



About Your Show Host ~ Marilee Tolen

"Marilee has tremendous knowledge of conventional and alternative (integrative) health care! I can't think of anyone better to interview these alternative health, medical experts and authors - whether conventional or alternative - she knows the perfect questions to ask - and it helps all of us learn in ways we would have never learned otherwise - you can't pick up a book and learn this stuff - and who has time to run all over the country to have consults with these professionals? Marilee's show 'Green Tea with Marilee' is better than any book or magazine to learn all we need to know about making informed decisions on our health care choices today!"

..a satisfied and frequent listener of The Green Tea with Marilee Show

Marilee Tolen RN is a Board Certified Holistic Nurse and an industry expert in Alternative/Integrative Medicine and Health Care. Her clinical background is in Intensive Care Nursing and she holds many certifications and credentials in the field of Holistic Health and Healing.

Her years of training and experience include:

- Board Certification in Holistic Nursing from the American Holistic Nurses Association
- Graduate of the four year Brennan School of Healing Science (considered the 'Harvard' of Energy Medicine)
- Certified Healing Touch Practitioner and Instructor (for 13 years)
- Completed Intuition Training with Caroline Myss PhD and Norman Shealy MD
- Graduate of Christina Pirello School of Natural Cooking and Integrative Health Studies
- Health Perspectives Rosemont College
- Certification Colon Hydrotherapy - IACT / ARE
- Completing Clinical Certification in Aromatherapy
- Owner and Director of physician staffed Wellness Center offering IV Chelation/ Anti-Aging Therapies
- Member of American Academy of Anti-Aging Therapies

Other studies include trainings with:

- Donna Gates~ Body Ecology Diet
- Denny Waxman ~ Strengthening Health Institute / Macrobiotics
- David Wolfe - Longevity Training
- Alissa Cohen Living on Live Food Chef Certification
- Specific Carbohydrate Diet - Elaine Gotschall
- ARE - Massage Therapy / Reilly Method
- Gary Young - Raindrop Technique / 12 years of Essential Oils Studies
- Foot Reflexology, Reiki, Therapeutic Touch

As a Holistic Nurse and Educator it is Marilee's passion to disseminate and share information about natural health and healing to empower people to make informed choices in their health care.

Marilee has her 'finger on the pulse' of the ever expanding area of Holistic Health / Alternative and Integrative Medicine / and natural therapies that people can access to keep themselves well and live a long, healthy, disease-free life!

Please go to Marilee's website to learn more! <http://www.marileetolen.com>

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Every guest on The **Green Tea With Marilee Show** is a highly respected professional whose opinions are their own. An appearance does not constitute an endorsement of a guest's views.

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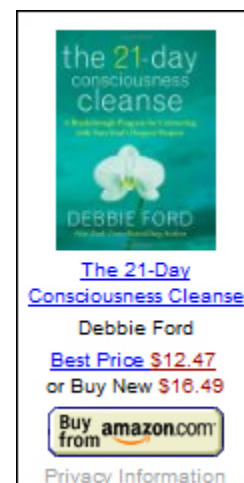
The Green Tea With Marilee Show "The 21-Day Consciousness Cleanse" with Debbie Ford

Marilee: Welcome everyone to the "Green Tea with Marilee Show." I'm Marilee Tolen your host, and I'm here tonight with a co-host who many of you are familiar with, Scott Rosen of Transformations. Let me just tell you a little bit about this show and then we're going to have one of the most exciting guests that we've ever had on here. The "Green Tea with Marilee Show" is where you will hear interviews with authors and experts in the fields of alternative and integrative medicine, holistic nutrition, energy medicine, spirituality, and consciousness training.

Tonight's show is being closed captioned for the hearing impaired and live closed captioning is brought to you by Home Spa Lady, where you can learn to create your natural healing lifestyle at home. For more information and to get free weekly tips, and to also learn about the upcoming Green Tea with Marilee shows, go to marileetolen.com.

So, tonight is a very exciting night. I know it's an unusual night on a Friday night and a special day of memory of 9/11, but we have a really special guest that will probably be able to help even address many things, including the thoughts that we have about, in our consciousness, about 9/11 and other things that sometime creep into our minds and consciousness to haunt us. And so we've got some great tools coming when you hear a little bit from Debbie Ford.

