

EPISODE 359

## How To Find More Peace, Health, & Happiness - With Guest Jane Wambui Kaberere

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**Shawn Stevenson:** You are now listening to The Model Health Show with Shawn Stevenson. For more, visit [themodelhealthshow.com](http://themodelhealthshow.com).

Welcome to The Model Health Show, this is fitness and nutrition expert Shawn Stevenson, and I'm so grateful for you tuning in with me today.

Listen, I know I say we have special episodes, but this one is super special. We might have the most requested guest ever on this show today, and the person who has been my biggest inspiration in the world of nutrition, and somebody who has just literally and completely and authentically transformed my beliefs and my reality over and over and over again. Not with the things that she said necessarily, but with her example.

And so my guest today is my mother-in-law, my mother in love, Jane Wambui Kaberere and she is here today on this show, sharing her story and her background and just some incredible insights like nugget after nugget.

I've said this before, my wife is from Kenya, she came here when she was about 12 years old and so my mother-in-law grew up in Kenya her entire life.

And she has a very different perspective and she'll share her story about just even the conditions that she came from, and being able to overcome a lot of different obstacles and being able to elevate herself as an occupational therapist and an instructor, and then even just teaching nutrition and supporting other people in so many different areas of life, which you're going to see today what her mediums were of service.

Because I'm sure she had no idea initially that she was going to be helping her patients that she works with through more than just therapy exercises, but also through techniques to help them to improve the quality of their lives through transforming their mind and also transforming their bodies through what they're eating.

So very, very excited about that and also she knows we have spent so much money experimenting, buying different foods and supplements over the years when I started to teach classes was actually in her kitchen, it was the first time I taught a class.

I started to see the experience, I was a strength conditioning coach at the time, but I started to see the experience that people were having by really changing their nutrition and not in the conventional sense.

Because what I was taught at my university setting was, have our clients and patients consume 7 to 11 servings of whole grains, low-fat everything and of course, we know that we've surpassed that dogma at this point and we know how important and vital dietary fats are, for example, and the fact of just basing our diets on all of that crazy amount of starch and sugar it's just so inappropriate.

And those were basic things, but what I started to learn and experience was, there was an even higher level because food is not just food, it's information, and starting to think about what kind of information, what kind of data, what kind of software am I putting into my hardware that's going to essentially tell my cellular programs what to do.

And so this was leading me to the discovery and understanding about epigenetics and learning from folks like Dr. Bruce Lipton who's been on the show, a cell biologist, but literally how every single bite of food that we eat influences our genetic expression, right.

And so what are the very best foods the most powerful, epigenetic influences that can really help to create the best expression of myself in other people.

And so once I started to learn about this, and these different foods and all the stuff we talked about over the years on The Model Health Show, I wanted to share this, and this is before people were you know, that was before the podcasts were a thing, and so we literally set up shop in her kitchen.

And the very first class I taught, it was three people in the audience, three people, me standing on stage in front of that blender and other little accessories. And I was scared to death, I was terrified, and I knew them, I knew them and I was so scared because I wanted them to "get it", I wanted them to experience what I was experiencing.

And this is just to share a little insight with you, sometimes when we are concerned or we experience anxiety or worry or fear in relationship to things like that, to expressing ourselves, it's simply because we care.

Sometimes we can get very egocentric, it might not be a positive spin to it, where we're more concerned about ourselves, but sometimes we're concerned about service.

And so there was a little bit of a balance there but once I shifted completely into serving, "How can I serve, how can I help these people," and not worrying about myself and you know, trying to get everything right, but how can I help them even a little bit right now in this moment.

And so that class went from three people to five, to 10, to 20, to 30, to people sitting on laps in the hot St. Louis summer, 100 degrees plus humidity. I don't know if you know about the St. Louis humidity, it's like, it's hot and humid, plus an attitude problem, like the weather has an attitude problem, like it just like kind of chokes you a little bit.

People are lapped up, air-condition is on its last leg trying to fight and just keep the balance right, we got box fans, just all of these people wanting to hear this message.

And from there I was like, "You know what, I should probably record this maybe." And so from there, starting with that three people audience now I've spoken in front of crowds of 1,000 people, 5,000 people and so on and so forth.

But it started from that initial moment of just saying, "Yes," and she was the catalyst, not just with the information, but also with space, and her creating a space that was all about health and wellness and the betterment and uplifting of the people.

