:03:55.950

Mee Ok Icaro: People.

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00:03:55.950 --> 00:04:08.000

Coach Jen Anderson: Alright with a diverse set of passions, including racial and disability, equity, adoptee, advocacy, social justice, film literature, doggies and drag

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00:04:08.220 --> 00:04:22.559

Coach Jen Anderson: mioc is a curious soul that I can confirm for you, with a wealth of knowledge and experience that she loves to share, and so that that my friends and listeners out. There is why I wanted to bring mioc in to talk with us today.

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00:04:22.740 --> 00:04:30.690

Coach Jen Anderson: So Neoc is gonna be sharing ideas on the role of coaching in the plant Medicine, also known as Psychedelic space

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00:04:30.710 --> 00:04:33.170

Coach Jen Anderson: and the realm of the sacred.

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00:04:33.730 --> 00:04:37.799

Coach Jen Anderson: To get you centered on our topic. Mioc has provided us with a quote.

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00:04:38.220 --> 00:04:45.509

Coach Jen Anderson: how does the world present differently when you frame the people who have hurt you most in life

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00:04:45.670 --> 00:04:47.739

Coach Jen Anderson: has your greatest teachers.

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00:04:49.720 --> 00:04:54.209

Coach Jen Anderson: So while you're pondering that we'll take a quick break to hear from our inspiring sponsor.

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00:04:54.370 --> 00:04:56.569

Coach Jen Anderson: and then we'll be right back with new.

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00:05:04.160 --> 00:05:10.210

Coach Jen Anderson: alright. So welcome back. And as a quick reminder today we're being inspired by our guest, mio Picaro.

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00:05:10.360 --> 00:05:17.600

Coach Jen Anderson: on the role of coaching in the plant medicine, also known as Psychedelic space and the realm of the Sacred. So welcome Yog.

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00:05:17.810 --> 00:05:19.630

Mee Ok Icaro: Oh, thank you so much for having me.

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00:05:19.630 --> 00:05:36.530

Coach Jen Anderson: Oh, well, I am thrilled. As you know. I'm a big fan of yours. We've worked together in a few different ways. Mostly a red coach training. Yeah, yeah. So it's exciting to happy here. And pretty soon we're going to be celebrating your associate certified coach designation.

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00:05:36.530 --> 00:05:37.410

Mee Ok Icaro: That's right, right?

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00:05:37.687 --> 00:05:48.769

Coach Jen Anderson: Okay, good. So, Neil, I'd love to jump in and get right to the the heart of the topic. So what would you most like to share with us about the role of coaching in the plant medicine space.

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00:05:49.910 --> 00:05:54.190

Mee Ok Icaro: One thing that I noticed that the plant, medicine, ethos

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00:05:54.330 --> 00:05:58.790

Mee Ok Icaro: and coaching share is a real commitment to

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00:05:58.820 --> 00:06:00.490

Mee Ok Icaro: centering around

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00:06:00.540 --> 00:06:01.670

Mee Ok Icaro: the person

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00:06:01.700 --> 00:06:06.539

Mee Ok Icaro: and really honoring their uniqueness and meeting them where they are.

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00:06:06.700 --> 00:06:08.830

Mee Ok Icaro: You're there to support

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00:06:09.380 --> 00:06:13.659

Mee Ok Icaro: and help bring them into their agency and their authenticity.

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00:06:14.020 --> 00:06:18.289

Mee Ok Icaro: There's a lot of emphasis currently which is great

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00:06:18.420 --> 00:06:23.700

Mee Ok Icaro: in terms of integration with the medicine, because it's not just about

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00:06:24.100 --> 00:06:30.259

Mee Ok Icaro: the active ceremonial space. It's the idea that life is a ceremony.

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00:06:30.590 --> 00:06:39.630

Mee Ok Icaro: And we're trying to integrate these experiences so that the ceremony space and going back to our lives aren't so very different

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00:06:40.450 --> 00:06:42.610

Mee Ok Icaro: that we're taking these teachings.

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00:06:42.640 --> 00:06:44.980

Mee Ok Icaro: We're learning how to

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00:06:45.060 --> 00:06:52.070

Mee Ok Icaro: not just leave it in what we call the moloca, which is where the active medicine for ayahuasca takes place.

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00:06:53.050 --> 00:06:56.990

Mee Ok Icaro: The world becomes our temple, in other words. And

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00:06:57.300 --> 00:07:02.060

Mee Ok Icaro: so the more you work with these plants, the less divide

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00:07:02.140 --> 00:07:04.890

Mee Ok Icaro: there is between those 2 spaces. And so

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00:07:04.930 --> 00:07:13.620

Mee Ok Icaro: a big part of integration has been an emphasis with therapy, because many times these experiences with the plants.

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00:07:14.170 --> 00:07:16.080

Mee Ok Icaro: or what have you will

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00:07:16.270 --> 00:07:19.519

Mee Ok Icaro: bring up some difficult memories?

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00:07:20.263 --> 00:07:21.730

Mee Ok Icaro: Some somatic

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00:07:22.020 --> 00:07:23.700

Mee Ok Icaro: sites of trauma.

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00:07:24.690 --> 00:07:25.850

Mee Ok Icaro: And

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00:07:26.510 --> 00:07:37.009

Mee Ok Icaro: so, yeah, it's very important to have there a therapist to support you and help you work those things out. But just as we know in coaching there is that line

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00:07:37.150 --> 00:07:49.859

Mee Ok Icaro: or that diff. That difference between coaching and therapists and therapy. Therapy to me is so great to help you function to understand why you are

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00:07:49.910 --> 00:07:54.660

Mee Ok Icaro: the way you are to understand behavioral patterns and so forth.

