

# How To Reignite Your Passion - Brigette Sigley

Brigette Sigley was juggling a successful business and family, and being busy led to her missing the warning signs that eventually led to a brain tumor and then breast cancer.

Website: [BrigetteSigley.com](http://BrigetteSigley.com)

Highlights:

01:00 Introduction

04:05 Brigette Sigley had two major health challenges

08:49 The Symptoms

13:24 Brigette's three types of Superwomen

19:12 Self-expectations

22:38 Brigette found out she has breast cancer

28:49 The life-changing decision

36:00 Brigette heard a voice

44:09 Bill's experience

55:35 Letting go of control

Transcript:

Brigette 0:00

All of a sudden I felt this pea-sized lump underneath my left arm. And although the water was hot, I liked it, I suddenly felt this cold inside of me like, I just knew that something wasn't quite right. And I find myself in front of the breast surgeon and she's telling me that I had grade three breast cancer and it's in all my lymph nodes.

Brigette 0:34

But then old Brigette shows up again and she says, okay, but how quickly can you fix me? I like I've got this company to run and three kids and this just doesn't suit me. I mean, how often do we do that? We just want a quick fix, right?

Intro 0:51

This is recovery after stroke with Bill Gasiamis, helping you go from where you are to where you'd rather be.

## Introduction



Bill 0:59

This is Episode 94 and my guest today is Brigitte signally. In the past, Brigitte was the ultimate Superwoman juggling a successful business and a family. However, like many of us, she didn't see the warning signs that eventually led to a brain tumor and then breast cancer. 10 years ago, Bridget went on a transformational journey that began with overcoming her health challenges and later finding her purpose and training to become an integrated health coach out of the Institute of Integrative Nutrition in New York.

Bill 1:32

Brigitte's passion is inspiring women to get off the hamster wheel and reignite their lives so they can experience more peace and fulfillment and avoid stress-related health crises like the one she went through.

Bill 1:46

Now just before we get started, I wanted to let you know that you can download all the words of this episode as a PDF. It's perfect for you if you prefer to read and take notes or highlight different parts of the interview for future reference. It's a great way to learn and it helps retain new information to memory. Just go to recovery after stroke calm, and click on the image of the episode you've just listened to. At the very beginning of the page, you will see a button that says Download transcript.

Bill 2:16

Click the button, enter your email address and the PDF will begin downloading.

Also, if you love the Recovery after Stroke podcast, and you think that it is helpful to other stroke survivors, please share it with your communities and tell others about the podcast so that they may benefit too. If you are watching on YouTube, please give us a thumbs up and leave a comment.

Bill 2:39

I'd love to hear from you and other stroke survivors. And I answer all comments personally. Go to iTunes, or your favorite podcast app and leave a five-star review. Finally, if you think you make a great guest and have an inspiring stroke recovery story to share with our community. please get in touch Just send an email to [bill@recoveryafterstroke.com](mailto:bill@recoveryafterstroke.com) and I'll make it happen. Now it's on with the show.

Bill 3:09

Brigette Sigley>Welcome to the podcast.

Brigette 3:12

Thanks, Bill. Thank you. You know, we've known each other for a long time, haven't we? And so thank you so much for having me back, I guess.

Bill 3:21

Yeah, it's been a while you were one of the very first few people that I interviewed on the podcast, and I think that was nearly four years ago, something like that. So it's really good to catch up with you again, although we catch up regularly out of podcasts, you know, not in the podcast world we catch up in person

Brigette 3:41

We do we do.

Bill 3:43

So just to remind people who may have not listened to the early episodes. Of The Recovery after Stroke podcast. Can you tell us a little bit about what happened to you?

## **Brigette Sigley had two major health challenges**



Brigette 4:05

Sure. So 10 years ago now, I had two major health challenges. And when I was 35, I was diagnosed with a brain tumor at the base of my C two. And then five years later, I was diagnosed with breast cancer, grade three breast cancer, and it was in all my lymph nodes because those things sent me on this journey to understand what was causing my body to go into these health challenges, and then basically how can I stay alive to you know, to be there for my family, and see my kids grow up. So I went on a journey. And here I am 10 years later.

Bill 5:05

Yeah, it's so good that you're here. I mean, we met, I'm pretty sure we met something around about five or six years ago at a public speaking, gathering. And you were there for the same reason I was it was to learn how to get in front of people and share the message so that we can support people in their recovery.

Bill 5:27

And be kind of a guide to them so that they don't have to go through things the way that we went through things and as badly or as dramatically, or I don't know what the term is, right? But at the time you were a mum, yeah. And a wife and a businesslady. Tell me about family life and the things that you used to do daily before the universe told you you couldn't do these things anymore for now.

