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THE HEART HAS A LANGUAGE ALL ITS OWN

Our origin stories, the joys and pains we collect in the foundation of our lives, set the stage and trajectory of our unfolding. Lottie's story is no different, but it is a rare joy to meet someone whose thirst for learning and growth hit the ground running at such an early age.

For Lottie Cooper, running away was her answer to her heart. And what she ran towards was a destination to not only heal herself, but us all.

We sit at a light-filled table in one of my favorite local spaces, Dobra Tea. Lottie and I chat for a bit to get to know each other, her sipping on some out-of-this-world rose hot chocolate, me with an iced tulsi tea. We first met at the Hatch 2.0 opening, but just for a brief moment in time. But Lottie has a warm, open presence so we connected instantly. I was thrilled when she signed up for a [Platinum Press Spotlight Interview](#). I think you will enjoy getting to know her as well!

THE IMPRESSIONABLE SEEDLING

PP: What series of events led you to your path?

LC: I was born into a Jewish family in New York. My parents were physicists. Shortly after I was born, we moved to Los Alamos, New Mexico, where my dad was pursuing a Nobel Prize in science. This dedication to work affected the quality of home life, and ultimately, my parents got divorced. My mom bonded more with my brother, and I, with my dad. When they split, I wanted to live with my dad but wasn't allowed to, nor was I permitted to speak about it.

I felt really hurt inside by this. I was very empathic as a child, always the peacemaker between mom and dad, always hoping they would reconcile. But, my father eventually remarried. My stepmom was protective of my dad and put a barrier between he and I. So, I did not feel emotionally safe in either house.

STAY ROOT-BOUND, OR GROW

PP: How did you cope with this?

LC: Being a nerd and a rebel, I secretly applied to boarding school behind their backs. Once accepted, I ran away to boarding school. Learning became both my refuge and my freedom.

Later, I would go on to attend two massage schools, three different colleges, graduate school at UC Santa Barbara, learn 50 healing modalities, and study with major healers around the world from Bali to Mexico, Ireland and New Zealand. I've been to a lot of different places to heal myself, so then I can help others out of suffering.

I ended up getting my Masters in Body-Centered Psychology, and eventually became a coach because it allows me to incorporate all of the healing techniques I have learned. I combine *Theta Healing* [a frequency found at a deep state of the mind – while in meditation, sleep or hypnosis – that has the ability to offer mental clarity, heal stress and anxiety, and increase happiness]; *Reconnective Healing* [a process that reconnects us to the Field of energy, love, light and wisdom that is always surrounding us, and is also found at the depth of our being]; and other healing modalities to re-pattern people's subconscious mind – which is where you find the root of our suffering.

Bruce Lipton talks about how 96% of our operating system, our state of “being” in the world, comes from our subconscious, and most of that is created between birth and 8 years of age. It makes complete sense, right? We absorb everything like a sponge at that time. For example, you want permission to do something: Mom answers one way, and dad says the opposite – this creates an inner conflict. We think, “If I do it this way, this parent will like me, but I will be in trouble with the other parent.” This is how people tie knots inside energetically.

ESTABLISHING DEEP ROOTS

PP: How do you help people tap into this place and heal?

LC: My gift is to go back in time with people to heal and unwind these knots, create forgiveness, love, release resentment, pain and regrets so then they can move forward. I like to work very quickly to teach people to retrain their brain towards love, joy, and having more alignment with their true selves.

That's what my path is about. I work with thousands of people all over the world. Most of the people I work with are leaders, entrepreneurs, and business owners who are ready to take their work and what they're here for to the next level.

LC: Right now I am mostly doing one-on-one work with people, with a duration of 6 months. People say it is like 10 years of therapy in 6 months. I also do a one day intensive where you can really up-level and heal your past so you can move forward.

PP: What have you found holds people back from actualizing their fullest selves?

LC: I find that our shame, guilt, fear of failure, fear of success – any negative belief that we've hidden from ourselves and others holds us back. When we open that up in a compassionate space, you clean it out and have tons more energy to be here for what you were truly meant to be.

DRAWING IN NUTRIENTS

PP: Where do you draw your inspiration from to rejuvenate?

LC: I go straight to Source, God, the Universe. I hold a constant, deep connection there. I also love nature and often sleep outside under the stars. I'm in love with plants, animals, people, my soul mate, my dog and my cat. I see the beauty in everything.

For me, it's having an attitude of gratitude. You never know when will be the last time you're going to see a person. Like, sitting with you here, right now, is completely precious to me. When I am in the moment with someone, I want to give my 100%, so I live like every moment is my most precious moment.

I'm grateful for my mom and my dad. they taught me to be generous. They are big spirited, have expansive minds and think in multiple ways. My dad taught me to meditate since I was 8 years

old, so meditation has always been part of my life. But, I'm not someone who likes to sit very much, so I've chosen *Kunlun*, whose origins lie within Daoism and Qigong. It is a more feminine form of meditation, where you start in a position which creates an energy that actually spontaneously moves your body. It's very beautiful.



WATER, WEED, BASK IN THE SUN ... REPEAT

PP: What is most gratifying for you when you work with people?