Let me tell you a little bit about Debbie Ford. Debbie Ford is a New York Times #1 bestselling author, creator of the Shadow Process, and founder of the Ford Institute for Integrative Coaching. She has committed her life to supporting others in leading fully integrated lives. For over a decade, Debbie has been lecturing and leading workshops around the country, bringing to life the processes and distinctions from her many life-changing books, such as the "[Dark Side of the Light Chasers](#)," "[Reclaiming Your Power, Creativity, Brilliance, and Dreams](#)," "[Spiritual Divorce, Divorce Is A Catalyst For An Extraordinary Life](#)," "[The Secret of the Shadow: The Power of Owning Your Whole Story](#)," and the "[Right Questions, 10 Essential Questions To Guide You To An Extraordinary Life](#)," and now, "[The 21 Day Consciousness Cleanse](#)."



Debbie is an internationally recognized expert in the field of personal transformation whose books have been translated into 22 languages and used as a teaching tool in universities and other institutions and of learning and enlightenment worldwide. Debbie earned a degree in psychology with an emphasis in consciousness studies from JFK University. She has appeared on the Oprah Winfrey Show, Good Morning America, The Rosanne Show, WNBC Morning Show,

and Fox News. She's been featured in "O" Magazine, Self Magazine, USA Today, Woman To Woman Magazine, L.A. Times, just to name a few. So very exciting.

And Scott Rosen from Transformations is with us this evening because we are also going to be talking about an upcoming live event where you will be able to meet and hear Debbie Ford live next week. So I'd like to welcome both of you, welcome Debbie. Thank you for taking your time to be with us this evening.

Debbie: Oh, it's my honor. Thank you so much for having me.

Marilee: And, Scott, hello, and welcome to you, too, and thanks for being here and co-hosting with me.

Scott: Oh, thank you, Marilee, I'm thrilled, thrilled to be with both of you guys here tonight.

Debbie: Both of us women, Scott, both of us women.

Scott: Women!

Marilee: That's right. Well, that's a New Jersey thing, Deb.

Debbie: I know, it's all over. But, I am always trying to correct myself.

Scott: That's good.

Marilee: That's really great.

Scott: Thank you.

Marilee: Well, I'll tell you, you have such amazing books that have impacted so many lives. I just know in my small circles of spirituality and healing over the many years, your books have impacted so many who have gone through the classes and the courses that I've been involved with. And we're all very excited, actually sitting on the edge of our seats, to learn a little bit more about this [21 Day Consciousness Cleanse](#). So we want to just have a few appetizers to peek into what's going to be offered here next week. So my first question would be what led you to this particular book and does it follow along with some of your other books?

Debbie: That's a really good question. I think it does follow along with my other books because most of my other books, four of my books, of course, have been about the shadow and the parts of ourselves that we wrestle with, and our shame, our guilt, and our fear, and how to get into the light, right? And then on the right questions books here, were more coaching books that really taught people how to live the process.

This book, I think really it took me writing successful books to write this one, because this is like my holy text. I feel fortunate that 27 years ago, I had this life-altering experience where I felt

God, I felt Spirit, I felt whatever that oneness is that we seek to have in our lives. I had this experience that really rattled my whole life and I studied and over the years have studied with lots of different teachers, most of them are not alive today. I have had lots of spiritual experiences that have given me the creative juice and the force and the power to be able to contribute in a way that I do.

I always tell people, when people say, "Oh, my God, you're so smart," I say, "Really it has nothing to do with my brains. It has to do with that I became a good listener and I can listen to the voice of my own soul and I can tap into those divine powers that will lead us to our greatest potential." So, [the 21-Day Consciousness Cleanse](#) is a lot of that because I turn people on all the time to spiritual checks and most of them really, truthfully, don't get it. They don't get it because if something doesn't resonate with them, they don't look for maybe a deeper message. And so, this book is really that. It's a spiritual process. Most people know I'm a teacher, I write, but my goal in life is to train people and teach people and support people and actually having practical steps to take each day.