Brigette 5:55

Yeah. So, my life used to be one of, I was busy all the time on the go all the time. So I was running a business in the city. I had three small kids. You know, every moment was Go, go, go, go go. And, I felt this incredible responsibility for both

my business and my family. What I didn't know at the time was that my actual stress hormones were turned on all the time because I never stopped.

Brigette 6:40

So, I would go go go and then you know and even to do that I would wake up in the morning, I would take a Berocca to get me going. I go and do some exercise. And you know, I'd go off to work by about three o'clock. I'd need a bit of sugar to give me a boost and a coffee. And then at night, I get home and I'd wind down with wine at night.

Brigette 7:09

And I do the same cycle every day. And I also felt this overwhelming responsibility that you know, we had these kids, but my job just didn't end when I got home, it was like, Okay, well, what are we eating for the next week? I was so much more capable of I felt I was so much more capable of doing things. So I would just run around and do everything at home as well.

Brigette 7:37

So this is how I live my life. And a lot of people, friends would go oh my god, you know, you're like, Superwoman, you just can do all these things and like, deep down, I made me feel like prepped to you know, I can just get all this stuff done. And I just used To think that everything would be alright I just create more time I just do things for longer.

Brigette 8:08

But little did I know that it was having this effect on my body. And I refer to that term Superwoman. These days, I coach a lot of women who were very, very similar to me or similar back then and how I was. And so it got to this point, and I guess, you know, maybe if I just share Bill, a couple of my turning points, you know because there were messages along the way. And you talked about the universe. There were messages along the way that I was ignoring.

## **The Symptoms**

Brigette 8:49

And the first thing that happened was, I just had my first child, and I had a profitable business, and you know, everything was going well. I was running my business. I have my child managing that. But I had this crazy, crazy, incredible

pain in my neck to the point that I know that this sounds ludicrous to anyone else, but I used to be popping Voltaren, like regularly every day, that's an anti-inflammatory yes, and I'd be popping these pills daily.

Brigette 9:31

And I need to go for a run at four in the morning like, just to get my neck moving, so it would be pitch black. And just so that I could move my neck so I could look down at my, you know, Zack was only six months old. I find myself off having an MRI.

Brigette 9:53

And, you know, Bill that something's wrong. When the doctor calls you. How often do they call you after you, very rarely? So, I had my MRI, and then the doctor on the phone as I was leaving the carpark and he said, Can you pull over and buy blood thinning tablets? And, the next morning, you know, I find myself in front of Professor Kaye, who is a neurosurgeon.

Brigette 10:26

He tells me that I have this brain tumor, the size of a golf ball on the base of the top of my neck face of my brain. And the thing that came out of my lips was, how quickly can you fix me, you know, I've got stuff to do. I've got this business to run. I've got my child, to, you know to look after. They give a 60% 40% chance of being able to walk again in that, and I'm just devastated.

Brigette 11:09

I remember actually. So I was 35 at the time. And I remember sitting there and writing my will out on this little scrap of paper the night before. They do the operation, and he says you know, I want you to rest for, you know, for weeks, and I think I can do this in two weeks. And it was like I put my, like, throttle down and I was back out there doing my invoicing.

Brigette 11:42

And, and, you know, and it was just the way that I looked at life was that life was about doing as much as possible and at all times, and I didn't know any different. So there was that warning sign then that hey, something's not right. And my body was trying to give me a message. But I wasn't listening.

Bill 12:07

That was a message and a half Bridge and stroke survivors will relate to this, let

me tell you because I was similar. I had the first bleed in my head, and I ignored it. Seven days. And then the doctor told to me go home for six weeks and do nothing. And of course, you know, I did as much as I could in those six weeks because I had a business to run as well.

Bill 12:28

And I had guys running around and I was doing quotes and I was doing all sorts of things, you know, many stroke survivors will relate to this and I know, with women, and my experience with my wife is that there's, really a time with her. She'll say, no, I can't do that. Or I'm not I'm too busy or I haven't got time for you or whatever.

Bill 12:50

It's very rarely that she'll say, I need to do something for myself or if one of the kids butt in or interferes at that time, or I do, and I'm not being aware that she's had a massive day or she's really tired and I need to give her time and space to herself if I'm not aware, and I also butt in and I say something, she would just drop everything that she was about to do for herself and she'll just get on to the task to make you better, feel better, happier, whatever. Do you relate to that as well?

