



#661 The Joy Code: How to Open Yourself Back Up to Purpose, Connection & Peace | Diane Kazer & Susan Leahy-Patrick

Dr. Wendy Myers

Welcome to the Myers Detox podcast. I'm Dr. Wendy Myers, and on this show we talk about everything related to heavy metal and chemical toxicity, the health issues caused by toxins, and more advanced topics than you'll hear on other podcasts. Today we have a really fun show for you. We have my friends, Diane Kazer and Susan Patrick. They are going to be doing a retreat in Playa del Carmen, Mexico, focusing on how to create more joy in your life. We think of detoxing as something we do for the body, but sometimes the most powerful detox begins by stepping away from the patterns, the pressures, and the ways of thinking that keep us disconnected from who we truly are.

So a change of environment can create the space we need to release what no longer serves us, reconnect with what's real, and rediscover our joy. The retreat is led by three experts who bring together whole-body wellness, mindset transformation, and personal empowerment. At the heart of the experience is a simple yet powerful philosophy: joy is equal to just opening yourself. You can learn more about that at realjoyretreats.com. Diane and Susan, thanks so much for coming on the show.

Susan Patrick

Hello, Wendy. We're excited to be here.

Dr. Diane Kazer

Wendy, thanks for having us. I love to be here with the three of us.

Dr. Wendy Myers

You guys are very good friends of mine, and I wanted to talk about some of the things that you guys are doing in case any of my listeners are interested in some joy, expansion, and rediscovery of themselves, and to do it in Mexico, in Playa del Carmen, where I used to live. I can tell you that it would be an amazing experience. The area of Mexico and Playa del Carmen on the Caribbean and Mexican Riviera is absolutely stunning. A lot of spiritual energy there. So I want to talk to you about what you're doing in case anyone wants to join you.

Susan Patrick

I think this is a great complement to what it is that your purpose is, Wendy. The truth is, people are seeking greater levels of health and well-being. Why are we doing that? We never talk about what the end game is. The end game isn't just health. The end game is so that you can have a greater level of joy in your life. We want to be healthier and embodied because we want to be able to have that uniquely human experience.

We're living in a world with so much AI. The one thing AI can't do that humans can do is experience joy. That's really what we're doing in that we're inviting people who are on their health journey, who are seeking a deeper level of health, to come and be in an intentional conversation around, "How do I live through that journey and then give myself permission to live a more joyful life?"

Dr. Diane Kazer

It's wild. I heard a statistic of the day from Chase Hughes, who I love. I don't know if you guys have heard of Chase Hughes, but he's all about the embodiment of awakening, living a real experience, and the consequences of living an unreal experience. In fact, something that you and I were talking about, how this whole retreat was born.

For everybody listening, Wendy and I have been friends for over 10 years, and then when I moved to Playa del Carmen, I met Susan at a gathering, and we realized that

we were one connection away from Wendy. We're like, 'Oh my God, we're both friends with Wendy.' So it's a beautiful, close group of energy and synergy that happens when we come together like this. This retreat, sorry, men- it's for the women.

Susan Patrick

But not so sorry; you may want to send your women, men.

Dr. Diane Kazer

A lot of people that we're getting, as far as applications are women who feel disconnected from their men, and it's because we've lost connection to ourselves. The statistic I was referring to with Chase Hughes is that 90% of the time that we spend is inside, indoors, and it's not necessarily like our home is where our heart is, or it used to be. Oftentimes now, we are exposed to a lot of toxins inside of our own home, and we get too close to each other.

We don't have enough room to expand, to get to connect with nature. So when this came together, it was a moment where Susan and I were sitting literally on the beach where they were staying for a couple of months, and we're like, 'This is real life.' 'This is reality.' But we look at sunsets or birds, and we say, 'Oh, that's unreal.'

Wait a second. It's so unreal, the word unreal? No, this is real. This is real life and joy. But it's become extinct because we have lost connection to each other and to nature, and so this is our opportunity to come back to both.