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00:07:55.130 --> 00:07:58.980

Mee Ok Icaro: But so much of it is focused on the path, on the past

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00:07:59.620 --> 00:08:02.149

Mee Ok Icaro: and helping you to function in the present.

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00:08:02.330 --> 00:08:07.200

Mee Ok Icaro: whereas to me coaching is really about goal setting and the future.

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00:08:07.570 --> 00:08:10.650

Mee Ok Icaro: and the joy and the promise of

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00:08:10.810 --> 00:08:15.629

Mee Ok Icaro: becoming who you are and fulfilling your purpose. And sometimes.

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00:08:15.890 --> 00:08:18.910

Mee Ok Icaro: for example, many of my coaching clients have therapists.

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00:08:19.080 --> 00:08:27.799

Mee Ok Icaro: and many times when they're trying to meet their goals. They're seeing things that are getting in the way, different ways that they were programmed when they were children.

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00:08:28.100 --> 00:08:38.210

Mee Ok Icaro: Certain beliefs that they have. And some of those things we can address in coaching sessions, but often from our coaching sessions, they'll say, I know what I'm going to talk about therapy next week.

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00:08:38.409 --> 00:08:46.170

Mee Ok Icaro: And so when you're working with these plant medicines, they really open you in a way that's very difficult to get to

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00:08:46.380 --> 00:08:47.710

Mee Ok Icaro: as an adult

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00:08:47.900 --> 00:08:50.490

Mee Ok Icaro: in the society. That's very go, go, go!

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00:08:50.880 --> 00:08:54.670

Mee Ok Icaro: In many ways. It brings you back to your

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00:08:54.810 --> 00:08:55.840

Mee Ok Icaro: essence.

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00:08:56.367 --> 00:08:58.729

Mee Ok Icaro: You may call it your original child.

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00:08:59.130 --> 00:09:07.499

Mee Ok Icaro: and in a way you become more child like without becoming more childish, it actually allows you to grow.

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00:09:07.550 --> 00:09:14.569

Mee Ok Icaro: And so I love coaching in the space, because often what happens is not only do you see

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00:09:15.290 --> 00:09:20.189

Mee Ok Icaro: how you've lived your life as a result of certain patterns and conditioning.

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00:09:20.630 --> 00:09:22.320

Mee Ok Icaro: perhaps due to trauma.

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00:09:22.370 --> 00:09:26.890

Mee Ok Icaro: but you also get a glimpse of what it was that you were meant to be.

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00:09:27.340 --> 00:09:30.579

Mee Ok Icaro: and what got shut down, and

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00:09:30.630 --> 00:09:35.099

Mee Ok Icaro: you, you maybe get a glimpse of the promised land, so to speak.

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00:09:35.350 --> 00:09:47.169

Mee Ok Icaro: And so coaching can really show up to help you. It's like, Okay, I know where I want to be. I know where I'm supposed to be. But how do I get there? And that does often, I think.

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00:09:47.370 --> 00:09:49.930

Mee Ok Icaro: requires some therapy. But

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00:09:50.150 --> 00:09:53.379

Mee Ok Icaro: I love where coaching fits into that scenario.

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00:09:54.460 --> 00:10:02.289

Coach Jen Anderson: Hey? So this is interesting. I didn't realize that the therapist piece was such a strong element. Within this, and

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00:10:02.570 --> 00:10:09.009

Coach Jen Anderson: I don't know. My logical brain is going kind of to process. And how this unfolds. And and so thinking about

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00:10:09.070 --> 00:10:11.469

Coach Jen Anderson: my understanding is that there's typically

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00:10:11.700 --> 00:10:18.830

Coach Jen Anderson: an experience I know you have a retreat coming up in November, where you're going to be providing the the plant medicine.

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00:10:18.890 --> 00:10:21.120

Coach Jen Anderson: Is it fair to say experience

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00:10:21.260 --> 00:10:22.170

Coach Jen Anderson: wet.

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00:10:22.690 --> 00:10:29.279

Mee Ok Icaro: Yeah, we're we're going to be having ceremonies with indigenous healers. Yeah. But there's also

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00:10:29.870 --> 00:10:37.579

Mee Ok Icaro: a fair amount of processing. It's wonderful to engage with the plants, but it's also wonderful to engage with your own species as well.

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00:10:37.790 --> 00:10:40.179

Coach Jen Anderson: Okay, okay? So

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00:10:40.260 --> 00:10:54.239

Coach Jen Anderson: so then, so you so so you engage in that way. So with the actual experience of the plant medicine, and then there's the opportunity to kind of process and grow in that. And then

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00:10:55.440 --> 00:11:07.080

Coach Jen Anderson: and then what? That's what I'm curious about. How does the is it? Then the coaching that follows up with it. Is it like a time for engagement? On their own

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00:11:07.170 --> 00:11:11.539

Coach Jen Anderson: to well, integration, I guess, is really the word you've been using? Is it then, integration? What.

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00:11:12.610 --> 00:11:13.560

Mee Ok Icaro: Yeah, you're.

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00:11:13.790 --> 00:11:22.090

Mee Ok Icaro: It is about integration. And that's the thing is that it's unique to every person. Every person's ceremonies are different.

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00:11:22.500 --> 00:11:24.230

Mee Ok Icaro: even with the same person.

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00:11:24.380 --> 00:11:27.640

Mee Ok Icaro: No 2 ceremonies are going to be the same.