## **Brigette's three types of Superwomen**

Brigette 13:24

Yeah, yeah. You know, so these days Bill, I work with women that I call Reforming Super Women, and there's three types of Superwoman. So the first type is Miss Perfecto. So Miss Perfecto feels like no one can do anything as well as they can. Whether it be it's just quicker at work if I do it, because I know how to do it or at home, no one vacuums or wipes the benches quite like I do, or mop so I'm just gonna do it.

Brigette 14:07

But then they're left feeling frustrated and angry and empty because they have no time you know, which is all kind of going on in their body. The second type of superwoman is what I call Mother Teresa, Mother Teresa, maybe this is a bit like your wife's Bill in that they wants to help everybody else and be there for everybody else.

Brigette 14:39

They want everybody else to be happy and to live the best lives that they can. So that they will do anything to make that happen for other people and they get a lot of joy out of doing that. But consequently, they put themselves at the very bottom of the piles so often they're left empty and exhausted.

Brigette 15:06

And then the last one is Miss indispensable, so Miss indispensable knows, you know, everybody rings her, like, if the children can't find their socks, then they ring or if they've lost something, they ring and work or ring and say, you know, how do you do this or that or, and they love it because you know that they're the source of this information and all this power and it kind of gives them adrenaline because, you know, I think later on we'll discuss the science too, but they get this power trip out of doing it and inside of them, it's energetically lifting them with adrenaline, and so they get used to that sort of addiction.

Brigette 15:56

And that was probably me, Miss Indispensable. I kind of loved being needed. I loved the fact that everybody would come to me, you know, and I could rattle off. You know, how many people find me today and all the stuff that I kind of got done?

Bill 16:13

Did you like that as a kid? Does it creep up on you? Is it something that you always had within you? How did you get to that point where at 35 you were this person? And then, and then there was also something else tied to it. So maybe it was partly, and you can tell me, I'm just, I'm just guessing, but maybe it was partly your upbringing or the way that you were as a kid. But then also there was money associated with it as well, because then at work, you got to reward for what you were doing. It wasn't just personal praise. It was also those you know, dollars associated with it.

Brigette 16:50

Yeah, I think I think for women these days, it's very challenging. You know. We're taught that we can have it all and I am going to show you how you can have life balance, and you can and everything flows more easily and I'll finish my story with that as soon but I think we're brought up in a society where perhaps our mothers that they were at home and that they ran the perfect house and they put



food on the table and we had all these varieties of meals.

Brigette 17:32

So we saw that right? So in my case, I grew up with that and my mom worked part-time. But then, you know, I was told, I could do anything and have this fabulous career and then children came along and, and it was like, oh well, this part inside of me that says I want to be this nurturing mother and feel responsible for these children, and husbands and stuff, so I've just got to find a way to do it all, no one teaches us, you know how, how we say no or with grace or how we ask for help at times, and how we can do some action in a much more easy way, not from a kind of frustrated vibrational place. So, they're the things that we deal with in this modern world as a woman.

Bill 18:36

So you get sucked into the narrative and both of them, okay, when I say something, I'm not saying it negatively, but you get sucked into the narrative of this is how I've grown up and this is how I see a mom's role in a home because of my example with my mum, and you also then get sucked in with the movement that's about empowering women to be employed and employable, and successful business people and all that type of thing.

## Self-expectations



Bill 19:12

And then somehow you forgot perhaps that there was maybe supposed to be 80% of 1 20% of the other or 40 60 or something like that. And you try to do 100% of 1

and 100% of the other. And that's way too much expectation on yourself. And of course, were you successful in both of those areas where you were successful at being the type of mum and wife that you want to be as well as the type of business person you wanted to be? Did you find one was lacking? Or were you doing both of them well?

Brigette 19:52

So I felt that my business had grown and I had these kids, but I felt like I was failing at both because I felt so guilty when I was with the kids. Because I, you know, I had this business and we often there be issues that would come up. And then and they'd say, Are you listening to me Mom and, you know, which you know, is a typical kid, but really, I was never really present.

Brigette 20:25

And then and then this responsibility that if I didn't do that, what would happen with our mortgage? And so it was this constant thing of, I'll put all of that off. And I'll just make more time until my second you know, my big aha turnaround point. changed all of that, I guess.

Bill 20:50

Yeah. Well, that's amazing. I, I relate to a lot of what you're saying because I'm, you and I are very similar. Although I'm a male You're a female. I do have all of these issues as well, a lot of men will relate to this. But I think men can do the work thing better than the women thing. And I'm not saying in the way that they succeed or how good they are at work in that we can leave our kids behind.

Brigette 21:19

Yeah. And I see and I would agree that men in general can focus on solely one task at a time. And yes, there are lots of jokes about that. But the reality is that we can just do that one thing at a time, and then think about what's next. We create so much better outcomes. Yeah, can I share with you Bill, my next turnaround point because I guess that might help your listeners and your viewers to see where they're at.

