

Transcript: Self-Healing Through Affirmations: Tips For Activists | TIS E. 52

Lisa 00:06

Welcome to the introvert sisters, the podcast by introverts, for introverts, hosted by Sharon and Lisa, two INFJs with a lot to say.

Sharon 00:22

Hi, I'm Sharon

Lisa 00:24

and I'm Lisa.

Sharon 00:24

And together, we're the introvert sisters. Welcome to our podcast. And we've got a special edition of our podcast today. Because as you know, we both have our fingers in many, many pies. And today I am interviewing Lisa. So welcome, Lisa.

Lisa 00:44

Thank you.

Sharon 00:46

Yes. So I want to interview Lisa about something she's doing that not everybody knows about. She has a TikTok affirmations channel. And you know, most people know you, Lisa, as an anti racism activist. Right. But how do affirmations fit into that?

Lisa 01:12

Okay, so let's take it back to the past, I don't know, 18 months plus, that we've all collectively been dealing with those of us who care, right? And I got to the point where I was so burned out, almost like emotionally, right? And I realized that I felt like I was sort of beginning to circle the drain a little bit. And I thought, okay, what can I do to help myself feel better? I need something else to focus on that is not anti racism. Okay. Right. And so it was part of my creating a foundation for myself to be able to continue to do that from a healthy place. So it was a form of self care that I also hoped, because I know, you know, if I'm feeling this way, I'm not the only one.

Sharon 02:06

It's hard

Lisa 02:07

it is hard work. And so I knew okay, if I'm helping me, I'm probably going to be helping others as well. So I thought, all right, well, I will do some affirmations. I've used affirmations, you know, for a while, so I thought okay, why not? Why not try?

Sharon 02:21

Well, that actually leads me straight into the question which you've partly answered because I was going to ask whether working with affirmations was something new to you. And so you're implying that this is something that you've been doing for a while. So tell us about that.

Lisa 02:33

Thank you. I've been doing affirmations for years, probably decades, actually.

Sharon 02:37

How did you get started with that?

Lisa 02:39

I honestly can't remember. I do remember being a part of an intentions group. I don't know. I don't know if you remember that.

Lisa 02:48

We were both part of the same intentions group. And so we - I don't know a group of maybe maximum 10 of us, I think yeah - would get together and write our intentions down and then share - I don't remember what they were called - to basically share our wins. Like whenever we met like every week or every other week, you'd hear okay, based on what affirmations and intentions you put out into the universe what had actually come to pass so you know, there's there's been that and then just privately privately journaling, you know, journaling affirmations, doing manifestation work and it's just always been a part of my process.

Lisa 03:25

I mean, the first time I was introduced even let's say to yoga, for example, I believe I was younger than 12. Oh, yeah. And so on it really something about it just sparked an interest in me and so I've always kind of had this spiritual journey spiritual journey as part of my path. Right. And so affirmations and manifestation work are a part of that. And yeah, so I've always I've always been interested in sometimes one is more consistent than others, right depending on what's going on. But usually I fall back on them especially when I sense I'm like, okay, I really am in need of some self healing, some spiritual support, and so on. And so because sometimes in the midst of this stress, you forget, or it's obviously you don't have time you know, you forget what you what got you here the first one

Sharon 04:19

this is one of your most consistent practices

Lisa 04:21

it is one of my most consistent practices, you know, for for years. Yeah. Wow.

Sharon 04:25

Wow. Okay, so So switching gears for a bit so you know, you've explained how affirmations, the role of affirmations play in your life right? But why TikTok? Because you know, before you get

Lisa 04:39

Because I could just write them in my journal like a normal person

Sharon 04:44

I, you know, as you would expect, you know, I follow, I follow follow my sister Lisa on Instagram when all of a sudden, I started seeing these things popping up in her story with a little TikTok logo. Tik tok? I thought that was a young people thing!

Lisa 04:57

Let me tell you what the funny thing is I thought it was a young people think. too! And I just decided - I'm trying to remember, I don't even fully remember how it came to pass. But you see, this is all part of the work, right? All part of the spiritual work, which is being attuned to when you receive a guidance. Yes. being attuned to when you receive guidance is and so at some point, I kept seeing an ad from a Black woman by the name of Kenya Kelly to do her a TikTok course. Okay, I don't remember the right. And actually just preceding that I did a, a brief like one week seminar thingy with Lucy Power. Okay, so I did some spiritual work at some healing work with Lucy. Following that, I started seeing this Kenya Kelly, ad come up, right. So repeatedly. So breadcrumbs.

Sharon 05:57

Right?