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00:11:27.930 --> 00:11:43.580

Mee Ok Icaro: and no 2 people's integration is going to look the same. Sometimes it means that you're going to leave the retreat and go to a silent meditation retreat afterwards and be really still and get really quiet. Sometimes it means you're gonna go back and reconnect with your kids.

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00:11:44.495 --> 00:11:45.280

Mee Ok Icaro: And

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00:11:45.390 --> 00:11:51.669

Mee Ok Icaro: you know, switch up your your schedule. Sometimes it's a bigger thing like you realize that you need to move.

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00:11:52.000 --> 00:11:57.750

Mee Ok Icaro: or maybe that the relationship you're in isn't serving you, or that you want to reconnect with someone

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00:11:57.830 --> 00:11:59.659

Mee Ok Icaro: who's been out of your life.

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00:11:59.940 --> 00:12:00.900

Mee Ok Icaro: So

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00:12:01.200 --> 00:12:02.750

Mee Ok Icaro: it's really about

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00:12:02.850 --> 00:12:04.470

Mee Ok Icaro: helping people

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00:12:04.690 --> 00:12:07.620

Mee Ok Icaro: to stay with the magic and the truth

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00:12:07.900 --> 00:12:14.350

Mee Ok Icaro: of their experience and bring it into their day-to-day experience, so that

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00:12:14.830 --> 00:12:16.810

Mee Ok Icaro: the reality

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00:12:16.870 --> 00:12:19.000

Mee Ok Icaro: that they occupy most

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00:12:19.180 --> 00:12:21.299

Mee Ok Icaro: still carries that magic.

131

00:12:22.880 --> 00:12:33.500

Coach Jen Anderson: Hmm, okay, okay. So then, that's what you're pointing to with with the similarities with coaching, because it's not about that insight in the moment and then back to business or life. As usual, it really is

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00:12:33.640 --> 00:12:36.939

Coach Jen Anderson: applying and living, living into

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00:12:37.440 --> 00:12:40.030

Coach Jen Anderson: what's been. Yeah, surfest and.

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00:12:40.030 --> 00:12:43.229

Mee Ok Icaro: And many times. That simply means feeling into.

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00:12:43.230 --> 00:12:43.890

Coach Jen Anderson: Hmm.

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00:12:44.200 --> 00:12:49.100

Mee Ok Icaro: Because so often we get caught up in our minds and what we think we should be doing.

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00:12:49.450 --> 00:12:51.839

Mee Ok Icaro: And, as you know, with coaching.

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00:12:51.980 --> 00:12:54.219

Mee Ok Icaro: it's just about being present.

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00:12:54.380 --> 00:12:54.990

Coach Jen Anderson: Oh!

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00:12:55.400 --> 00:13:01.239

Mee Ok Icaro: Because people switch gears. They have insights, and you know it's

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00:13:02.320 --> 00:13:07.179

Mee Ok Icaro: It's often not paving a path. It's siding

142

00:13:07.630 --> 00:13:08.670

Mee Ok Icaro: a path.

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00:13:10.750 --> 00:13:25.220

Mee Ok Icaro: And so you can, you know, often it's like with my path to coaching. I thought I was gonna be doing this other program. But coaching was a requirement for it. And then I realized that I really loved coaching, and I didn't even finish that program.

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00:13:26.030 --> 00:13:28.430

Mee Ok Icaro: And so it's about

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00:13:29.030 --> 00:13:32.480

Mee Ok Icaro: really staying connected to your body.

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00:13:32.580 --> 00:13:40.210

Mee Ok Icaro: And you're feeling, and what these plants do that's so amazing, is it greatly increases your awareness.

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00:13:41.720 --> 00:13:52.290

Mee Ok Icaro: And so then it's like, what do you do with all of this new information? How do you process it? What does it mean for your life? And when you have more information.

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00:13:52.940 --> 00:13:56.420

Mee Ok Icaro: you probably don't want to live life as usual.

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00:13:56.970 --> 00:13:58.750

Mee Ok Icaro: We want to make moves.

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00:14:00.010 --> 00:14:02.120

Mee Ok Icaro: And so coaching can be

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00:14:02.360 --> 00:14:07.770

Mee Ok Icaro: a really beautiful tool in that space when someone is so open and so connected.

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00:14:08.370 --> 00:14:16.400

Mee Ok Icaro: and in such a place, to have even more Aha! Moments, and are in that realm of self-discovery

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00:14:16.550 --> 00:14:18.169

Mee Ok Icaro: and really motivated.

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00:14:18.960 --> 00:14:19.740

Mee Ok Icaro: Hmm!

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00:14:20.940 --> 00:14:26.109

Coach Jen Anderson: This is really interesting, because I really had seen these as very separate types of



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00:14:26.610 --> 00:14:43.639

Coach Jen Anderson: of methodologies for supporting people in their growth. And I'm you're very clearly explaining the integration piece, and and I see why you light up now when you think about coaching and talk about your coaching in conjunction with it. Yeah. So what's most exciting to you

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00:14:44.430 --> 00:14:45.650

Coach Jen Anderson: around

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00:14:45.720 --> 00:14:52.459

Coach Jen Anderson: the possibilities in in applying your coaching skills in this way and offering this to the world.

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00:14:54.250 --> 00:14:55.940

Mee Ok Icaro: I love it because.

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00:14:56.210 --> 00:14:57.520

Mee Ok Icaro: unlike.