So, the first seven days, we go into the past and we use the spiritual process to forgive ourselves, to let go of the old and our outdated assumptions, and to reconnect with this divine power. And it's not a power of the head; it's a power of the heart. And I know from, at least the people that are training with me, when we have that we really need nothing else. When we feel connected and we feel one with this source we feel alive and impassioned and thrilled to be here. And we trust in something greater than ourselves to lead us. So, that's what we do in the first seven days.

In the next seven days, we really deal with the present. We don't look at the past. We look at all the things in our lives that we don't like. See, we don't have to worry about other people judging us; we're our own worst judge. And really look at what can we do to alter these things? And if we were looking through divine eyes, holy eyes, eyes of something bigger than ourselves, how would we look right here today? And so that is a journey where we look at the power of liberation and the power of responsibility and acceptance and risk because to live a new life, to step into some new evolution of yourself, you must take risks. And then really looking at our deepest truth. And then we go into the last seven days, which are the future. And we look at the light of purpose and God's will and devotion and realization and compassion and possibility. I'm sorry I'm going on and on and on.

Marilee: Oh, it sounds so powerful.

Debbie: I'm so excited because I've finally got to write the book that I wanted to write, you know, really 12 years ago.

Marilee: Oh my gosh. It sounds really, really wonderful. One of the things that stands out to me here is that it sounds very practical. I mean, when you think of 21 days, which is three weeks, to have such a profound transformation in that time period, I mean, most people can do anything for 21

days, so you make it sound so reachable and powerful at the same time. That is so what we need today.

Debbie: It is. I think, for a lot of people, it's just finding out I'm not willing to do the 21 days. A lot of people do it for the bodies, but they forget about their spiritual world and their emotional world. And it *is* very practical. I have rituals that I do in a lot of my trainings. I love ritual, I believe in the power of ritual. And I believe that when we have the context, something to hold us, something that we can turn to like a good friend, or a dose of soul medicine, we learn we can have these radical shifts.

I've done a Consciousness Cleanse probably 20 times in different ways with myself and the exciting thing is anybody who buys the book is going to be able to do it live with me for free. I'm going to lead one in January for those who buy the book and go through it to really jump start 2010. Once we show ourselves that anything is possible in 21 days, because it is the process of unhooking from the outer world. Most of us, I don't know, I am driven by the outer world. I am always working, doing something, talking to somebody on the phone, doing something on the Internet. We are so outwardly focused but true love and true peace and true power come from the inside, not the outside. And that's what's so exciting; you know what's so exciting? It's free. What I am talking about is free.

Marilee: That is great, yes, yes, that is really fabulous. You mentioned something very interesting that I actually had a question around that people do take this kind of time to do it with their physical bodies, like cleansing their physical body or doing a juice fast or something like that and you're bringing in a whole new dimension to the cleanse. But I have a question, would this be something that would be good to do in conjunction with a juice fast or some other type of cleanse, or is it something that maybe isn't even needed because of the power of what happens?

Debbie: It is just, of course, it's always good if you would do a cleanse with it. In fact, in the 21-day course we're actually giving love potions every day from somebody who really is making up these beautiful juices and green drinks that I drink. But if you have another cleanse, absolutely because that's what happens, a lot of people raise their consciousness through food, but the problem is they haven't worked out anything on the spiritual or the psychological realm. We have to pay attention to everything. I mean, and that's why we are here. Most people are on this kind of, "One day when I get that, when I reach my goal, when I have more money, when I have more time, when my kids go to school, when I find the person that I love, you know, and then I'll have these feelings and this joy, and this immense amount of confidence."

But no, it's not the case. Ask anybody who has reached those goals, they will tell you, including me, that it's when we go inside and we take care of all aspects knowing that we are a piece of the divine. We are. God gave us one piece of spirit so that we could be God's expression in the world. And our job is to love and care for that part of us and then we can truly care for other people. One thing I just want to say is people find that if you're going to really be the highest part of yourself, you can't please everybody in the world. Most people would rather die with

half their potential buried somewhere than really giving up that need to look to the external world to get validation.

And I say that our time is now collectively, our time, we must teach this to our children. I have a 15-year-old son. We have these kids that are learning that if you have your phone on, your iPod on, and you're working on the computer while you're doing your homework, that is what it's like. And if we can't model that, each one of us for our nieces and nephews and grandchildren that it is an internal process, I can't even imagine how disconnected and lost and the amount of addiction that will exist in 10 years.