Susan Patrick

For us, the definition of joy is just opening yourself. If you really think about your body during the day, how much tension are you holding in your body? How much resistance are you sitting in? How many conversations are you having with your arms folded? I think women, we carry so much, and that weight starts to close in on us.

By being committed to the journey, you're committed to supporting yourself. You are able to step away, uniquely as you, with the sole intention of just opening yourself back up so that you can then invite that life force and energy that is so crucial not just to yourself, but to everyone else that you interact with.

Dr. Wendy Myers

Also, knowing that happiness and joy are a choice. I think people very much forget that. Susan, I've known you for 25 years. It's like we've known you a really long time, and you've always been such a joyful person. I've always really admired you, your attitude and your ability to cultivate joy on such a regular basis.

I think so many people have forgotten how to do that, or just don't know how to do that. Or they get stuck in their routine, or feel like they get in victim mode, or feel like, 'Oh, that's not accessible to me.' They may just feel like it's something that eludes them, like they don't know how to access that. Yet, you can do so very easily, and you're going to teach that on your retreat.

Susan Patrick

This is no joke. I was sitting with my husband, who I've been married to for 20 years, and Wendy was actually at my wedding. You've been a part of my whole marriage. My husband said to me this morning, 'You know, Susan, I'm a happier person because you've taught me how to be happy.' It really is a learned behavior and a daily commitment. The price you have to pay is happiness. The price you have to pay for really investing in your joy is joy.

We make our happiness and joy contingent on what's going to happen. It's like, 'Once I have this, then I'll feel this, then I'll be joyful. So there's this suspension of joy, and it's something that feels like we're always running at the tail of, rather than really being the head of. I love what you said: it is a choice.

That's what this retreat represents, and we've really curated it to meet your needs. I don't want to toot our own horn but I'm going to. We have an amazing group of women who are coming, and we're working with Natalie Ledwell, who's also co-facilitating with us. She's from Mind Movies, and she really represents that mindset of transformation.

We all know, Dr. Diane, you're epic in your field of homeopathic, natural medicines, and you are the embodiment of the body. I'm bringing in that soul, that spirit. So this is a mind, body, spirit connection.

Dr. Diane Kazer

This is exactly it. We were raised in perhaps something that felt familiar to our nervous system, including being depressed, the victim, never being happy, and having something to complain about because it gives our ego a sense of power. But it's also the paradox of when we finally do, the 'once I-it is' I call it too, once I get here, once this happens, then I'll...

It's like oftentimes gifts do show up right in front of us that we do have permission to experience joy about, or celebrate. The next level of programming that's so loud in this culture today is: how dare you shine? How dare you expose your joy, so it exposes my lack of? So we are also experiencing this kind of strange bullying, of when you celebrate, I feel bad about myself, so you shouldn't celebrate.

It's like the Marianne Williamson quote that's as old as time. It's the muscle of joy, and creating this daily practice of it, but also the other voice in our head that we've been gaslit to feel that if you shine, you make other people feel bad.

But for us, what we're looking at is: what if we all do start to shine and feel that level of joy? When I think about joy, I think about Susan, just like Wendy said, she just emanates that. Wendy and I emanate health, and whatever other thing that you experience of us.

It's a daily practice, and it becomes this something that we're doing in a retreat over the course of about five days. But then when you go home, all of the experience and the environment that has shaped your keeping yourself small, stuck and suffering and sick, that will be tempting to pull you back again into the atrophy of joy.

You will be tempted to go back to what feels normal to your nervous system, which is being triggered again, traumatized, and toxified. So we also want to create a container where you create the muscle, and then hold the muscle.

Susan Patrick

It's like the world's greatest Kegel, it's a feminine muscle, right? We're going to strengthen it. You said something that was so important, and these two words will emerge from the retreat: number one, you are not responsible for anybody else's joy. That's where relationships break down. You go to a retreat and then you're like, 'I want to come back and I want everyone to experience what I experienced.'