161

00:14:57.980 --> 00:15:01.139

Mee Ok Icaro: but the human experience where I can't

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00:15:01.170 --> 00:15:09.450

Mee Ok Icaro: get inside of your consciousness and move it. I can do it through speech and say, Hey, why don't we look at this?

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00:15:09.870 --> 00:15:24.440

Mee Ok Icaro: It's a very interesting and mysterious process with these plants in the world of Ayahuasca. We call them plant spirits, and that's how the shamans refer to them. And you are connecting with

164

00:15:24.470 --> 00:15:26.760

Mee Ok Icaro: a different consciousness.

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00:15:27.641 --> 00:15:40.600

Mee Ok Icaro: For any animal lovers. You know, you could kind of learn to think like a dog, or, you know, really, your awareness increases to what they're aware of, given, given, given what they were given in this life.

166

00:15:40.710 --> 00:15:44.920

Mee Ok Icaro: and so to move that even a step further to plants

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00:15:45.410 --> 00:15:50.489

Mee Ok Icaro: is extremely interesting and to tap into

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00:15:50.620 --> 00:15:53.100

Mee Ok Icaro: that kind of intelligence.

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00:15:53.290 --> 00:15:55.279

Mee Ok Icaro: It's still a living.

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00:15:55.450 --> 00:16:02.590

Mee Ok Icaro: breathing thing, and every day scientists are learning more and more about just how intelligent

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00:16:02.920 --> 00:16:23.570

Mee Ok Icaro: plants are, how trees warn each other when there's a parasite, how connected they are under the soil of the earth, how their roots intertwine, how they produce sugar and signals, and they communicate in different ways. And so the fact that just like we and animals can communicate the fact that they also want to communicate with us

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00:16:24.050 --> 00:16:27.810

Mee Ok Icaro: in this way is amazing. And so to have

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00:16:28.520 --> 00:16:29.660

Mee Ok Icaro: these

174

00:16:30.100 --> 00:16:32.049

Mee Ok Icaro: to have that consciousness

175

00:16:32.110 --> 00:16:36.969

Mee Ok Icaro: actually in your consciousness, we we ingest these medicines

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00:16:37.420 --> 00:16:41.000

Mee Ok Icaro: and the path of becoming

177

00:16:41.070 --> 00:16:48.820

Mee Ok Icaro: in Iowa, Scara, or a Shaman. In this, in this tradition is really to become part plant.

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00:16:49.880 --> 00:16:56.179

Mee Ok Icaro: to become sort of a hybrid. And so the idea is that you have these plant spirits living inside of you.

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00:16:56.210 --> 00:17:09.689

Mee Ok Icaro: and they are communicating to you in a way that's different in the way that your dog communicates differently with you than a person. You know. They, you know that they're asking for things, but they're not, hey? Can I have this?

180

00:17:11.210 --> 00:17:21.699

Mee Ok Icaro: Wouldn't that be nice, you know? Oh, hey! My hip hurts! Actually, that's why, I'm whining and so to actually have something that can work inside of you, work in your dreams.

181

00:17:23.740 --> 00:17:25.300

Mee Ok Icaro: And make

182

00:17:25.420 --> 00:17:30.650

Mee Ok Icaro: and sort of help you to leave your ordinary

183

00:17:30.980 --> 00:17:32.550

Mee Ok Icaro: state of consciousness.

184

00:17:32.880 --> 00:17:36.029

Mee Ok Icaro: and, in fact, consensus reality

185

00:17:36.350 --> 00:17:40.969

Mee Ok Icaro: can be really powerful when you're looking for solutions.

186

00:17:43.560 --> 00:17:53.810

Coach Jen Anderson: this is really fascinating to me. Yeah, because I had all kinds of, you know, prior to meeting you, I had all kinds of things that I thought I knew about plant medicine. And

187

00:17:53.820 --> 00:18:06.270

Coach Jen Anderson: right? And I knew nothing. Of course, I'm okay with that I'm really excited to be learning more, but just just just thinking, practically on my level of awareness and understanding.

188

00:18:06.310 --> 00:18:13.589

Coach Jen Anderson: I talk to my plants. I talk to them throughout the day. I talk to them when I'm watering them. I thank them for flowering. I have a

189

00:18:13.690 --> 00:18:21.220

Coach Jen Anderson: a African violet that is blooming right now, and the African violet is the symbol of my book. Plant yourself where you'll bloom

190

00:18:21.577 --> 00:18:25.960

Coach Jen Anderson: and so I thank it for blooming, because it didn't. A few cycles.

191

00:18:26.050 --> 00:18:28.616

Coach Jen Anderson: and and she is again,

192

00:18:29.170 --> 00:18:32.559

Coach Jen Anderson: and and I. But I hadn't really thought about

193

00:18:32.820 --> 00:18:38.040

Coach Jen Anderson: other ways of of communicating and the healing that that is.

194

00:18:39.128 --> 00:18:41.359

Coach Jen Anderson: Gosh! I'm hearing the language offered and granted

195

00:18:42.220 --> 00:18:43.460

Coach Jen Anderson: through that.

196

00:18:43.943 --> 00:18:48.749

Coach Jen Anderson: So thank you for even that little bit of awareness in in this conversation.

197

00:18:50.300 --> 00:18:51.040

Coach Jen Anderson: So

198

00:18:51.640 --> 00:18:52.450

Coach Jen Anderson: hoo

199

00:18:54.000 --> 00:18:55.990

Coach Jen Anderson: you've got this retreat coming up.