Brigette 22:00

So after 35, 1 one child, the way that I looked at that was life short that is for living. I've just got to get out there and do more, create more. And so the business got bigger. And then I had three kids. And I remember it I was turning 40 and it

was this autumn morning and I just come back from training for this ultra-long triathlon.

## **Brigette found out she had breast cancer**



Brigette 22:38

Yeah, so there's another thing that you know I added in their training for this and I hopped into the shower and I'm like scrubbing up. And then all of a sudden I felt this like-sized lump underneath my mind left arm and although the water was hot I suddenly felt this cold inside of me like, I just knew that something wasn't quite right.

Brigette 23:09

And I find myself in front of the breast surgeon. And she's telling me that I had grade three breast cancer and it's in all my lymph nodes. But then old Brigette shows up again and she says, okay, but how quickly can you fix me? I like I've got this company to run and three kids and this just doesn't suit me. I mean, how often do we do that? We just want a quick fix, right?

Brigette 23:40

So she says, No worries. You know, we can get you into chemo. We can start chemo this is serious. We can start chemo and so you know, six rounds of chemo and then two blood transfusions. I find myself back I'm sitting in front of her again. And I figure we've beaten this, you know, I've done everything that she said, I've even started I'd taken myself off to the goal cancer retreat for 10 days during that time because I kind of recognized that maybe I needed to do

something.

Brigette 24:22

I'm sitting there ready to high-five her and she says Brigette, the treatment hasn't worked. And the aggressive breast cancer has spread. And we're going to now need to do Vasectomy and, reconstruction.

Brigette 24:45

And just at that moment, I felt so angry and so frustrated, because here was this very, Superwoman, needing to control all my outcomes, and suddenly I didn't have an answer. And so I remember coming home and and going into my meditation room and I just surrendered and what I mean by that is I let go of all the thoughts about how and what I should do next.

Brigette 25:23

And I just surrendered and I asked if there's a God out there what do I do? This gets woo-woo now just before my timer went off cuz I set a little timer just before the timer went off. I heard this big booming voice say don't let them take your lymph nodes and it was like this male voice so my logical mind goes these chemo drugs speaking I'm going nuts. And I got rough and said I've just heard this big male booming voice and say don't woo-woo with my lymph nodes. And he's gone.

Brigette 26:11

So anyway, I'm on the trolley to go into theater, because it was all happening in the space of five days. And I'm just doing my deep breathing exercises with my eyes closed. And I hear that voice again. Don't let them take your lymph nodes. So, I think that there's something you know, like, my being my inner gut is saying there's something in this, you know, I need to do something and so they open the theater doors and I want to say something and there's like bright lights and there's 20 people and I just, I can't.

Brigette 26:59

I wake up after an eight-hour surgery, and they've taken my breasts and they've made a new one, but I'm bound up like a mummy and I'm feeling really sad and sorry for myself. And I'm in intensive care. And all of a sudden, I could hear this chirpy little girl's voice, which was my daughter at the time, she was three, Audrey and my parents had brought her in to see me.

Brigette 27:26

And she says, and like inside, I'm like, really angry because I don't want her to see me like this. After all, you know, I'd always been really brave and strong and, but she doesn't see any of the tubes or anything. And little girls, you know, they just have this way of, not saying that and she just looks into my eyes and she said, did they take your boob?

Brigette 27:56

Did they make you a new one I just felt this overwhelming love for her and my family. And I knew deep down that I needed to find a new way to live and not just exist if I wanted to see her get married I needed to find a whole new way of living. So that was my catalyst. And an incredibly a couple of days later, I also had this, inner knowing that if I just was able to listen more to that voice, learn more about that, that I wouldn't be able to you know, learn how to stay healthy and and to live right.

## The life-changing decision



Brigette 28:49

So I made that decision. So I had to be still in that hospital for a week and I made that decision that I was going to put my well-being first from that moment on, and I went on this journey, and incredibly, a couple of days later that the breast surgeon came in to say, you know, the next stages, we're doing more chemo, we're doing this and I just felt myself saying, no, I'm not having any more treatment.

Brigette 29:19

I know that it wasn't in my lymph nodes. And she said, well, she said, the operation. We take a biopsy of all of the lymph nodes, you know, that we've removed. And then she came back in and guess what?

Bill 29:37

Wasn't in there.

Brigette 29:38

It wasn't in there at the time of the operation. So, for me having that moment of those brief little moments of being able to connect to that guidance, may want to understand more, and how it all works. So I went on this journey, right? To learn and, I guess what I learned, you know, like I learned, I learned, I guess a couple of things that may help your listeners here. But that it's not our genes that cause disease so it's not if we've got the cancer gene or the cardiac or stroke gene or whatever.