Marilee: Oh my gosh, wow, you're really creating it seems like an easily obtainable solution or preventative mechanism with this as well. This is great. Can you tell us a little bit about what we're going to experience next week when you're here in New Jersey? And then we want to hear from Scott too, about how people can get to this event and all that good stuff.

Debbie: Well, I'll tell you, first of all I love Scott Rosen. He is a holy man and I am honored to be affiliated with him. What I can guarantee people who come is that they will have a spiritual breakthrough. They will have a breakthrough, not in the outer world, although things will shift in their outer world, but in a relationship and the inner world. And they won't have to say affirmations because they'll begin the journey of being the affirmation. And Scott knows I'm a process person, I like to talk, yes, but ultimately, most people know information in their heads. They just don't know how to get it from their head to their heart and that's the journey that I'm going to lead people through. Scott, what do you want to say about that?

Scott: Yeah, I will say Amen to that. I went through Debbie's Shadow Process Workshop back in January out in San Diego, and I have to say Debbie, I've meant to reach out to you. It has begun and continued a journey of opening my heart and mind. I wanted to thank you and compliment you on the work that you do. I had obviously spent an evening with you, which is, in and of itself, a great experience, but having an opportunity to spend three days with you and go through your process with your amazing staff and just the way you set the tone for the whole program, it really kind of opened me up and continues to open me up. I mean, I am on a journey this year, which is quite fantastic and I attribute a lot of it to the work that you do. So, thank you so much.

Debbie: Thank you so much. Thank you, Scott.

Scott: Amazing. Amazing stuff. I have that roomie poem, you know, that's in your workbook, "The Guest House." I read it every day.

Debbie: Oh, that's such a great poem. It's actually in "The Shadow Effect," too, I don't know if we are going to talk about that at all.

Marilee: Yes. Please tell us a little bit about your movie as well, Debbie, because we see that on your website. So if you could mention that for people to learn a little bit about as well. Because, they can actually watch it on the site, correct?

Debbie: Yeah, they can watch it online at the shadoweffect.com or they can buy it on Amazon, or through theshadoweffect.com or debbieford.com. There's also, even if you don't buy the movie, there's a free Shadow starter kit right on theshadoweffect.com. And by the time I get to you, Scott, we'll have a free Consciousness Cleanse quiz for people. I wanted to read you a story, if I may from the book.

Marilee: Please do.

Debbie: On the Consciousness Cleanse, before we move on. Because I love stories, I love to learn through stories. So there is this woman, it's an old story. So, there's this woman that says to her friend one day, "Poor Lila has really has suffered for what she believes." And her friend asks, "What does Lila believe in?" "Lila believes that she can continue to wear a size 6 pair of shoes on her size 9 feet." "How painful," her friend murmured, "what can we do to help?" "We cannot do a thing except pray that the ill fitting shoes come apart at the seams and Lila is forced to finally throw them away." As Lila walks around day after day, pinching off her power, forcing herself into limping through life as a diminished version of who she was born to be.

This is what the book is about. How do we give up living with shoes that are too tight, clothes? You know we're living, we're outdated most of us. We chose our hairstyle 10 years ago, we chose the colors we wear, we chose our exercise, we chose our food, we chose all of these things, and then as Emmet Fox says it so beautifully, we begin to die from the disease that called the malignancy of middle age. So we're going to bust through that.

Marilee: Wow, that's quite a metaphor there. There's not one person that couldn't relate to that, really. You speak about that so gently and powerfully about how we do tend to cut off our power and we really should be able to reach our highest potential. It seems like you're allowing people to access this with this work. It's very exciting.

Next week, Scott, can you just talk about the date of the event and where people can get some information? I'm sure there are some listeners and people, although we are reaching very far out, beyond New Jersey. I know there are a lot of local people listening in as well, and they will definitely want information to come to Debbie's event next week.

Scott: Certainly. The event, itself, is going to be held on Thursday, September 17, which is next Thursday. It starts at 7:00 P.M. It's approximately a three-hour event. It is at the Double Tree hotel, which is in Mt. Laurel, New Jersey, which is really outside of Philadelphia. You can get all the information about the event at readytotransform.com. You'll see the event there and then you can register online for the event. It will be, I assume, what Debbie is going to do is you are going to do a lecture, and I don't know if there will be some experiential work. Maybe you can

say a little bit more about that. And then there will be a Q&A and a book signing as well with the workshop.