200

00:18:56.720 --> 00:18:58.390

Coach Jen Anderson: Who are you envisioning

201

00:18:58.630 --> 00:18:59.620

Coach Jen Anderson: is?

202

00:19:00.110 --> 00:19:06.299

Coach Jen Anderson: I I don't know what language you would want to put to it is is ideal or.

203

00:19:06.300 --> 00:19:06.670

Mee Ok Icaro: Isn't.

204

00:19:07.014 --> 00:19:07.359

Coach Jen Anderson: Else.

205

00:19:08.090 --> 00:19:12.159

Mee Ok Icaro: You know it's a it's a combination for me, it's

206

00:19:12.670 --> 00:19:17.549

Mee Ok Icaro: it. It is a mysterious thing. When the plants call to you.

207

00:19:17.940 --> 00:19:19.510

Mee Ok Icaro: they do call to you.

208

00:19:20.460 --> 00:19:23.390

Mee Ok Icaro: You're they come into your field of awareness.

209

00:19:23.550 --> 00:19:28.440

Mee Ok Icaro: and just like with coaching where we are putting it back onto the client

210

00:19:28.820 --> 00:19:31.110

Mee Ok Icaro: to find their own power.

211

00:19:31.890 --> 00:19:33.499

Mee Ok Icaro: It's people who know

212

00:19:33.600 --> 00:19:36.480

Mee Ok Icaro: it's people who feel drawn who

213

00:19:36.620 --> 00:19:39.419

Mee Ok Icaro: are resonating with me with

214

00:19:39.510 --> 00:19:45.620

Mee Ok Icaro: Sultara, the incredible retreat center that I've partnered with.

215

00:19:45.820 --> 00:19:50.620

Mee Ok Icaro: and and also this this kind of work, you know it speaks to them.

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00:19:50.820 --> 00:19:59.779

Mee Ok Icaro: Their lives open up and can accommodate it. You know the the dates, work, the stars align, and it's something that they want to do, and

217

00:19:59.830 --> 00:20:06.389

Mee Ok Icaro: that can come from any number of things. It could be because they they just feel the call, and they're willing to trust that

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00:20:06.420 --> 00:20:08.369

Mee Ok Icaro: it could be because they

219

00:20:08.999 --> 00:20:19.240

Mee Ok Icaro: have had long addiction issues. And they've been in recovery. And they're kind of wanting to move to the next level of healing with that or

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00:20:19.380 --> 00:20:24.900

Mee Ok Icaro: just they're becoming more and more aware of how certain trauma

221

00:20:24.990 --> 00:20:34.529

Mee Ok Icaro: is holding them back in their lives in relationships or career, or some other dimension of their lives. Or they're looking for healing. They've had mental health

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00:20:34.560 --> 00:20:43.179

Mee Ok Icaro: difficulties, they've had physical. They might have a physical illness, something like that. But it's really just about

223

00:20:43.690 --> 00:20:45.089

Mee Ok Icaro: feeling cold.

224

00:20:45.985 --> 00:20:46.390

Mee Ok Icaro: And

225

00:20:47.330 --> 00:20:49.080

Mee Ok Icaro: again, it's about feeling.

226

00:20:49.600 --> 00:20:54.070

Mee Ok Icaro: it's about it's about feeling and having access to that

227

00:20:54.490 --> 00:20:55.880

Mee Ok Icaro: that inner knowing

228

00:20:56.370 --> 00:20:59.930

Mee Ok Icaro: that this is that this is for you, and that this is the time

229

00:21:00.060 --> 00:21:21.459

Mee Ok Icaro: so, and then also there. One reason that I really love Sultar, and that I recommend people go there. Whether or not it's my retreat is because it's such a safe place to experience this medicine, because a lot can go wrong. There's plenty of horror stories on the Internet about these medicines that aren't done in

230

00:21:21.590 --> 00:21:22.710

Mee Ok Icaro: integrity.

231

00:21:24.260 --> 00:21:25.360

Mee Ok Icaro: And

232

00:21:25.950 --> 00:21:29.329

Mee Ok Icaro: so they have medical doctors.

233

00:21:29.580 --> 00:21:31.260

Mee Ok Icaro: Gabor, Matte

234

00:21:31.360 --> 00:21:36.360

Mee Ok Icaro: and Dennis Mckenna are both on the Advisory Board. They have

235

00:21:36.430 --> 00:21:41.240

Mee Ok Icaro: to to be able to attend a retreat. You have to. There's a screening.



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00:21:41.590 --> 00:21:49.410

Mee Ok Icaro: Where it's medical screening. It's their psychologists. And then the shamans also have, you know. So there's

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00:21:49.440 --> 00:21:52.860

Mee Ok Icaro: they're not gonna a lot of problems with these retreats is that

238

00:21:52.870 --> 00:21:54.640

Mee Ok Icaro: they're just letting anybody in.

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00:21:55.890 --> 00:21:56.660

Mee Ok Icaro: And

240

00:21:56.930 --> 00:21:58.440

Mee Ok Icaro: that's just not safe.

241

00:21:58.660 --> 00:22:12.639

Mee Ok Icaro: You need. You need people who are going to not only be able to come and participate, but also leave and go back to their lives and be okay. So you want to check to make sure that people have support systems. There's really there's a lot of thoughtfulness

242

00:22:12.890 --> 00:22:15.779

Mee Ok Icaro: that goes into it just like any

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00:22:16.190 --> 00:22:18.334

Mee Ok Icaro: they call it surgery.