Brigette 30:38

It's the expression of that gene. So what I mean by that is that it's called epigenetics. And it's the science of epigenetics. So, the expression of that gene means it's the environment the genes are in so we choose to turn a gene on or off so we can up-regulate or down-regulate a gene, depending on our thoughts and our feelings.

Brigette 31:05

So, when I learned that I thought, well, if I've turned my cancer genes on, maybe I can turn them off, right? In this way. So I started to get excited. And then I started to study the work of Dr. Joe Dispenza. He talks about stress addiction, and how when we just go go go over time. And it's like, what we're doing is that we're sending all our blood away from our organs, like our heart, and, all those major organs and we're sending them out to extremities, like we're running from a tiger.

Brigette 31:52

But there are a couple of things that happen when we do that we don't make as good decisions when we do that. When it's always turned on like that, and long term, what happens is that cortisol levels are rising, and it's turned on constantly and we cause inflammation in the body and then it often leads to disease. So that's when we're turning our sympathetic nervous system on and I'm sure you've had, you know, many of your other guests talk about that, but it's, then it was for me, okay, well, how do I that had become my normal and I didn't know everything else felt quite uncomfortable, right?

Brigette 32:35

Being still felt uncomfortable. How do I then turn on my para-nervous system and kind of make that my normal? So 10 years down the track, you know, I went and studied Western medicine and as I just mentioned, the science and Eastern I went and studied with the Masters in India, I took myself off to India. I studied to become an integrated health coach out of New York and so 10 years later I want to say that I'm cancer-free and I'm probably the most healthy and vibrant you know I've ever been.

Brigette 33:25

And I also created a process to be able to help myself that I now coach others around and I know you had, you know, an old client of mine recently, didn't you?

Brigette 33:41

Yeah I did, Clare.

Brigette 33:44

That talked all about it and I've been able to turn my whole life around so that my relationships are you asked me before about you know, What wasn't working what was failing? And probably back then I didn't know. But my relationships with my kids are so much stronger. Because I now have this whole new way of being able to operate.

Intro 34:18

If you've had a stroke, and you're in recovery, you'll know what a scary and confusing time it can be, you're likely to have a lot of questions going through your mind. Like, how long will it take to recover? Will I recover? What things should I avoid in case I make matters worse? Doctors will explain things, but, because you've never had a stroke before, you probably don't know what questions to ask.

Intro 34:42

If this is you, you may miss out on doing things that could help speed up your recovery. If you're finding yourself in that situation. Stop worrying, and head to [recoveryafterstroke.com](http://recoveryafterstroke.com), where you can download a guide that will help you it's called Seven Questions to Ask Your Doctor about Your Stroke.

Intro 35:01

These seven questions are the ones Bill wished he'd asked when he was

recovering from a stroke. They'll not only help you better understand your condition, they'll help you take a more active role in your recovery. head to the website now [recoveryafterstroke.com](http://recoveryafterstroke.com) and download the guide. It's free.

Bill 35:30

Can you describe or tell me where in your body that voice came from? Or did it come from somewhere else? So I'm just curious about if you can pinpoint. Like, where that voice came from. And I know that you heard it like an external voice and it was booming and it was loud. But was it your unconscious? Do you think it was something within you? Can you elaborate on that a little bit?

## **Brigette heard a voice**

Bill 36:00

Why I think it's important for you to try and elaborate on that, for my listeners a little bit is that perhaps they have heard a voice or some kind of guided message somewhere in the past and have not paid attention to it. Or it has been drowned out by something else. Are you able to shed some light?

Brigette 36:22

Yeah. And if I can do it from a place now, because obviously at that time, I didn't know, right, and I just wanted to explore what was that voice. And what did that mean? So I'll come from a place that is now 10 years down the track. So, from a science perspective, they now know that there's a fifth dimension. So what does that mean? So a fifth dimension, it's like, spirit and science are becoming much closer together so that they know that there is an energy and they call it the dark energy that controls and manages all things.

Brigette 37:07

So all things have a vibrational frequency and plants, animals, and everything have this and we interact with it. So, some in a spiritual world may call that consciousness, God, Budha. But there is a way that we can all interact with that. So how did that happen to me? How it happened was when you get quiet enough in that your thoughts and your feelings you let go of those because we're always thinking thinking thinking.

Brigette 37:47

When you get quiet enough to be able to for a minute, stop thinking but also ask



for help like one of the things is you need to ask. So at the moment, I asked and said, if there's anything out there now I need your help. So I'd let go of my thoughts about what I thought should happen, I now need to do this, this to control this.

