

00:11 - Erica (Host)

Hello, hello. I am excited to bring you a very gifted healing individual. She and I are just reminiscing that we've known each other for a decade and I don't even know where all that time went. My beautiful guest today is Mel Finnerty. So welcome, Mel. And yeah, give us a clue it sounds like you're writing up a storm over there.

00:35 - Mel (Host)

Oh, gosh, I am so incredibly grateful to reconnect with you, Erica. I follow you on LinkedIn at different places and see everything that you're doing on Amazon, all the books that you have out there. Wow, that's so amazing, and so when you messaged me and invited me, I felt just so great. So my work is I'm a transformational coach, I'm a healer and a spiritual mentor, and I'm in the process of writing my book.

01:06 - Erica (Host)

It's called Everything is Healable and I get Now wait, let's give it a little space, let's give it a little aha moment. Everything is healable, everything is healable. I just want to sit with that... It's kind of like you hear something and you hear something, and you hear something and then, like the seventh time, it like goes in. So I just wanted to pause and acknowledge, so go, keep going now.

01:43 - Mel (Host)

Thank you. So the book is called Everything is Healable and it's my Memoirs, and so there's actually two books in one, when you see the book, which isn't made yet, but this is what I'm creating, okay, the cover is Everything is Healable. It's my Memoirs of my journey of trauma to wholeness. And then you turn the book over and there's another book on the other side called the Vibrancy Code, and it is the codes that I have downloaded from Source on how to keep yourself incredibly healthy and to live, no matter what age, at a very vibrant level.

02:28 - Erica (Host)

I love your code work. I really do. I have another client, actually a different client, not that you're my client, but I have a client who downloads really interesting data. Yeah, she actually got in touch with Da Vinci on the Da Vinci codes and was able to grok everything, like just understand everything and like, and then from the other side, he communicated to her how amazing it was for him, for her to hear him.

03:03 - Mel (Host)

I love that. That's beautiful.

03:06 - Erica (Host)

I feel like these codes, yeah, these codes that are coming to you, why don't we share? For someone? Let's just say they're a complete code novice. When you say that it sounds like purple dinosaurs or something, let's break it down into something that maybe someone could explain...

03:29 - Mel (Host)

I would love that. I'm going to start off with my healing journey. There's quite a few different things. I experience a lot in my family system as well as in the world, that created a lot of trauma in my system. Over the years, the decades, I worked on healing all these aspects of myself as I became completely dedicated to doing this. The layer, by layer, by layer, I healed the abuse. It was sexual abuse. I was stopped a couple of times, I was kidnapped All this trauma that was in my body.

04:09

I worked on with healers, with amazing healers, and meditation and diets and exercise and reading and connecting with amazing beings. I cleared away a lot of this. I would say 99% of it to a place where I am completely whole and feel completely whole and confident in who I am. In that place, in my meditation, all these codes started coming in about how to live a very long young life. Nice, and in this young life, what is this young life? Like your bones don't hurt, your muscles don't hurt, your skin looks beautiful, your mind is clear and you're in your 60s, 70s, 80s, 90s, 100s. So I'm in my 60s, I'm in my mid-60s. I can still do anything and everything I've been able to do since I was 20 years old, and these codes that come in are really a frequency when you do your work.

05:07

And so the clients that I work with are people that want to be very vibrant in their life, and what holds them back are the issues of the belief systems that say I'm not good enough, I'm not worthy of love, I'm going to be poor my entire life. I'm aging oh my god. I'm turning 30, that's so old. Or I'm turning 40, that's so old. Or I'm turning 50 or 60 or 70, oh, I'm old.

05:35 - Erica (Host)

And so it's the frequency of youth, of vibrancy, that is just, I think for me it's so different than I thought, like when I was 40, I looked 30, and I was 50, everyone thought I was 35. And all of a sudden I'm in my 60s now and I really looked in my 60s a little bit more. It's not that my face is still really youthful and I don't have my video on if you can't see me but I have found and my hair is still really thick, and it's really interesting. It's really interesting because I think what I like is kind of being timeless. Yes, that's exactly what I love.

06:25

I love being timeless, where you're just like vibing with someone who's 30, and vibing with someone who's 35, and vibing with someone who's 40, and it's like okay, it's like okay, oh my gosh. What I got was one of the reasons that the show ended the way, cause it started in 2017, but I'm in such a different place now. My kids are grown...Like all this stuff has happened now and I'm so different than I was, and so what I'm hearing kind of, the podcast says we're going to now attract people. We're just attracted to a little bit of different people and that's okay, you know You're attracting yourself.

07:31

Yeah, but I mean you're helping people that are. Usually. People come to me when they want to do a podcast or they want to write a book or something. They want to have it done right and they don't want to have to learn everything. I just want to say, erica, here's my manuscript, help me out Lovely. Or, erica, I have a podcast, I just want to do the recordings and can you do everything else. And then that's where I just love it, cause I get to have my expertise, help people and what I'm getting from, like your gifts, is this ability to it really does I do get the word transcend and healable, everything being healable, it really matches the energy of the coats right.

08:20 - Mel (Host)

Yeah, it absolutely does. I mean what happens with a lot of people and I have clients that are men and women, but mostly women is that they leave their bodies because there's this information that hasn't been healed in their being and they can't listen to it anymore because it's in their head, it's in their heart and they can't listen to it anymore. So they leave their body. And when you leave your body, you're not there to tend to your body and then your body ages and it can become ill, becomes unhealthy. But when we face all these things that we've experienced in the past and we get to a place where we realize that these are our gifts, like I know the trauma that I've been through I couldn't be who I am today without that and that I bow to God, to whomever, to the sassourcity universe, and thank them for all of those experiences, because in those experiences I can share with others and assist others to move through whatever that is that holds them back from being joyful feeling loved, living high in health and high frequency of high self-esteem confidence.

09:32 - Erica (Host)

Do me a favor if you could, and I'm gonna broadcast this show, and then what I'm gonna do is I'm going to have you just send me a little ping when the book comes out, and then what we'll do is we'll add the book link to the podcast.

09:54 - Mel (Host)

That sounds great.

10:21 - Mel (Host)

So on Instagram I'm the Vibrancy Code my name is. It shows as Mary Ellen Finnerty on Instagram. My website is MELFINNERTY.com and I offer a discovery call, a 30 minute complimentary discovery call, if you have a feeling that you might want to connect with me and see if you wanna work with me, and from there we can tell if there's a good fit and if it's not a good fit between the two of us, I will recommend you to someone else and I'd love to connect with anyone that feels. Thank you, oh, oh.

11:00 - Erica (Host)

Oh, oh, oh, oh, oh oh. Thank you.