And so, again, really, really excited to have her on today and just that process of spending so much, literally we spent so much money on food, even though people would pay to come to classes, we lost money, consistently.

Alright, and my wife wasn't happy about it, I'm just being honest, but it was about, and she'd be the happiest person after class, everybody's hanging out and having a good time, but when I tell her, "We're going to teach another class," she'd be like, "No, we're not." Because we spend so much money on getting the very best food.

So now we have a solution to that, all right, there are great stores out there, Whole Foods has become a national brand that has just popped up in just about every major city and it's great, they curate a lot of products and really seek out a

lot of the very best stuff that's organic, that's whatever health framework you're subscribed to, whether it's gluten-free, paleo, vegan, they've got all these categories curated for everybody.

The same thing with personal care products, but real talk, one of the nicknames of Whole Foods, everybody knows, it's Whole Paycheck, you can go there, you go there and just buy an avocado and like a stick of deodorant and they take you out and they type in the little avocado number, "Okay, your total's going to be \$17,000." "Huh? What? How?" And it's just, it's happened to many of us, many times.

I remember being at Whole Foods like, "I hope this goes through." But now, today, we've had the opportunity we can eliminate the middleman, get the same products that you would find at Whole Foods and other health, organic health food providers, but you cut out the middleman, no crazy markups and you get it direct.

And the company that's went out and curated all of these incredible companies, so whether you're doing paleo, whether you're doing vegan, whether you're doing keto, curated the very best products and made sure that they're number one, they're going to be 25 to 50 percent less than what you find in your grocery store, right off the bat.

And this company is Thrive Market, all right. I am a huge fan of Thrive Market, I love seeing when my Thrive Market box comes, we're getting our snacks for the kids, we're getting our nut butter, we're getting our personal care products, we're getting our— recently I just started to get this incredible, I don't even know if I should tell you, I don't want it to ever get sold out.

But The Paleo Mayo, The Primal Kitchen, spicy chipotle mayo ah, so good. And I get it cheaper than what you find in the store, from Thrive Market.

So whatever it is that you're looking for, personal care products, foods for your family, cleaning products for your house without all those crazy, toxic chemicals, you're going to find it at Thrive market, and also, not only are you getting 25 to 50 percent off, you're getting an additional 25 percent off your first purchase by going to [thrivemarket.com/modelhealth](http://thrivemarket.com/modelhealth).

Alright, so that's [thrivemarket.com/modelhealth](http://thrivemarket.com/modelhealth), together as one word. 25 percent off additional of your first purchase.

And you also get free shipping, and you get a 30-day free membership to Thrive market if you want to buy some more stuff.

But, real talk, you're going to want to keep the membership because it is just going to continue to pay you back over and over again. We save hundreds and hundreds and hundreds of dollars, every single year, alright, so it's definitely, for us, it's over 1,000 dollars, easily, by shopping from Thrive Market, because, we've got a house full of boys who tend to eat a lot and yeah, it's just been such a blessing.

So, head over there, check them out, you don't have to make a loss trying to eat healthy, and to provide healthy food for the people you care about anymore; [thrivemarket.com/modelhealth](http://thrivemarket.com/modelhealth).

Now, let's get to the Apple podcast review of the week.

**iTunes Review:** Another 5-star review titled "A Breath of Fresh Air" by B.Rae. "I listen to this podcast every morning. I had to go back and listen to all of the old podcasts to make sure I didn't miss anything Shawn had to say. This is by far the podcast with the biggest impact in my life. Thank you so much for spending your precious time entertaining and informing all of us that listen."

**Shawn Stevenson:** Awesome, thank you so much for sharing that. And wow, that's just powerful. I really, really appreciate you taking the time to share that and thank you for allowing me to be a part of your life.

And listen, if you've yet to do so, pop over to Apple podcasts or whatever platform that you're listening to this show on or watching, if you're watching on YouTube, and leave a comment, let everybody know what you think of the episode, and what you think of the show overall, over there on the reviews and Apple podcasts.

I appreciate it so so very much. And on that note, let's get to our special guest and the topic of the day.

Alright, today we have on one of the most special guests ever, and this is my mother-in-law, Jane Wambui Kaberere and she has just been such an inspiration in my life.