We allow you to surrender that, because that's a restricting way of being. The only joy you're responsible for on this planet is yourself. You get to become an advocate for the people you love. I'm not responsible for my husband's joy, I'm not responsible for my children's happiness, but I can be an advocate, and there's nothing more fun than being an advocate.

Being an advocate surrenders you from taking the responsibility for having to do the joyous work that you desire for them to do. They want to have a more joyful life, it's right. I'm not responsible for anybody. I think a lot of women take on a lot of responsibility in places that end up really feeling heavy, and set their relationships up for failure.

You are not responsible for anybody's joy, and when you learn how to become an advocate, you become more powerful. You said another word, Diane, that I love, is permission. I think women, now more than ever, are learning how to give themselves permission. We haven't had permission to live joyful lives. It's been pretty tragic if you look back to your mother, and your mother's mother. Women weren't even allowed to have credit cards until the year I was born, which was 1975.

Dr. Diane Kazer

Puumal is one of the most beautiful, raw, real beaches in Playa del Carmen. Mama turtles go there to lay their eggs, and they're ferocious about protecting them. It's like we want to help you protect permission for your own peace as well. Allow all of this to be an invitation, not an obligation, to lift other people around you. You said that we're in the pool. I want this to land with women as much as it did with me, because it's so true that our previous generations, like my mother, our mothers, and our grandmothers, were unhappy.

My grandma was (we talked about this) basically an indentured slave. That's how it was back then. We're only two generations away from when women were obligated to serve men. This is not about men versus women, this is about us finding the balance between masculine and feminine, and harmony, so that we're not fighting each other, or ourselves, from our programming.

I think about our mothers, and what they did to pave the way to help us get to this place right now. We are in that timeline where we have this space now. It's open. We

don't have to fight anymore to earn it. We've been granted it, and it's right in front of us. So what are we going to create with this next step? That's what Natalie is going to be talking about too.

Susan Patrick

Now the invitation is just open yourself. That's a new way of being, because you were vulnerable when you would just open yourself. You weren't allowed to live an open life. You weren't allowed to go after your happiness, opinions and joy. This struggle that's happening because we're wanting to have more of that inherent experience. I think it's the healthiest experience. Happy people live longer.

So you better add the conversation of happiness. How do you go after your own happiness? You can figure out and prescribe the proverbial pills that you need to take that are going to reinforce your happiness. You go after it, embed it in your body, experience it and revel in it. And I think that's what we're most excited about sharing is, being in an intentional space where this retreat is not backwards facing.

We're not going to talk about therapy. This is not about disentangling where you came from. It's not about trying to pick apart your past. Everybody comes from suffering. I do too, I have a lot of pain, but I know that pain doesn't need to be solved in order for me to practice joy. So that's what we're trying to do; being in a forward-focused conversation, and that's a relatively new concept. How do you really be forward-facing with the rest of your really long, beautiful life?

Ads 15:46

And now a word from one of our sponsors. When did you realize that you were not taking the best quality protein powder? For me was when I realized I was taking a soy protein isolate powder. It had really nice packaging, but I realized the soy protein isolate is not very good for you and your kidneys, and it's mostly GMO. There are a lot of people out there who just are not reading the labels and don't know what they're taking in their protein powder.

So for me, I'm a supplement snob. I want to take the best possible supplements for my body and for my health. A lot of people don't realize that over two-thirds of protein powders tested by consumers reports they had above California's Prop 65 limits and lead sometimes ten times over the limit. In another study, 47% of top U.S.

protein powders exceeded the limits and 21% had more than double the limits of lead. It's alarming what's in some protein powders. That's why I switched to Puori grass-fed whey. It's pronounced puree, which stands for pure origin.

Every single batch is third-party tested for 200-plus contaminants. You can look at every bag here and see there's a QR code on every single bag right here. You can see every single batch is tested and what your batch tested for. No other brand is doing this. Every serving delivers 21g of whey protein from grass-fed cows with six grams of BCAAs (branch chain amino acids) and 2.4g of leucine. It is free from hormones, GMOs and pesticides. It is made with all clean ingredients. They have a bourbon vanilla flavor with real vanilla seeds from bourbon vanilla from Madagascar, which is the best vanilla in the world.