244

00:22:19.610 --> 00:22:30.879

Mee Ok Icaro: it's sort of an energetic surgery, but you know you don't just show up for surgery. There's outpatient, you know, there's preparation. You're you know what's

245

00:22:31.310 --> 00:22:54.449

Mee Ok Icaro: gonna be happening. You know where it's gonna be. And you know, it's gonna be in a sterilized environment, and that this person who's performing the surgery is credible isn't just some random person right? So all of that applies, it just looks very different. But I do think of it as I do. Think of it as medicine in that way.

246

00:22:55.800 --> 00:23:00.390

Coach Jen Anderson: Makes perfect sense, and and really looking at a person holistically.

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00:23:00.920 --> 00:23:01.800

Mee Ok Icaro: That's right.

248

00:23:01.800 --> 00:23:02.360

Coach Jen Anderson: Yeah.

249

00:23:02.750 --> 00:23:05.499

Mee Ok Icaro: Just like I mean ayahuasca is.

250

00:23:05.790 --> 00:23:07.580

Mee Ok Icaro: It is such a wonderful coach.

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00:23:07.720 --> 00:23:11.249

Mee Ok Icaro: because, unlike Western medicine, which

252

00:23:11.530 --> 00:23:16.320

Mee Ok Icaro: pretty much relies on or allows the the patient to be

253

00:23:16.380 --> 00:23:19.380

Mee Ok Icaro: passive. You take a pill and you wait for it to do its thing

254

00:23:19.830 --> 00:23:23.799

Mee Ok Icaro: with ayahuasca. It's much more ayahuasca wants to partner with you

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00:23:23.900 --> 00:23:29.963

Mee Ok Icaro: much the way a coach does. It wants to support you. I also I often call it my

256

00:23:30.340 --> 00:23:33.300

Mee Ok Icaro: my metaphysical therapist, where

257

00:23:33.390 --> 00:23:41.430

Mee Ok Icaro: it's like it's gonna keep me safe. It's gonna show me how to do the exercises, but I'm the one that has to go in and do the work.

258

00:23:41.430 --> 00:23:42.280

Coach Jen Anderson: To work.

259

00:23:42.280 --> 00:23:53.500

Mee Ok Icaro: Yeah, you can hire a professional trainer all the time. But if you never go to the gym on your own, what's the point? And so that's really a great metaphor, for where integration fits in.

260

00:23:53.920 --> 00:24:04.030

Mee Ok Icaro: Because you go to these ceremonies, you get some great teachings, you get great grounding. You come out very clear. I mean the diets.

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00:24:04.250 --> 00:24:10.459

Mee Ok Icaro: the the actual diet that you're on. During that time people come out. Their eyes are bright, their skin is clear.

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00:24:10.690 --> 00:24:21.151

Mee Ok Icaro: They looked. If people can come in kind of gray, and like, just leave glowing. It's really stunning just having really healthy food and

263

00:24:22.200 --> 00:24:26.560

Mee Ok Icaro: But then you leave, and the idea is to try to

264

00:24:26.890 --> 00:24:34.080

Mee Ok Icaro: change our lifestyle to some degree, shift our relationship to each, to each other and to ourselves, to bring

265

00:24:34.250 --> 00:24:44.859

Mee Ok Icaro: gratitude, because you are so grateful to these medicines for what they're showing to you, how they're healing you to the healers, to the facilitators, to everybody who's

266

00:24:45.070 --> 00:24:46.590

Mee Ok Icaro: a part of this

267

00:24:47.480 --> 00:24:55.230

Mee Ok Icaro: place in this world to hold the space for this medicine to be worked with in such a respectful way.

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00:24:55.340 --> 00:24:59.010

Mee Ok Icaro: And so then to try to go back to your own life

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00:24:59.080 --> 00:25:01.449

Mee Ok Icaro: and create that for yourself.

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00:25:03.830 --> 00:25:06.320

Mee Ok Icaro: yeah, it's it's an incredible thing.

271

00:25:06.682 --> 00:25:09.580

Coach Jen Anderson: I'm hearing that. And and then the coaching.

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00:25:09.957 --> 00:25:13.650

Coach Jen Anderson: Sounds as though it's a part of that support system as well.

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00:25:13.970 --> 00:25:16.929

Mee Ok Icaro: That's right, because it's again as we know

274

00:25:17.894 --> 00:25:42.339

Mee Ok Icaro: may. And I see this many times. People leave these retreats with high hopes of I see I need to change this. And I wanna change this. But it's like, No, let's have a timeline. Let's have some accountability. Let's not just slide back into, you know, eating fast food, or you know,

whatever it was not not going to Yoga regularly, or whatever it is that your processes that, you know is

275

00:25:42.840 --> 00:25:47.611

Mee Ok Icaro: is what works for you, for self care for getting to where you want to go.

276

00:25:48.360 --> 00:25:49.709

Mee Ok Icaro: And so much of it.

277

00:25:50.030 --> 00:25:52.189

Mee Ok Icaro: I think, too, is

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00:25:52.760 --> 00:25:57.769

Mee Ok Icaro: with these, with this indigenous medicine also comes the

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00:25:57.940 --> 00:26:00.220

Mee Ok Icaro: indigenous cultural context.

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00:26:00.680 --> 00:26:08.280

Mee Ok Icaro: healing. And so, yes, you are coming for your individual clear healing. But these ceremonies are held in a circle.

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00:26:10.720 --> 00:26:16.519

Mee Ok Icaro: None of us are healed unless all of us are healed. And so it's really a collective

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00:26:16.680 --> 00:26:18.150

Mee Ok Icaro: endeavor.