Debbie: Yes, Scott. So I am really committed that anybody that comes to this event leaves with a whole new opening. But not in their head, again, because people have insights and they have it in their mind, but they lose it. But really to have a spiritual breakthrough and really to start to see how easy it is. Is it rigorous? You can't have a spiritual breakthrough once. You need to have a spiritual breakthrough every hour of every day because, you can't hold on to a high level of consciousness. We're not designed that way. But we can learn to master and find things that we can read and nourish ourselves so that we can spin to these high levels of consciousness more and more. So, yes, we'll be doing some experiential work, and, then, yes, I would love to answer people's questions and have some fun.

Marilee: That sounds really exciting. Is there anything people need to do to prepare or do you have any recommendations, Debbie, for people who are coming to this event?

Debbie: Yes. Throw out all your old shoes. If you can't throw them out yet, just make a big old pile of all of your old stuff in the outer world, because we're going to throw them away in the inner world. And when those two meet that is what transformation is. It's a meeting of the inner and the outer. You don't do one without the other. I'd say get ready for that and to really look and get honest about where you haven't made the progress that you wanted in life. I would suggest when something isn't moving in the outer world, it's because we are still trying to manage it inside our ego structure and our will. We are trying to do our will and what I am supporting people in this book is to move into divine will and what do I see, and what different actions would I take and how do I show up when I'm living divine will?

I'm going to challenge people to see that most people have no faith. I don't know if you know that. They think they have faith but this is how we find out yes, we have faith in some areas of our life. But if we look at the area of our life where we haven't been able to have that breakthrough, that's the area of our life where we find our faithlessness. So when we have a healing with that, all new doors open up. Can you relate to that, like having faith in every area except the area where you're trying to have the faith through?

Marilee: Oh, yes.

Scott: Absolutely.

Marilee: Now, this is connected also to the Shadow side as well, right? One of the questions I had, too, does somebody need to do some Shadow work before coming or would it benefit them to do some of that Shadow work before they start to do this cleanse, or does it happen along with that?

Debbie: Well, of course, if I had my way, I'd tell everybody to watch the Shadow Effect because it leads us in the possibility of the light. You hear these stories. You hear Deepak Chopra and Marian

Williamson. You see people going through this process of getting to the light, so I think that anything that reminds us, most of us know it. But again, it's an area of our life where we have taken our will where we think we have to manage it and control it. So, people can watch the Shadow Effect or read "Why Good People Do Bad Things?" One of my things on my website, really do the quiz on the Shadow Effect because if people do the quiz, it helps you get honest. The thing that I see as that all suffering, like Lila, her shoes were too small, that's an easy one.

OK, my shoes are too small, I am going to go buy a bigger pair, and I am suffering because of it. But all suffering is because we are attached to something from the past, whether it is a regret or a resentment or a guilt or an outdated belief, we're attached to it. So, in this process, anything we can do – right before you do a cleanse, it's good to start. You just don't go off coffee cold turkey, most people. You know, you go off coffee slowly. I just went off coffee, by the way.

Marilee: And that's not an easy thing.

Debbie: No. Anything that they can do. But definitely go start throwing things out, because the Consciousness Cleanse is about living your soul's deepest purpose.

Marilee: So I am trying to think, I am of the opinion this is probably great for everybody, but are there some specific people, like I'm thinking of the person maybe who was newly diagnosed with a life threatening illness or someone who is going through a divorce, like, people that are really dealing with challenges right now, acute challenges. Would someone like that really be able to benefit?

Debbie: Oh, absolutely. Because when you're in a challenge, what's happening, your fear kicks up, right? And that immediately brings you to a level of consciousness. It's not that you're ever going to get rid of your fear, and there's healthy fear, but something is happening when we are at that level of consciousness when we're in the middle of a challenge, when we're worried about money. So, this is a process. I mean, I have a lot of friends that write books. All of them are like, "Debbie, when are you going to lead us through the Consciousness Cleanse?" Because even if you've got a great life there is always that next level. But I would hope for people in a real challenge situation that the book really heals their heart because it was birthed out of, I actually dedicated it to Emmet Fox, whose work really healed my heart.