The dark chocolate is made from organic cocoa powder. And that's really important because cacao is very, very contaminated with heavy metals. They, of course, test every single batch. Honestly, it feels really good knowing that I'm taking the highest quality protein powder. It's made from whey. A lot of plant proteins can have heavy metals in them. They have problems. Soy is genetically modified unless it's organic. So this is clean protein tested for safety with total transparency. You can get Puori's fantastic whey protein powder and use code WENDY20 at puori.com/wendy20 to get 32% off your first Puori grass-fed whey protein powder order when you start a subscription. Again go to puori.com/wendy20 and use the code WENDY20 and get this limited-time offer.

Dr. Wendy Myers

I love that. That's so key given that all of us are living so much longer than we used to. I know the age span has shortened in the US, but with the coming of AI, all of the progression in technology and all this exciting stuff on the forefront, we are going to be living long lives. Why not be doing that in joy and feeling good? I think that's the bottom line of what everybody wants.

Everything that they're doing every day, it's just they want to feel good. Whatever they're trying to pursue, they're trying to pursue pleasure or purpose. Every morning when I wake up, I just want to feel good. That's really it, and I think it's simpler than people think, and they just don't understand why it escapes them, why they just wake

up feeling meh. You just have to have some simple tips and ideas that you guys are going to share.

Susan Patrick

So, I have two kids, and they're both on their journey. They're now teenagers. I said to them, 'Look, there's only two types of teenagers. You're either going to be a "meh" teenager, or you're going to be a "yeah" teenager.' The truth is, those are the only types of adults there are: 'meh' humans and 'yeah' humans.

I don't think people need to learn how to be 'meh.' We get that; that's just embedded in us. We need to learn how to be 'yeah'. That's the nuance. That's the difference. It's simple and going back to that child that's in you and giving her permission to be more 'yeah, yeah.' When that little piece of permission of 'yeah' pops out, all of a sudden it empowers you externally, and it's so much more fun.

We are going to be living longer, and so we get to be human beings, not human doings. We're being given that by AI. Everybody's scared of AI but I think it's great. I'm like, 'This is exciting, I'm going to have somebody who's going to be able to do all that stuff, and I'm going to have full permission to be.'

I'm a human being, and I want people to get excited about that. What am I up to being? Joyful, happy, experiencing fun, playfulness, and a deep connection. I want to have a human experience. I don't have to spend nearly as many hours preparing that bio. I'm still in creation, but I've got a little help now, which is lovely.

Dr. Diane Kazer

I think this is something too. We've been tuning into this when I get the pulse of the patients, or the members who are working with us, and what they're seeking. I think sometimes it's one of those closet things. People are afraid to share what they're truly seeking. It's like, for some reason, it carries some shame around it. The main bottom line, and I've been doing this for 15 years with women mostly, is they're seeking purpose.

Like, what am I doing here? I feel like I'm stuck in this rat race, and it's Groundhog Day. It is the skeletons of our past that we can let go of, especially in another place. Studies have also shown that when you're in a different environment, and this is what

I do whenever I'm writing a book or a new course, I get out of my box, my familiarity, where I have all the stories or attachments. I get into a new zone somewhere else, and that allows our nervous system to be open to new possibilities and exploration and curiosity of who I truly am.

It's the purpose that people are seeking. It's a connection. People are craving human connection. Oxytocin levels are so low right now because we're divided, among so many different areas, whether it's gender or color or religion. When people say, 'what can I do for the world, what can I do to help? The answer is very simple. It lies in simplicity. And simplicity is, for us, what we're talking about with the retreat.

The beauty here is amazing. Let's find the beauty within you by looking at and experiencing the beauty before you. It's coming back to: how can I help the world, what can I do, what is my purpose? That purpose is just being. What if your gift of presence was enough, and your presence was, just like Susan was saying, the permission to give other people joy because you're the embodiment of it, of generosity, of health? So it's getting out of that programming that we have to do in order to be of value. What if the gift that we could give the world is by elevating our frequency, so that people have permission to do that for themselves? It's that whole power-versus-force thing.