283

00:26:18.580 --> 00:26:23.900

Mee Ok Icaro: And again, it's an expansion of awareness outside of ourselves to others.

284

00:26:24.090 --> 00:26:25.160

Mee Ok Icaro: And

285

00:26:25.970 --> 00:26:41.959

Mee Ok Icaro: so it's great to have that support. It's great to have that connection. It's great to have other people who are also in that process. And so, having a coach who also works with this medicine, who's also connected with the plants and can help you stay with the truth

286

00:26:42.410 --> 00:26:44.149

Mee Ok Icaro: and the mystery

287

00:26:44.270 --> 00:26:47.669

Mee Ok Icaro: of what these plants offer can really help

288

00:26:47.950 --> 00:26:48.740

Mee Ok Icaro: keep.

289

00:26:48.920 --> 00:26:50.330

Mee Ok Icaro: keep you focused

290

00:26:50.520 --> 00:26:55.309

Mee Ok Icaro: on what it is that you're meant to do, and what you were so inspired to do when you left that retreat.

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00:26:55.950 --> 00:26:56.530

Coach Jen Anderson: Where

292

00:26:57.270 --> 00:27:06.069

Coach Jen Anderson: it's interesting watching you because you're using language like truth and mystery and magic. And and it's it's there's a groundedness to you.

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00:27:06.620 --> 00:27:11.799

Coach Jen Anderson: And yet there's also, and not yet. And there's also this

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00:27:11.830 --> 00:27:13.190

Coach Jen Anderson: real

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00:27:13.200 --> 00:27:14.879

Coach Jen Anderson: sense of possibility.

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00:27:15.310 --> 00:27:17.400

Coach Jen Anderson: And and what can be true

297

00:27:18.030 --> 00:27:19.349

Coach Jen Anderson: for all of us?

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00:27:19.550 --> 00:27:23.140

Coach Jen Anderson: Right? And this is this is your unique pathway in offering that.

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00:27:23.970 --> 00:27:24.510

Mee Ok Icaro: Yeah, it.

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00:27:24.510 --> 00:27:24.960

Coach Jen Anderson: And what.

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00:27:24.960 --> 00:27:26.459

Mee Ok Icaro: I owe a great deal

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00:27:26.840 --> 00:27:27.560

Mee Ok Icaro: path.

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00:27:27.560 --> 00:27:28.549

Coach Jen Anderson: Yeah, you are, including.

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00:27:28.550 --> 00:27:29.380

Mee Ok Icaro: My life.

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00:27:29.550 --> 00:27:40.700

Coach Jen Anderson: Yes, you are definitely walking your talk with it. So I I'd love to ask mia, what's your next stretch? It may not be different than what you've shared. But what is your next stretch.

306

00:27:41.010 --> 00:27:54.809

Mee Ok Icaro: Yeah, thank you so much. I you know I am growing my practice. Not only working with plant, you know a lot of people who work with these plant medicines. They're coming in contact with their story, and they're seeing how they haven't lived authentically.

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00:27:55.185 --> 00:28:21.130

Mee Ok Icaro: And many of them want to write books, so I support people writing books. So along with my regular coaching practice. I also am trying to offer more circles because I do have. I am a big intersection of a lot of different demographic spaces. So I run adoptee medicine circles specifically for adoptees who are working with plant medicines. And yeah, it's a space that's really close to my heart.

308

00:28:21.717 --> 00:28:26.190

Mee Ok Icaro: I also work in bipolar communities and LGBT communities.

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00:28:26.700 --> 00:28:34.099

Mee Ok Icaro: And I'm I'm so happy to be offering this 1st retreat because it's going to be ongoing. And what I like is

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00:28:34.620 --> 00:28:38.579

Mee Ok Icaro: when you drink ayahuasca. It really is an initiation of sorts.

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00:28:39.500 --> 00:28:43.049

Mee Ok Icaro: and but there are levels of initiation.

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00:28:43.290 --> 00:28:44.430

Mee Ok Icaro: And so

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00:28:44.650 --> 00:28:47.849

Mee Ok Icaro: once you work with ayahuasca, with ayahuasca.

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00:28:48.070 --> 00:28:51.869

Mee Ok Icaro: there's also the jungle pharmacy of other plants.

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00:28:52.700 --> 00:29:02.850

Mee Ok Icaro: You know, and actually, 25% of all pharmaceuticals come from plants in the Amazon, you know, Tylenol comes from white willow, and so forth.

316

00:29:03.233 --> 00:29:08.729

Mee Ok Icaro: Not that. That's an Amazonian plant, but just as an example, these are all pulled from nature.

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00:29:09.060 --> 00:29:13.760

Mee Ok Icaro: And and so you can work directly with these plants

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00:29:13.990 --> 00:29:20.540

Mee Ok Icaro: with in conjunction with ayahuasca. And that's a deeper initiation. And actually, that's the path

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00:29:20.760 --> 00:29:23.489

Mee Ok Icaro: to becoming a practitioner.

320

00:29:23.680 --> 00:29:25.150

Mee Ok Icaro: And so

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00:29:25.420 --> 00:29:50.289

Mee Ok Icaro: the retreats that I'm giving. Because to me, Saltara, if if you're a 1st time Drinker Saltar is the place to go. They have so much support, such great guidance. Such a high standard there, and they are very integrated with Western, you know, the Western model, and also really honoring the indigenous and so

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00:29:50.910 --> 00:30:00.050

Mee Ok Icaro: the retreat that I'm guiding there is somewhere between that more intense initiation where things get really strict

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00:30:00.450 --> 00:30:02.320

Mee Ok Icaro: to work with other plants.