Brigette 38:16

And I want to give you another example here. So, one of my clients Leoni. She, when she came to me, she had these terrible, she had this back pain that she'd had for years and she was on she taken a cocktail that she'd had back surgery. But the reality for her was that she couldn't stand for more than 15 minutes at a time.

Brigette 38:46

So we went through this, process of her and I call it the reignite process. But she was able to after four weeks, she could have whole days of no pain. Now a part of this is being able to reconnect and then be able to see a different future for yourself as well. But she had these freaky moments, through the meditations and stuff that I did with her where she could see herself above her body. Yeah, but there's a way that when you open yourself up and you get quiet enough the right information comes to you to make life easier.

Bill 39:46

Does it come to your head? Where does it come from?

Brigette 39:50

Ah, okay, so when I coach people around how do they know? So let's call it guidance. All right, guidance is kind of a nice safe word. How do they know if the guidance is real? Or if it's your head talking? It's a good question, right? So I say to them guidance comes when you have this just really strong knowing. And it's it's in your gut in your heart that this is right and it keeps coming back to you. Like someone knocking knock knock knock you know, you're not paying attention.

Brigette 40:30

Come on, and it tells you again, you thinking, God, I wish that feeling had gone away. So think about a time with you where it's been. And I can tell you on this journey of, you know coaching and speaking at times, I've wanted to give up but it's like this strong No, no, no, you've got to keep going. And this is what you kind of you're here to do. So it's this really strong knowing the other thing it's like

where you wouldn't have thought of it yourself.

Brigette 41:06

So it's like something that comes to you that never. And I'm going to give you an out-there example because remember, I'm 10 years down the track. Now this is, this is a funny story, but I'll tell you a really quick version. So recently, I've got three kids and my middle son now is 14. And he plays a very high level of soccer now he'd gone into this team and it was very exciting.

Brigette 41:29

And he got his kit, like, in a way kit, a home kit, with his name and all this sort of stuff. And they said, Don't lose the kit, you know, it's very important, you know, and he was very proud. That was the ceremony where he got the kit. So I come home and they play the first home game and then they have the training during the week.

Brigette 41:47

And he comes to me like at the end of the week and says Mom, I can't find my home kit. You know, meaning what he wears on home day games. You know, so the stress hormones fall It was like start to come up and I'm gonna go where did you put it? And he says, well, I would I thought I'd put it in my bag and then my husband's coming home going, Hey lost your kit, you know, like, so anyway, we go from the top to the bottom of the house looking for this and we couldn't find it.

Brigette 42:23

So I thought I'll just go into a meditation and I'll ask, I'll ask. So this is how you can use this guidance to I'll ask so I just let go of all the thoughts and feelings you know, he'd only play one game so I didn't know his team or whatever. And it came back that came this really strong image of this redhead boy and his kitbag, I said to McKenzie, is there a redhead boy in your team? He's got your kit. So Mackenzie goes to the boy during training on Friday and says Mom said that God told her that you've got my kit. Oh my God, he didn't.

Bill 43:12

Call the crazy van.

Brigette 43:15

So, the kid goes oh and you know, he looks through his bag and they don't find the kit. However, we're like four weeks down the track and they'd ordered a new

kit and he got a new number and whatever, because of this Coronavirus, everyone's been at home right here. And so they've been cleaning out cupboards we get an email from that boy's mother.

Brigette 43:37

Saying they'd found Mackenzie's, you know, number, you know, with his number and his name and his Yeah, his day kit. So what I'm saying is that when we can get quiet enough to be able to stop the thoughts for even brief periods and we practice this more, and I call it reconnecting that. It opens us up to a whole different way of living where life can become easier.

## **Bill's experience**

Bill 44:09

I know it sounds woo-woo, but it's not. And I asked you to tell me where you experienced it because I didn't want to tell you where I experienced it first. So I sense that it's not in the head. If you can calm the head down, then it helps it to come alive. And with my bleed in the brain and the two bleeds before surgery.

Bill 44:33

Three years later, my head switched off, like it went offline. And then all this stuff came up for me. And I didn't have words around that I didn't know how to explain it. I didn't know what was happening. But as I did a little bit more reading and a little bit more understanding about messages and about the body and intuition and all that type of thing.

Bill 44:55

I realized that again, the head switching off was a big for me because I was always in my head, and allowing me to just focus my energy and connect to my body allowed for those things to come up and speak to me as well. And for me, they didn't speak to me in a voice, they just spoke to me. They spoke to me with ideas in kind of like internal messages, that were not external that just sort of said, Go that path or follow that or get curious about that.