Marilee: Do you have any case studies to share with us or examples of someone . . .

Debbie: Me. I was a drug addict. You know I tell my story, I really tell the whole story in this book for the first time. I was somebody who was, when I went to my last treatment center, I was taking, and it talks about it in this book, over 100 pills a day.

Marilee: Oh my gosh.

Debbie: I had the outer thing, you know, really rigged up. I had a clothing business and I looked good and I had all the friends and a good personality and people liked me, but I was dying inside. I would've, really, I would have had a chain of retail stores if I hadn't bottomed out. And the pain of my past has led me on this miraculous spiritual journey, where I feel like I'm an order taker today. I get ideas, they come through me, they're not mine and I feel like I'm just here to serve the greater whole. I can promise anybody that for most of us at the deepest level we want to feel good when it's the end of our time. We want to feel proud. We want to respect ourselves. And what stops that again is this repetitiveness and these levels of consciousness that are there. What do you think the collective consciousness of our world is right now? On a scale of 1 to 10, 10 being we're thriving, we're all one, we're in love, we are giving, we are serving the masses and 1 being we are all scared to death and holding on to our lives and hating other people. What do you think?

Scott: I want to answer that one.

Marilee: Yeah, go ahead Scott.

Scott: I'd say a 3.

Debbie: What would you say?

Marilee: I'd say a 2 or 3. I mean, I feel the fear in so many people now just everywhere you go.

Debbie: Yeah.

Marilee: Even people who are seemingly doing well. There's so much fear and I think the economy, of course. But, then, I love reading the USA Today every morning and I am starting to question that because of how I feel when I close that paper. It's just so sad and what's going on in the world. So my guess would be around that, too, very low number, 2 or 3.

Debbie: Yeah, and I bet if we asked everybody that is listening today, we would get really low numbers. I ask people all the time around the world and mostly people say a 2 or 3. I was feeling a bit hopeful today, so I was going to give it a 4. So, let's just say it's even a 5 or even a 6. Imagine that the life of your dreams lives at a 10 or a 9. And that when peace, world peace, lives at an 8, a 9, a 10 that if the collective is at a 2 or a 3 or a 4, it's down there, you are always affected by the collective, you are part of the collective. So that's what we have to understand. It is constantly pulling us back down. You read USA Today, you can be waking up feeling everything is possible for you, you watch the news, you read a newspaper and you can go right back in the cesspool of that, too.

Well, if you are not a master and aware of, oh, I just dropped my consciousness because this newspaper is resonating at a 2 or a 3, what would I have to do because I am not one that would say, "Don't read it." I would just say you've got to balance it. But what are you going to balance it with? How can you bring your consciousness back up? Because those of us who are

listening, that are tapped in, that care about the good of the whole, I believe we were sent here to master this. How do I shift? I talk a lot about that in the book, how do I shift out of this level of consciousness?

It's interesting because, as a speaker, I was always on the road. So many people are frustrated, from the Secret on to they went to this workshop, they are projecting all their light onto the workshop leader or the author. And then when they leave, even though they feel like they can do anything there, when they leave they drop back down and they get more resigned instead of understanding that that is going to happen. I don't know if you remember, Scott, at the Shadow Process, I'm like, "How many of you don't want to lose this feeling?" Everybody raises their hand. And I say, "Don't worry; you are definitely going to lose this."

Scott: I remember, yeah.

Debbie: And if we get real about it, then we become responsible, that, oh, it's my job to raise my level of consciousness. It's my job to know and be responsible, that things are going to happen. You are going to get sick, people in your life are going to get sick, you may lose your job, something happens with somebody you love. Of course, it should break your heart. Of course, you should touch it. We're talking about September 11th, and just feeling, you know, we were all heartbroken, heartbroken, devastated. Of course we should feel that. But again, we have to dip in and say, OK, now how am I going to raise my consciousness and service to the collective whole?

Marilee: So, with the cleanse that you offer in the last seven days when you speak about the future and teach about the future, are you giving tools and ways that we can pick ourselves back up again, like you're saying here?