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00:30:02.905 --> 00:30:06.580

Mee Ok Icaro: But it is stricter than a traditional

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00:30:07.030 --> 00:30:22.600

Mee Ok Icaro: ayahuasca retreat where things in an ayahuasca retreat that are optional. For example, they'll encourage you not to be on social media to try to stay off their phone. Some people do choose to surrender their phones at my retreat or taking your phone.

326

00:30:23.115 --> 00:30:24.120

Coach Jen Anderson: We have gone.

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00:30:24.690 --> 00:30:25.330

Coach Jen Anderson: We are.

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00:30:25.330 --> 00:30:38.409

Mee Ok Icaro: Our we're going to honor more silence as well. There's going to be. It's not going to be so much an open, ended sharing circle outside of ceremony. It's actually going to be

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00:30:38.922 --> 00:30:45.669

Mee Ok Icaro: processing and more integration. So it's going to be a bit more focused without

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00:30:46.030 --> 00:30:50.259

Mee Ok Icaro: so many of without quite the intensity

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00:30:50.580 --> 00:31:10.789

Mee Ok Icaro: and commitment of a Gietta, what we call a Jieta so it's a brick bit of a bridge. And then my hope is that when my teachers open their geta center in Peru that I'll be able to start bringing groups down there so that they can begin to work with these other plans in that tradition as well, and go deeper.

332

00:31:10.950 --> 00:31:12.916

Coach Jen Anderson: Oh, there's your stretch. Okay.

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00:31:13.310 --> 00:31:13.830

Mee Ok Icaro: There is.

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00:31:13.830 --> 00:31:37.090

Coach Jen Anderson: Well, and one thing I know about you is when you decide to stretch, you commit wholeheartedly to the stretch. And so it's it's your passion is so inspiring. And that's why I wanted you to be a part of the podcast. And and thank you for sharing your your passion with with those who are are curious. Right coaches by default are very curious people.

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00:31:37.170 --> 00:31:41.840

Coach Jen Anderson: If they do want to take the conversation a little further with you what's the best way for them to reach out to you.

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00:31:42.580 --> 00:32:05.209

Mee Ok Icaro: They can visit my website holding compassionate dot space. There they can learn more about the retreat, and they can hook up to my social media as well. I also have a sub stack where I kind of have a noncommittal podcast of my own. But I also write pieces about different medicines and

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00:32:05.220 --> 00:32:12.000

Mee Ok Icaro: poaching and different things that I come across for me, that I want to download and get out there and share.

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00:32:12.522 --> 00:32:18.779

Mee Ok Icaro: So yeah, they're they're welcome to. There are many ways to to contact me, and I'm always happy to meet with people for

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00:32:19.344 --> 00:32:29.995

Mee Ok Icaro: a short 20 min consultation to see how I can support them, to answer questions. To tell them that they're doing amazing cause. Usually they are.

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00:32:30.390 --> 00:32:32.660

Coach Jen Anderson: And I don't buy that everything so.

341

00:32:32.660 --> 00:32:33.710

Mee Ok Icaro: The website.

342

00:32:33.710 --> 00:32:36.779

Coach Jen Anderson: Okay, perfect. So what's what's the website? Again?

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00:32:37.020 --> 00:32:39.339

Mee Ok Icaro: Holding compassionate dot space.

344

00:32:39.820 --> 00:32:57.486

Coach Jen Anderson: Okay, got it alright. Well, so, Mike, my yoke, there's something in that for me, isn't there? I'm gonna pay attention to the fact. I said that. So we're gonna take a quick break. But if you could hang on for just a second, I'd love to

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00:32:57.940 --> 00:33:00.659

Coach Jen Anderson: to do a more formal. Thank you. Okay.

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00:33:00.830 --> 00:33:02.660

Coach Jen Anderson: alright. So we'll be right back.

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00:33:08.260 --> 00:33:31.770

Coach Jen Anderson: Alright. So the inspiring coaches show is always looking for more inspiring guests. And I I feel as though the guests just keep getting more and more inspiring. So if you are interested in in joining me on the show, please send an email to Jennifer at coaching out of the boxcom and include your topic idea and a short blurb on how you think it will inspire coaches to bring their professional dreams

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00:33:31.770 --> 00:33:43.369

Coach Jen Anderson: to life. And, as always, whatever platform you're finding us on. If you could remember to subscribe, we'd really appreciate being able to count on you as a member of our audience.

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00:33:43.604 --> 00:33:56.999

Coach Jen Anderson: And also you can also let me know if you know someone who might be a great guest for the show as well. You may not quite be ready yet. You will someday be ready, I'm sure, but if you have another guest that you think would be great for us. Then please let me know.

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00:33:57.170 --> 00:34:22.459

Coach Jen Anderson: So, as we all know, coaches who are inspired, love to show gratitude. So thank you so much to you, Meow, for being here and sharing for your incredible wisdom. You are a fascinating human being, and I heard somebody else tell you that last night, so thank you so much for all of this, and and thank you to our inspiring sponsor, the International Coaching Group

351

00:34:22.880 --> 00:34:32.960

Coach Jen Anderson: most of all. Thank you to you, dear coaches who are listening and watching for committing yourself to constantly seeking inspiration, to bring your coaching dreams to life.

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00:34:33.020 --> 00:34:39.900

Coach Jen Anderson: So until next time, I'm Jenny Anderson, Master certified coach, and this is the inspiring coaches show.