Bill 45:27

And as I did that, I learned more and more and I helped myself more and more. And then at that time, it was just happening more and more often because I was able to quiet my head down. And once you get good at it, the guidance is easy to

tap into. And what I explain to people is, is that it's just me, telling me exactly what I want to do. It's just me, my heart telling me what my desires are and my gut telling me to confirm those desires. And then help me to take action in that space.

Bill 46:03

Right. And we know that the head is just about giving you creative ideas as to how to do what it is that you want to do in your life and what's important and what you love. What we love is not in our head when I tell people you know, what do you love? They don't go to their head to come up with the idea if they say, I think what I love is No, it's too late. You've already gone to your head.

Bill 46:26

So if you want to know if you want to find out what you love, you got to go to your heart. You know, that's where love happens. When you put your head on your heart and you ask your heart to tell you what's the most important thing for me right now. And every time I did that when I was unwell, the most important thing was my family. Wasn't it? It was making my relationships better. It was being a better version of myself and not hating myself.

Bill 46:51

It was letting go of all the stories I told myself about how busy I needed to be, you know because I was a superwoman as well. I had all of that stuff. on my shoulders, I've got to be. And my mum was probably one of the biggest influences in how our home was run. So I had to run my home At home like my mom, which of course clashed with the way that my wife ran her home because her mom had a different approach.

Bill 47:20

And then I also had to be like my dad, who was always at work and bringing home money and all that type of thing, right? So eventually, what I realized was that no matter how much money I had, if I died, my kids wouldn't have a dad, and that money, although it would have been helpful for a little while, wouldn't have been the thing that made a difference in their life, because would have been able to get jobs and have their own money.

Bill 47:44

So, I had to check in and get that feedback as well and find out what's important.

And sometimes that feedback also guided me to seek out the right doctor to stop saying a certain doctor. That feedback guided me to take a trip or not take a trip to do a course or not take a course. And it was amazing because for the first time in my life 37 years.

Bill 48:11

I had, I had a real way of not wasting time doing shit I didn't love and things I didn't love, that weren't fulfilling that we're just about adhering to somebody else's ideal life or what I thought was a great life or what the Joneses were doing and all that kind of stuff, right. So I just love the fact that you had a similar experience, and I'm getting goosebumps now just thinking about our similarities.

Brigette 48:37

Yeah,

Bill 48:38

But thanks for sharing that. I appreciate it.

Brigette 48:41

Bill just there's a quote that I remember one of my mentors is Dr. Joe Dispenza. He says that when we're living by the hormones of stress, so when we've got that thinking brain going all the time, go, go go, we can't receive the intuitive messages of the heart.

Bill 48:59

True yeah, that's so true. I relate to that 100% and then when that went off, because there was a big blob of blood in my head, my brain just didn't work and those other things came up. I remember having actual physical feelings in my heart and not realizing, and not being able to understand what I was feeling. What the hell is that? And at some point, I realized, Oh, that's my heart. Like, I can feel it. It's there. And I had never done that before. I had one used to beat and it kept me alive. But I never had this sensation before in my chest like it was bizarre.

Brigette 49:38

And yet a lot of people are in the same boat because we've learned we've been conditioned to live our lives in a certain way, haven't we? And we've always done the same thing. So doing something else doesn't feel normal and it feels odd and uncomfortable to begin with.

Bill 49:59

this And there's a lot of negative talks, you know, around the place about what we just can't do, or we just labeled as woo-woo. You know, but it's not true. It's stuff that has always been around. And it's not that we're saying that you should never take the advice of a doctor or I should you know, we're not saying that if it wasn't for doctors, you and I wouldn't be around, you know, the medical system is amazing.

Bill 50:22

But there's this other thing that we can fine-tune and add to help us along with the medical system that really can take us as people to the next level. And that's what I feel like I've become this different version of myself that I'm proud of, not that I wasn't before but, you know, eight years ago Bridge, no one could have said to me that you're going to have a podcast with nearly 100 episodes that talk to stroke survivors every single week around the globe.

Bill 50:51

I would have thought that's just the stupidest thing ever. And here we are. So I just love your story. Let's just move along now. Tell me about what's going on for you now what's next?

Brigette 51:08

So for me at the moment, I have an upcoming course, that I'm running at the end of April. It's an online course which is, which is quite fortunate for people at the moment, I think. And so, in terms of this course, it's six weeks, and it's directed at women. First of all, it's about reconnecting. And so helping them to be able to get quiet so that they can hear those messages.

Brigette 51:48

And it's also what happens from there as they kind of get clarity on what their body's been telling them. You know why these things come up for them in that space and then in that part as well, we actually, I get them to be able to visualize a different future for themselves. Because, where you direct your thoughts and feelings, you attract more of that to you.