Lisa 05:57

And I'm like, oh, maybe I'm supposed to do this. So she was offering a free course to teach people TikTok. I thought okay, Lisa, you're into social media. It's short form video. I actually was thinking of it for for us for like introvert sisters and seeing how I could maybe leverage short form video though I knew I knew you would not be participating? No, right? No, no, that's right.

Sharon 06:18

She has been trying to get me on TikTok.

Lisa 06:20

I knew it was a failure before I even started. I knew I knew, but I had to try. Right?

Sharon 06:25

Listen, I did get my username.

Lisa 06:26

You did? You did? You did and I did secure, you know, the introvert sisters username. I know it will never actually go public. But we have it. But we have it. But anyway, but point being so I did that. I did that course with Kenya Kelly, right? Because I thought, Okay, some knowledge is better than no knowledge, you might learn about this stuff and decide it's not for you. But what if the opposite occurs, and you discover this is something that you can use?

Lisa 06:51

And so I learned, you know, within that week, you know about the some of the how tos, the background, how it works, and how TikTok actually helps drive growth on other platforms, which is interesting to me, right? Because at that time, I was still very more So Instagram focused, like, like a lot of people. Yeah. But I learned that Tik Tok actually helps drive organic growth on did I say that TikTok? Yeah, helps drive organic growth on Instagram.

Sharon 07:21

Has this been your experience?

Lisa 07:22

It has been my experience, because, you know, I don't have a lot of Instagram followers in the grand. I mean, I have a few 1000. Right. But I'll tell you I had I'm now, I'm now officially at a few 1000 where I was whereas before Tik Tok I was at a couple 1000. Yeah, and I haven't been on Tik Tok. At the time of this recording. I haven't been on Tik Tok for a year yet. It's been it's been several months. I already have more followers on Tik Tok than I do on Instagram. But it is definitely driving the growth. But I thought okay, well, I want to do Tik Tok. I learned about it. But part of what you know, we've discussed this before about becoming more true to yourself. And more clear about who you are the older you get. Yeah, right. Yes, we have. And so I thought, you know, I love all these, you know, these cute TikTok trends and the dances and all of this, I tried one once. First of all, the thing took me, it took three days, I couldn't figure out how to do it, go and research, and you know, change. I'm like, I don't want to change the outfits. I don't want to do all of that. I want to do something that is simple and nurturing and healing and I want TikTok to be a safe space for me. And a healing space for me. I don't want any stress related to it, etc, etc.

Sharon 08:33

So deliberately focused on the affirmations rather than tying it into any of your other work.

Lisa 08:39

Yes, that that that is a deliberate choice and strategy on my part. Not only, like I said not not following TikTok trends, because, you know, if all I was doing was TikTok, fine, you know, if I was getting paid by you know, to do that. No problem, but I have, like you about five, six different jobs, right? And so, it's also part of okay, what can you do easily? So production, production wise, it is very low stress, you know, you, you go you record? And you record a, maybe 15 second affirmation, and you're done. That's it, you know, no, unless you want to. No costume changes, no makeup, you know, that's what filters are for, if you so desire or not. Yeah, right. Yeah. But then you're also putting something really good and positive out into the world that again, is healing you and helping others.

Sharon 09:31

Okay, so that ties in nicely to what do you hope to achieve with your TikTok channel? both for yourself and for the wider world? Your audience, your followers?

Lisa 09:41

Yes. Well, again, you know, when I when I started it, the thought was okay, how can how can I heal myself? How can I create as a soft place to land, to fall for myself and help others and so that was the goal there. That remains the goal. And I have seen you know, as as, as I've grown and more people have started interacting with the affirmations, people, people are saying Oh, wow, you know, I look forward to your affirmations every single day. I really, you know, I love seeing you on my on my for you page. Yeah. You know, you're, you know, I use I use XYZ affirmation every morning. Yeah, you know, I use this affirmation and such and such manifested. And so it's great to get that, of course, you know, I didn't start expecting feedback. But feedback has arrived. Yes. And if it's good, it's good to see it. Because then you know that, you know, I know that my intention for it is being met. Yes.

Sharon 10:42

And you're making a difference

Lisa 10:43

I'm making? Right, right, I'm making a positive difference. And it is helping people heal. There was even someone who said that, you know, one day, you know, I'm feeling a little sad today. But, you know, this made me feel better. And then they came back and I, you know, I sent them a nice comment. And then they came back afterwards and said, Oh, I'm definitely doing a lot better. Thank you so much. And so it's great. It's very fulfilling to see that it is it is helping people and that's what I want to do, right. And the anti racism, they're not as disparate as they may at first appear.

Sharon 11:19

So you're, you're what you're, you're basically where you're going with this is that it's all about helping people.

Lisa 11:23

It's all about helping people.