When we're elevating at a higher level, then we are also subconsciously inviting other people to rise at that same level. So it's five days of immersion, and then when you go back home, that's the idea. That you're still living on purpose and you have a whole new roadmap for what is truly your purpose. It's not like goals, flow charts, whiteboards and PowerPoint presentations. It's far simpler than that.

Susan Patrick

It is a vibration. It's giving yourself permission to vibrate internally. It's like connecting back into your life force. I want more women to vibrate. I want you to tap into that vibration that is your life force. That's the greatest gift you can give, because we are vibrational beings, and when I'm vibrating at this level, it's not just me, it's vibrating out. There is a frequency, and there's a permission that's being given beyond what I can even see. It's like a ripple in the water. So I think we make this idea of your joy like a small thing, which is not. It's a huge thing. It's the biggest thing.

We've really curated this event. It's going to be five days down in Quintana Roo. Not at an all-inclusive where you're going to be listening to music. That's fun sometimes, but that's not what this was designed for. This is a community owned by one Mexican family, in a real space next to a virgin beach. You go to this virgin beach, look to your left, and don't see anybody. You look to your right and don't see anybody. Like it used to be.

I think the word that I want everybody to feel is that I want the women who choose and give themselves permission to focus on their joy. When they come to this, they're going to feel nurtured. Women are so good at nurturing, but are we really allowing ourselves to be nurtured? You're going to be picked up at the airport and dropped off at the airport. There's going to be luscious, nourishing food and an amazing conversation. There's going to be mind-bendingly amazing excursions that most people who come to Mexico don't have the opportunity to do. I've lived here for 11 years. Diane, you're going on year number two, right?

Dr. Diane Kazer

Been visiting here for 10 years.

Susan Patrick

Been visiting for 10 years, but making your life here now. So we really are pulling back the curtain, and we're putting together all of the most magical, joy-filled experiences. Wendy, I love you, you know how much I love and adore you. I call Wendy Mama Myers. Speaking of nurturing, you've always been a nurturing space for me, always been there for me. You're just an epic friend, and the fact that you're opening up your space and sharing this with your community, I know that you know the value of this.

Dr. Wendy Myers

That's why I wanted to have you guys on the show, because I know that Susan, you and I had talked about doing a retreat before. We just couldn't quite get it together. But I wanted to have you guys on because I know the work that you do, Susan, and Diane, I know the work that you do, and I know you guys were to come together and create an unbelievable space and retreat for people to come and learn something new, and have a totally new perspective and a totally new breath breathed into their life, to dramatically change their life, to transform.

So many people are seeking that these days. I know there are so many people that are kind of being programmed with fear, the social media, the news, AI and the wars. It is so easy for our brains because they are trained to look for problems, trained to look for survival, and people very easily get caught up in that, and caught up in the negativity and in this social media.

It's very much programming. A lot of it is the negativity that is paid for, and the social media's optimized for negativity is the algorithm. So I think it's really important for people to have something to counter that fear, negativity and anger that is so prevalent in our lives. We're all on the phone and watching the news, and so many people succumb to it and get caught up in it, and it's a choice they don't have to make.

Susan Patrick

It is a choice. You're absolutely right. I want to say that this is happening really soon, October 13th through the 18th. So if people are interested, they can visit our website, realjoyretreats.com, and we do have a submission form. We talk to everyone. We have a few spaces that are left and if this is something that's resonating with you, don't feel like filling out the submission form locks you in. It just opens up a conversation to open yourself. We know that the right people are going to find their way to this retreat. It is an intimate gathering. It's not a huge event, but it is one that's going to have a tremendous impact, not just for the women who attend, but I believe it's going to echo out in the vibration that we're going to be living into.