LC: Supporting people out of pain and suffering is very fulfilling. Seeing people light up to new possibilities for themselves, and allowing themselves to honor their true essence is very ... delicious. *{Lottie's face lights up with a bright smile, mine spontaneously does as well, and we share a fun giggle.}* It's just magical. I like witnessing miracles when people are very open.

I have seen people heal much faster than I have healed because they are open to it. With Theta healing, it's really working with God-source. When I work with people, I see them as whole. I witness people reorganizing themselves to a higher level.

PP: What is one way you get inspired when you help people?

LC: I work a lot with couples, helping them bridge their connection. I have a soft spot there because of my parents getting divorced. So, when love is present, all of our stuff comes up to heal. That's why we trigger each other. It's why we ask, "Why are you acting like my mother?"

Because we naturally want to give our partner what they want [which is ultimately, healing], these opportunities arise to heal old wounds. These moments hold a strong energy – the universe doesn't look at them as a positive or a negative, it's just an energy tightness.

In these moments, I teach my clients that if you're triggered, you have to go within and heal your childhood wounds. Once this healing happens, people find they are no longer triggered. They can then see these moments for what they are, where the other person was coming from, and not take it personally. This is usually an "ah-ha" moment for people. "That's why I've been in five similar relationships!" they say. "It's because you were trying to heal yourself through that experience," I tell them. You can do this inner work with me so then you don't have to externalize these things that are calling to be healed.

If you had a desire like I did to get my parents back together, you might choose people that were unavailable, because that was the pattern I saw in them. My parents were available to me, but not to each other. As a child I was desperate to make that happen, so that is what was going on in my operating system. As an adult I acted out, "How can I make this happen?" So I pulled stuff in energetically to answer that question that I was passionate about unconsciously.

That's how our minds work. When people manifest with the law of attraction, sometimes all of this underneath stuff has much stronger desires than your conscious desire. This has to be healed in order for you to be able to manifest what you are wishing for.

I love supporting people in their deeper manifestations. Does that make sense?

PP: Yes. And it helps me see the why the saboteur in me comes up sometimes when I am trying to manifest something.

LC: Right. And that saboteur may just want attention, or maybe he or she doesn't feel safe. They might want approval or validation that they never got and the only way they know how to do that is to throw a fuss or tantrum of some sort. Or, "I don't like authority. I got hurt by authority so any time you tell me what to do, I am going to rebel and do the opposite." Have you seen people do that? It has nothing to do with you. It's about where their pain is and where they're stuck. Because rebellion equals freedom, right? Even if it's good for them, they have a belief that it's taking away their freedom. Even if it's not true, that's what got in there. We have to pull that belief out and replace it with, "I have Source's, or my Higher Self's definition of what freedom is." So it heals that inner wound and we stop projecting that unresolved pain on others.

So, yeah, I like people puzzles. It's like being a Sherlock Holmes and undoing the psyche in a good way, so we can flow more and be happier and more joyful. It helps us give more to the people we care about, and to our community.

REACHING FOR THE LIGHT

PP: Oh, that's really beautiful, Lottie. What do you think is the biggest need that the world has right now?

LC: I think emotional intelligence is what is most needed now.

For me, I'm holding a vision of unity consciousness in the world. I hold that frequency, so when I walk into a room, people are either drawn to me because they are also in that frequency, or I trigger them because they are working against that frequency.

Everyone, as they wake up to themselves, holds energy signatures of what they are here for. So, we are all like puzzle pieces coming together to form a unity consciousness. This honors the differences in all of us and the gifts we all bring to the whole.

One example of seeing our interconnectedness is to look at this cup I hold in my hands. Think of all of the people and elements of the earth that went into creating it. Where did the clay come from? Who harvested the clay? Who created its form, painted it? How did it get here to Dobra Tea? Where did the oil come from for its transportation? Who extracted that oil? You see, there are so many things that must connect to bring about something as simple as this cup. When we

think of this connectiveness, that's where empathy comes in. It also illustrates how we each have a calling and how we are all needed to create our world.

PP: What are some helpful things you teach people so they feel more connected to themselves and others?

LC: I teach people to relax and be more in joy, flow, and even play. When we can play – even at work – it enriches our lives. We are creative beings. We can make anything fun. So, it's a shifting of attitude. It's a shift of loving everyone around us.

The most helpful thing we all can do is to choose love instead of fear.

In closing our conversation, Lottie invites me to participate in an exercise of “instant mindshift.” I gladly accept, intrigued at what might come. For this exercise, we decide to focus on a crick in my neck that has been bothering me for some time. I close my eyes and answer a series of questions. It kind of surprised me that in mere minutes, the tension in my neck relaxed and I could feel an expansiveness there, easing the discomfort. Working with Lottie, I could see how a shift in my focus and mindset could move me in a direction of healing.

This has been a practice I have returned to since the day of our meeting, and I am feeling a gradual release of tension in that area. *Thank you, Lottie!*

CONTACTING LOTTIE COOPER

To learn more, or to schedule a consultation, visit her website: www.lottiecooper.com.

Questions? Email Lottie: support@lottiecooper.com, with subject line “*Platinum Press Spotlight Interview*”