Sharon 11:24

that's what your your aim is

Lisa 11:26

It's all about helping, it's all about, you know, educating, uplifting, expanding people's horizons and, and mindset. Because all of that for us, too. We are, ideally should be moving towards being our best selves, right? Because

Sharon 11:44

lifting as we climb

Lisa 11:45

lifting as we claim, right, you know, and others have lifted me more. I mean, you're, you're one of the others, right? But others have lifted me. And so it's like, you also get to a point in your life, where you're like, Okay, how can I give back, you have all of this knowledge, all of this experience, all of and sometimes, frankly, all of the pain and angst and all of that stuff that you've gone through? Right? Make

your mess your message, right? It's not that you haven't gone through stuff. It's like, okay, you've gone through it. And yes, maybe you even stumbled a bit, you know, you know, like that goes on. But here's what helped me here's what helped me get through it. You know, like that gospel song, you know, we fall down, but we get up.

Sharon 12:25

Yeah,

Lisa 12:25

Right. So, I, when I first started this, I felt like I was falling down, I used it to help me get myself up and figured, okay, well, maybe it will help other people get up and stay up, as well is

Sharon 12:37

really, you know, that's really quite amazing since because, you know, you don't necessarily think of TikTok, right, being, that sort of place because, you know, social media generally has quite a bad rap. Yeah. And in many cases can be very toxic, but then you're here with this positive space, you know, to what extent does that does that actually affect your whole experience of Tik Tok? Well, is it possible to be on Tik Tok? and have it be a positive space?

Lisa 13:02

It is possible, you know, the algorithm works. You know, like, like some. Yeah, but it works, you know, what you show interest in it, it serves you more of okay. And so it depends on what, what accounts you follow, what hashtags you use and follow, and it feeds you more of that. So, of course, I have naturally I have, I do follow anti racism, people, of course, but I follow a lot of people who do, you know, affirmations and manifestation and spiritual work and ASMR, Reiki, you know, and so on, which is very fascinating, because they do like energy pulling. Yeah. And so I'm like, oh, that's, you know, again, not not, not for me, but I love that you do it, and it helps me feel better. Right. And so, TikTok might not immediately seem like the ideal avenue, but when you think of the the, the, the audience, you know, and billions upon billions upon billions of people, right. And so, if your goal is to reach people, TikTok is one of the ways and it's easier, although, you know, as with every other social platform, there are issues around creators of color, of course, but okay, that I'm actually I'm glad I brought that up, because that was another reason why I decided to go into affirmations. Because I was also tired of dealing with censorship on every other platform.

Sharon 14:26

Right? And of course, when you're doing affirmations, you don't experience that censorship.

Lisa 14:30

I don't experience that censorship. I'm like, I need one space one space, I need one space where it's just love and light and fairies and butterflies. Yeah, right. And so, so yeah, so you don't necessarily think of TikTok as oh, the most spiritual place but you find, again, you know, if you if. What if you think you're happy or if you think you're not, you're right? yes, right. Yes. If you think

Sharon 14:52

you'll make it, make it what it is.

Lisa 14:53

If you think it's positive or you think it's don't, you're correct. So I chose I'm like, oh, you know, I think it is a positive love light space for me.

Sharon 15:01

Okay, so what's one thing you would like listeners to know about using affirmations? What's one one practical tip you can give them if they're using affirmations?

Lisa 15:12

the easiest one is to where possible it's not always possible but as frequently as possible start them with the words "I am", okay the words I am are very powerful they are they are literally affirmative. And so it's claiming that whatever whatever comes after them is already a reality you know, so you know, I am happy or I am rich. Now, as a coda to that, you don't want to your subconscious mind working against you because sometimes I know you can be there with you know, 5 cents in your bank account and you say I am rich and your subconscious mind is like "girl please". So, you know, sometimes I use a workaround, which I think a lot of people have found helpful, you know, I am giving myself permission to be rich. Yeah, I'm giving myself permission to be happy. So if you're not like if you're in the middle of like, you know, a semi depressive state, yeah, I am, might not resonate for you. But I'm giving myself permission to be happy gives you a bit more room and sounds more realistic. And so it gets your subconscious mind actually working in your favor and working with you instead of against you

Sharon 16:23

Affirmations hack people. You heard it here first from the one and only Lisa Hurley. Okay. So, affirmations are about manifestation, right? Is there anything you want to share about your manifestation practice? Have you manifested something, has something really blown you away?