Ads 29:33

Now a word for one of our sponsors. So I'm a huge, huge fan of Tru Energy Skincare. This is a bioenergetic skincare line that I've been using for almost two years now, and it's what I use exclusively. It's so good. They have a new product out called the Bio Adaptive Hydration Oil. This is really, really key for protecting your skin from dry winter weather because when you have cold weather plus wind, plus indoor heating, that's gonna equal dry, irritated skin. So hydration is really, really key to protect your skin barrier and, you know, preserve your skin.

Why does this matter? It's because dehydrated skin can look dull, tight, and have more fine lines and wrinkles. Supporting your skin during winter helps it stay resilient

and healthy. As I mentioned, I love Tru Energy Skincare, and they have this bio-adaptive formulation designed to boost hydration and nourish the skin. It's a bioactive, nourishing skin oil, and so it's infused with frequencies. There are dozens and dozens of frequencies imprinted on their energy-optimized blue bead that's in all of their products. It's imprinted, actually, with not hundreds, but thousands of frequencies to support cellular repair, improve collagen production, and increase regeneration of your skin.

This is what I'm using at 53 to get the best skin that I can possibly get. This is one of the secret weapons that I personally use. This bio-adaptive hydration oil uses nutrient-rich skin-supportive and clean ingredients as well. All you do is add one to two drops to your face cream or Tru Energy products like their serums or their lotion, and it just increases that hydration. I also use it 'cause I do face yoga every night. I use hydration oil. I put it all over my skin, and massage, and I'll do guha and other things. It's part of my nightly routine. So there are a lot of different uses for it, including increasing the hydration and the effectiveness of the products you already have. Try it for yourself. Go to trytruenergy.com/wendy5

Dr. Diane Kazer

That's the idea. I think talking about too, what women feel held back by the most is (which is the greatest human fear) fear of being judged by other people. That's why public speaking is so feared. We're afraid of people not accepting us for who we are, and so we shift our shapes in order to fit everybody else's model, and we end up losing ourselves.

The idea is to remember, through dance too, who you are. I think it's important to talk about what are the things that are keeping you stuck. I love it when Rumi says, 'The wound is the place where the light enters you.' so many people are walking around and they're just carrying around their wounds. The wounds are still open then they allow something to keep salting that wound, and it forms this identity. But this is a way to actually leverage whatever wounds that you're carrying around, and remodel what they can mean for you. Remodel them to be light, love and joy.

We're doing something. This is one of my favorite things to do, and Wendy, I think you used to do this when you lived here, going out into the jungle and dancing with one

of our dear friends, who is truly world-known. She's magic. She has this beautiful place in the middle of the jungle. Her name is Misty, and has taught for many years the art of dance and using it as a form of expression and cracking open whatever bullsh*t fears that we have about being, fear of being judged and expressing ourselves. This is an opportunity to get to practice the art of what my mind is saying, when I'm just doing what feels good in my body?"

What do I think and project out into the world? That other people are thinking about me? No, this is where nobody cares about how you look, because everybody else is thinking about how they look. So it's the art of practicing that. When you go home, you might even be skipping on the streets. You care about other people, but you don't care about what they think of you. Not to the point of hurting other people, but to the point of not hurting yourself.

So that's the kind of stuff we're going to do. Then cenotes, raw cenotes, and places that other people who come here for a five-star restaurant, five-star hotel, Cancun experience. Not that those are wrong, but that's not the realness, that's not the rawness of this area. This is coming back to our roots.

Dr. Wendy Myers

Yes, and Mexico is so beautiful. I lived there for four years in the area where you guys are living and going to be doing the retreat, and it's so magical. It's so beautiful where the jungle meets the crystal clear blue water and white silky sand. Most of it is totally undeveloped, and there are so many hidden gems and things that you can do in the cenotes, Misty's retreat as well as her home that she's built. And just all these magical, mystical experiences that you can have there if you know the locals and know the right people to go and have those experiences

Dr. Diane Kazer

It took me two years to even see some of these places that we're going to be getting you to. Wendy was a big part of why I moved down here, because I got to see her photos and her videos. We were doing audios during COVID, like, 'Where do you live?' I was living in Sedona at the time. So Wendy was a big influence for why I even came down here, and I've been coming down here for 10 years scuba diving.