Debbie: Oh, yes. I am the queen of exercises. Every day, there is a morning practice where we look at an internal flame, that part of us, and we look at everything from our love flame, our passion flame. So there is a practice that I designed that people should do every morning and I am taping it so people will be able to go to the website, to debbieford.com, and actually do it with me. There's soul food everyday, which is a mantra, it may be anything from, "Forgive me and my trespasses," famous lines that can help us go deeper. It's funny, I have the book in front of me and I just turned and I turned to the forgiveness. My soul's desire is the voice of God. So there are daily mantras that I give people.

Then there's exercises of every day in the cleanse. There's cleansing rituals, maybe four to six of them, that are part of a process to return us to this place where we are cleaned out because when we are cleansed, really what is there, even if you have done a food cleanse, you know that you feel good. Even if you feel sad, you feel good, you feel connected. You feel like you have a friend by your side. I'm hoping it's a holy book for people. That was my intention. I prayed, I meditated before I wrote every day and I just love it.

Marilee: Oh, it just sounds so wonderful. I have this vision of groups of people doing this together, just like they come together in supportive ways when they're doing other types of cleanses. I can just see that happening. That would be so exciting to be a part of that. You had mentioned that you're going to offer that in the future as well, right?

Debbie: I'm leading a group in January, a huge group, probably thousands, and sending them e-mails, but I think people will do that. Maybe you'll, to get a group of people that you connect with every morning and you read the day. Like day one is the gift of desire because we need to know what our desires are. Desire's been the same for many people where we have put down, like you shouldn't have desires? No, your desires are your soul's way of leading you forward in the gift of self-awareness.

So, the first seven days are all gifts. You have people that you can share with when you're doing a cleansing exercise, whether you are making a list of the feelings that you deemed wrong or awful or scary, or whether you are starting to collect new ways of being that turn you on. And, so, it's a process. It's not to be done in one day and I'm hoping people don't do it alone, at least to enroll a buddy, somebody to be there with you.

Marilee: Oh, it sounds so very exciting. Well, we are excited here in New Jersey that you are coming again. We'll go over this again, to Voorhees, New Jersey. Scott, do you want to once again give the details on this for people to be able to write down and get the number of the place or your phone number or place they can go to online to register?

Scott: Sure, the website again is readytotransform.com, and Debbie will be appearing next Thursday, September 17th at 7:00, 7:00 in the evening and that will be in New Jersey. If you go to the website, you'll see Debbie's picture and the description of her workshop and you just click on that and it will give you all the information about how to register and how to join us, including directions to the facility. We're just thrilled, I can't wait, Debbie. It will be great to see you again. And I know you are also doing some television appearances as well, is that correct? I know you are doing something, I think you are doing something in Philadelphia the day of our event, is that correct?

Debbie: I am, I'm really excited. Yes, I'm doing, I should have it in front of me, I'm doing something Scott. Yes, Morning TV I am doing in Philadelphia. Let's see if I got on the right page. I'm not good like that. But, I'll have it on my Facebook, so if people go to Debbie Ford on Facebook, I put all the events up every day.

Marilee: Great. Well, we really look forward to having you, Debbie. And thank you so much for your time this evening to give us a peek into what we have to look forward to next week and to just share some of yourself tonight. It was very generous of your time this evening.

Debbie: Thank you so much for having me and I can't wait to see all of you.

Scott: Thank you so much, Debbie.

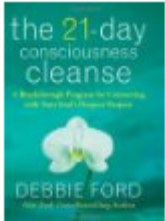
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Marilee: Thank you and thanks everyone for being with us this evening and this replay will be available for all of you, as well, so we'll be sending that out and we look forward to seeing you next week, Deb. Thanks so much.

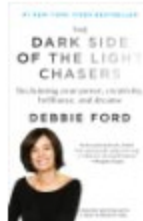
Debbie: Thank you.

Scott: Thanks Debbie, See you next week.

Marilee: Goodnight, everyone.



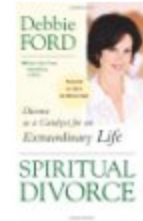
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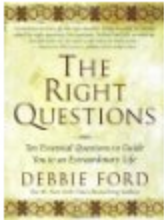
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