Lisa 16:39

I have I have manifested. I have manifested money like major, major, major money. I don't know if you actually do remember like, years ago. We finally got our inheritance. Yeah. Right. And it's not. Listen, guys don't get excited. No, not that kind of inheritance. But it was still inherited as well. Right. You know, my being. I was unemployed at the time. Yeah. And had been doing a manifestation practice. You know, sometimes I do it for like 21 days or 30 days. And I remember at the end of that 40 days, all right. Yeah, the inheritance came through. It had been years. We had been waiting on that for years and years and years. And it came through. That was one I have definitely manifested jobs. I have manifested salaries. I have manifested money. I remember once. You know, you do have to be careful because you want to be specific yet. Not right, though, which I mean, I remember once I had been to Antigua and seen a beautiful house that was basically in the shape of a courtyard in the middle and I absolutely loved it. And so I started doing manifestations right like I want a court courtyard style house, right. But I was not specific enough. And so I ended up instead of you know, my own, you know, luxury villa with courtyard in the middle. I ended up with a with a condo that I owned my view of the condo was in the shape of of a courtyard. It had a central courtyard, but it was a condo. For the people there. I

know. So, so close, but yet not, right. But I kind of laughed with that, because I did manifest what I asked for, you know, but I'm like, okay, maybe I need to tweak.

Lisa 18:21

Another thing I want to say to people is, again, be careful, leave leave room for the universe to work, its magic, but also, but in a way be specific. I remember there was a friend of mine, we were both looking for another job. And you know, she and we both sort of used manifestation and so on and so forth. You know, and she said to me, you know, Lisa, I keep, I keep getting, you know, these opportunities, but then I think nothing is happening. And I said, I said, so what did you what's your affirmation? Did you ask for for opportunities? Did you ask for interviews? Or did you ask for a job? Because these are two different things? Yeah. Right. If you ask for interviews, you're gonna get interviews, that does not mean you're gonna get the job. If you ask for opportunities, it doesn't mean that you're gonna get the job. If you want the job, you need to ask for the job. Right? So just, you know, those are things to pay attention to. But yes, I've manifested all kinds of stuff.

Lisa 19:17

And another thing I don't know if you remember a few, a couple is a couple of years ago now, when I was at Afropunk. And I was wearing that big, puffy, blue dress, right? And the other one that were so a photo was taken of me with a red background. Right? And then in a white dress, yeah. So on and so forth. And I realized after those pictures came out that I actually have art on my wall. One of them is a woman in a big fluffy blue dress. Yes. And the other one is white background with a red circle around the head of the woman. And she's wearing a white dress right? Which by so I'm sharing that to say that every single item in your home is a part of either what you have manifested, or what you are going to manifest. So, also be very conscious and careful of what you surround yourself with and keep the energy in your home high. Right? You know, I've heard of cases where let's say people are looking for a relationship, which is not not bad. Everybody wants love, right? But the only images in their house of are single people. Right? Right. So you're gonna keep manifesting singleness. Put a few pictures of some couples up there. Right. I know, it might sound simple, but it really does make a difference.

Sharon 20:42

Okay, so briefly, do you have any last words for anti racism activists looking to incorporate affirmations to help themselves? stay grounded?

Lisa 20:56

Yes, um, I would say, you know, of course, I believe in affirmations because it's, you know, it's what I do, and they work for me, I would definitely say make sure to prioritize your prioritize self care, in whatever way works for you. And, you know, I definitely recommend using affirmations. It can be affirmations around the work itself, it can be affirmations for self healing, you know, it's okay, let's say if you, you might literally want to grow your, your following it's all key to claim that from the universe, right? Or it might be a case like for me, where you want to feel more grounded, feel more healed. You know, I'm inviting healing into my life. I'm inviting well being into my life. I am prioritizing self care, right? I always in safe welcoming spaces. Right. I am always included and I always belong. I am building my own table. And it serves me. Right.

Sharon 22:00

That is affirmation gold right there. Right there. Okay. Lisa. Yeah. Last question. Yeah. Last question. Yeah. What's next beyond TikTok, could there be a book in the offing?

Lisa 22:13

I listen, I would love for there to be a book in the offing. I would love for there to be a book I would love to do some affirmation cards. I would like for you know, Calm or Headspace to call me

Sharon 22:25

so what are you inviting into your life?

Lisa 22:27

I am inviting. I am inviting a successful best selling affirmations book authored and published, authored by me and published by major publishing house into my life to help myself and others. I am inviting my, my series of affirmations cards into my life. And with ideally within the next year or so. Right? Well, yes, no, definitely. I see books, I see more meditations. That's something I do as well. So all of that healing work, to to help people stay focused, because you cannot. it's harder you can, despite what people say, you can actually pour from and from an empty cup, but it's just going to be a couple of drops, right? So it's better if you really want to give abundantly you have to fill your own cup abundantly. So definitely working on all of that and inviting success in all its forms into my life.

Sharon 23:30

Well, thank you, Lisa. This has been phenomenal. I hope you've all enjoyed this special episode of the introvert sisters podcast. Thank you for listening, and we'll catch you on the next episode. Bye.

Lisa 23:50

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