When I came here and I started seeing the beyond layers of beauty, beyond just when I came here to scuba dive, it just kept getting more beautiful. I think the one thing we do need to address is that many people think, 'Oh, Mexico is not safe, I can't go down there. Why don't you do this somewhere else?' Do you guys want to talk about that, because you've been living here longer than I have?

Dr. Wendy Myers

I felt safe there. I was scared when I first moved there because of the programming in the news. It was so ridiculous. But I've never felt safer in a city. It's certainly way safer than Houston, where I live now, or Los Angeles, or many cities in the US.

Susan Patrick

I've been here for 11 years. I've raised my family here. The kids were five and three when I dragged them down here with my husband, and they're now 16 and 14. If that's one of the reasons that you're not filling out the form, just give us a call. We really are making sure that you're nurtured. We're going to pick you up at the airport and drop you off at the airport. You're going to be held in a beautiful bubble that's going to give you permission to just exhale. You can surrender what you're leaving at home, not let it go, just give yourself some space.

Dr. Diane Kazer

Receiving also, the whole art of receiving does require space, even for me. We're not hosting this retreat because we're perfect. Just like what we were talking about, Sue and I were like, 'This retreat is actually medicine for us too,' and that's not the only reason we're doing it. But it's what we all get to give and receive.

Susan Patrick

It's going to be so much fun, and I like to have fun.

Dr. Diane Kazer

We get to have fun together, leading you to learn how to be more fun and joyful for yourself, but also learn to receive, because a lot of relationships right now are struggling because we have lost, or maybe have never even been taught, the art of receiving. I think we're so programmed to keep giving.

There was one day I was in Sedona during COVID, and I was walking with a friend, and this is what started to break my hustle culture within my mind. He's like, 'Diane, what if you could just experience that you and your presence is a gift in and of itself?' I don't know why that was so mind-blowing to me, but that was five years ago, and it really hit me that there will be little moments like that, where you have the space, the possible shift in consciousness, like one thought, you're one thought away from a miracle and a shift in your life.

It's not just something you hear in a podcast and then you're onto the next chore. It's where you have little moments, like seed plants that could grow into a tree, because you do have the space, in a five-day time period in raw nature, to nurture it, to grow it, to feel how a part of us might resist and say, 'No, no, that's not true.' Well, you're going to have people surrounding you that are going to help you reframe that thought otherwise. So that's what I think means space, and the gift of space and people holding you to that higher level of consciousness.

Dr. Wendy Myers

Tell us, what's the website again where people can sign up and learn more about it?

Susan Patrick

You're going to go to realjoyretreats.com. Fill out the inquiry form, and you'll receive a link to book a call with me, or Diane, or with Natalie, and you can answer any questions that you have. This is a very accessible retreat in that we're doing it with the participants. So again, this is a no-pressure phone call. If this podcast has moved you, fill out the form. If you are a man and you have a woman in your life that you're like, 'She desires more joy, I want more joy for her,' be an advocate. Share this podcast and the website with her. I have two women who said their partners sent this to them, like, 'I desire for you to have more joy.'

What's so beautiful about that is I take that as my number one job in this home. My job is not to be a wife and a mother, my job is to be a happy person. When I'm happy and I'm owning my happiness, that then trickles down energetically to everything that I'm holding. Then the life you get to hold feels lighter, more fun. It's more joy. So I've loved this conversation. I feel like every time I'm with Wendy, every time I'm with Diane, I am vibrating. I'm loving this and hoping it's making you all vibrate too

Dr. Wendy Myers

Tell us some of the things we're going to do on the retreat.

Dr. Diane Kazer

First of all, everything is going to be simple. You're probably going to fly into Cancun. We're going to take care of you getting to where you need to go, so you don't have to worry about any of that stuff. There's no stress about finding the person that's going to pick you up, it's going to be super easy.