Brigette 52:15

So if you live in an overwhelmed land and frustrated land, then that's what you attract towards you. So it's being able to kind of direct your light to bring a

different future. So there's some work I do around how you do that and draw that future. So that's in that part. And then the next part is being able to leap like most people don't do anything until it's causing a real pain in their life that they don't change until the pain, right?

Brigette 52:49

So it's getting some momentum to go if I don't do this, then where will I end up? You know, what is going to be the ripple effect, and for some of my clients, it's been they've known that their marriage is going to break down for others, you know that they've had a major health concern. And sometimes it's been a stroke. Sometimes it's been I've got one of my clients who has breast cancer, but she knew that the way she was living her life was she could feel it in her heart causing it.

Brigette 53:24

So it's being able to say, all right, I'm ready to do that. And then the next part is rebalancing which is kind of all about looking at the areas of your life that are stressing you out. And maybe it's like, work or relationships and being able to find a different way of looking at them. And finally, this is kind of the most fun part is reigniting you which is getting stuff in your life that you do just for you that brings you joy and helping people to make that a habit.

Brigette 53:57

So in this group together, it's going to be an intimate group together, where we're going to, I'm going to keep you accountable so that you go through and you can follow the processes. And you can action them and put these practices into your life and see where it takes you. And I've just had like, one of my clients recently she's a younger woman who's 32 with child and all those things going on feeling, responsible and never stopping but how it manifested in her body was that she ground her teeth to the point where she was breaking them off.

Brigette 54:46

You know, she had to wear these like brace things at night and she would break the braces because subconsciously, she would be worrying in her sleep and it's amazing and so she was also meant to get married on Saturday. And so she was quite overwhelmed with all of that. And she's in a place where we're like four weeks down the track, and she's stopped grinding your teeth, she's been able to do that.

Brigette 55:13

And she's like, so at peace with whatever happens with her ceremony that she knows that it will work out and how it's meant to be. So there are, like, some amazing transformations that can happen if people want.

## Letting go of control

Bill 55:35

Yeah, it's just about letting go of the control and just being kind of in flow with the environment and allowing things to just take their course. And that's probably the easiest way to get to the end of the river is just go with the course just flow with the river, you know, let it take you, and be aware that there's going to be some difficult paths along that path and there might be some dangerous parts.

Bill 56:03

But be prepared for those and allow yourself the opportunity to just see the result, which is that if she gets married, whether there's a ceremony or not, if she gets married, whether there are people there or not, if she gets married, whether there's a, you know, orange balloon or not like, it doesn't matter, she's still married, and she still made that commitment to her husband, and vice versa. So, in the end, you still have marriage, you've got to let go of all of the other stuff that doesn't make a marriage.

Brigette 56:40

Yeah, that's incredible, she kind of says that four weeks ago, she would have a bridezilla. You know, they had 120 people coming and all of this, but she's in that time, as you say, got to the point where she can let go. So it's kind of, you know, cool stuff. Yeah. So that's coming up the other thing that I wanted to give people is that this is a gift for everybody.

Brigette 57:09

So if you have trouble saying no and maybe there's a lot of you out there that don't know how to say no to, you know to work or at home, and you want to be able to say no with more grace and kindness and guilt free, then I've got my saying no script, which is, you know, is a gift for everybody. And so if they just go across to my website, [BrigetteSigley.com](http://BrigetteSigley.com).

Bill 57:46



Bridge, thanks so much for being on the podcast. I appreciate it.

Brigette 57:55

Thank you so much for having me. I love and adore you so much. And it's interesting how our lives have stayed alive, haven't they?

Bill 58:07

Yeah, it's been really fun. It's been good to get to know you and to see how you've evolved and changed. And it's good that somebody was going through similar things that I was going through in our evolution. And we've had a lot of similar moments, you know, so it's good to be able to share that with somebody that understands. So yeah, thanks for everything that you do. I appreciate it and I'm glad to have you back on the podcast almost 80 or 90 episodes later.

Brigette 58:39

Yeah. And thank you so much it's amazing and much-needed that you go all around the world with what you do.

Bill 58:51

Thanks, Brige. I hope that you enjoyed this episode with Brigette. She has been a friend of mine for about five years now. It has been amazing to watch her go from strength to strength, both in her recovery and how she goes about helping other women going through difficult times. If you'd like to check out the six-week online course Reignite You with Brigette Sigley go to [BrigetteSigley.com](http://BrigetteSigley.com) and as a recovery after stroke podcast listener, you will get 10% off the full price of \$495.

Intro 59:31

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