But the first thing to note is that you will be staying on the beach, the raw beach, and it's quiet. There's not going to be people pinging you for money or souvenirs. This is the raw, private beach, how it used to look and feel before commercialism began here, like in Playa or Cancun.

Susan Patrick

But you have air conditioning.

Dr. Wendy Myers

We're not in the Mayan times!

Dr. Diane Kazer

So you will go to bed and wake up hearing the waves, without it being the commercialism of it. You don't have to walk through a bunch of places to get to the beach, and it's beautiful.

Susan Patrick

What we also haven't mentioned is that we're having you all stay in the hotel, but literally 30 steps away from the hotel is the retreat, the main estate property. This property is owned by a friend of mine, who is opening up her home. This is a real home where you will be hosted, and you will be experiencing the most luscious, amazing food. We're going to have local cuisine, so those of you who like Mexican food, we're going to have plenty of it.

But we're also going to be doing other types of food that are just about really nourishing your body. We're going to be eating all of our meals together, breakfast, lunch, and dinner. We're all going to be together as a community. Then we've

coordinated several different excursions. One of them is to the virgin beach that is right next to Pumal, where we'll meander over there. There may be a bonfire on the beach.

Then we have a couple of other excursions. One is to a boutique resort called Onsay. It features the most epic, beautiful cenote. If you've never heard of a cenote, this area is unique because it's all built on an underground fresh-water system underneath everywhere you're standing in the Mayan Riviera. It is just amazing.

We're going to go into the caves for some sound healing. But we're not doing it from the place of, 'Oh, yogi, have to be so...' We're going to be giving you a little bit of a different flavor, where it's an invitation to feel more, express more, and have fun.

So while I think a lot of this will be a spiritual, soulful experience, it's also going to be kind of an explosive, fun and joyful experience. You're going to get connected back with your smile. You're going to give permission to move your body.

Susan Patrick (likely)

We're going to take you to Misty Tripoli's house, who is the creator of the World Groove Movement. You can check out her Instagram. She is an epic leader in the world, giving women permission through the World Groove Movement. We will go to her space and have dinner there in a cenote. You're going to be surrounded by excursions and events. There's one I don't want to talk about, but it's a full-body experience, and it's going to be epic.

It's going to be a lovely time. The one thing that you're all going to be given is a tiny little red flashlight, and you can meander up and down the beach at night, and you could be watching the turtles lay eggs, or little baby turtles hatching. You have to use that infrared light when you are with them so you don't disturb their process.

It really is a magical experience. I was kneeling in front of this huge turtle who was laying eggs, and we were watching this, and this turtle looked up from the hole, like, 'Really, lady, can you give me a little space?' We were like, 'Diane, maybe you should back up a little- social distancing, maybe, Diane.' That was my first time. But the largest number of sea turtles are hatched on this beach. So right now there are thousands of little lives that are just brewing, waiting to receive you when you come. Including you, that's a metaphor.

We've actually had some people ask questions like, 'What are the workshops that you guys are going to be doing in these magical places?' So Natalie is going to be designing your life, your new life, getting clear on what you want the next chapter to look like, and rewiring for success. Releasing old limiting beliefs, stories, and patterns that have kept you from the life that you want, so this is your opportunity to do that.

Dr. Diane Kazer

For me, what I'm going to be doing is functional medicine secrets for modern women: heal the roots and spare the fruits. Rooting out our stress, hormones, infections, and toxins, pulling weeds, blocking your bloom, and planting seeds that reignite your energy, vitality, and beauty. So that's my part. Then we have Susan, who's going to be doing her workshop on opening yourself.

Susan Patrick

It's the practice of learning how to reopen yourself, not to everybody else, but to yourself.

Dr. Wendy Myers

So, realjoyretreats.com. I love it. Well, Diane Kazer and Susan Patrick, thank you so much for coming on the show. Everyone, I'm Dr. Wendy Myers. Thanks so much for tuning in to the Myers Detox Podcast. I love doing this show and bringing these amazing women, amazing guests, on the show to help you up-level your life, because you deserve to feel good, and that's why I do this show. Thanks for tuning in.

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