She is an occupational therapist who grew up in Kenya and really came up against some seemingly insurmountable odds to take her family and her impact on the world to an entirely different, seemingly unexpected level, but you'll understand why and who she is today with this conversation.

And so we're just going to jump right into this conversation with my beautiful mother-in-law.

You are the most requested guest on this show, we have done almost 400 episodes and people from all different categories of health and wellness, psychology, financial health, but you were the most requested.

**Jane Wambui Kaberere:** Oh my goodness. It's such a great honor to be requested and I am here, just for them to see me and probably share whatever I have to do today.

**Shawn Stevenson:** Yes, yes, yes, well thank you, I know that I had to, I had to pull your leg a little bit to get you on here, because you're being a little reclusive right now.

But first of all, I want to talk about your background, just growing up in Kenya and I was really curious because I just showed you a picture from back in the day and you were in a time when the culture was not very uplifting for women to be in those positions that you found yourself in, deciding, "I'm going to go into higher education, become an occupational therapist."

And so I'm just curious, like first of all, what inspired you to even want to achieve more in school when that wasn't really what was going on around you?

**Jane Wambui Kaberere:** My mom had, we had seven girls and according to our culture, he didn't have a boy because my dad was the only son of his dad, so there was a lot of pressure for him to marry another wife and therefore– the culture didn't look upon, I mean girls as real people who are going to be productive, because we cannot inherit anything.

So my mom is, my first motivation in wanting us to get an education because the only thing women did was to get married and work in somebody's farm, and my mom would tell us every day, "I want to remind you that there's no difference between a man and a woman, so you have the same potential like any other man and nobody should ever let you down."

It happens in our neighborhood where we lived, there was another lady who lived over there, who had gone to England, and every day she would say, "You see that lady, she's a doctor, and I want all of you to go abroad."

Seriously, she would tell us every day and there was one rule over there in the house that we could not go visiting other people, we have to stay in the house.

Because we didn't have much food, so she would make sure that we get, we stay in our own area, we don't go to other people's home so probably we don't even try to compare.

**Shawn Stevenson:** Yeah.

**Jane Wambui Kaberere:** Yeah. So that's how I got motivated because, and I think when, I didn't even think that that was the reason, but I find, I found that my mom, whatever she kept on telling you, if she tells you to be somewhere, that's why I'm here, because of my mom.

But I would like to go back and when I was looking, thinking about my life, when I was nine years old, I was sitting on a hill, just now I can even picture it, and at that moment I started, I thought it was Christmas time.

We prepared for Christmas for six months, that's the only time you got a new dress, you eat bread, and this bread, my dad used to work in the city, which is Nairobi and so you can see everybody so excited, we had not seen a lot of bread, it was only once a year.

And my dad would never come home, only on Christmas, everybody from the city worked over there for whatever they worked, they came back home with all the goodies especially like the Western kind of food, which we have never seen.

And then this kind of bread he would bring it was so big, and then we didn't even know, we have never seen three double, like regular bread put together, so in our language you would say that, in my Kikuyu language we would say, "I haven't been home," so he brought "I have never been home", so that kind of bread, and so we are looking forward to that one.

But anyway, and that's the only time we would eat Chapati, the round bread you normally make for Braden, the pita bread, everybody in the whole village that's what they would eat.

And I told you that's the only time I got a new dress.

And this particular day **[Indiscernible 16:26]** and I said, "Why didn't it last so long," and it was only like a few days.

And I was sitting on a hill, I saw the sunset and I thought, I look around in the whole village, everybody was, I just asked God a question, "Why is there the whole essence of life to give birth to somebody, I didn't see anybody doing

better, everybody is suffering and they get old and they die. I haven't seen anybody happy."

So that question I put at nine years old, the question became the quest to find what real happiness is.

I'm here, talking to you because that's the seed which was planted so many years ago.

I have been able to discover different routes of what happiness looks like.

So I gave whatever the power is, it has been able to give me a vision or a way to understand this is the way happiness looks like but I have gone through so many stages of trying to look for happiness.

**Shawn Stevenson:** Oh yes, yes and you, that's the thing about you that I admire the most, is that you've been willing to experiment, you've been willing to put yourself in what would be considered uncomfortable situations.

And I've never heard this story before, you've never shared that with me, all the times we've talked, but nine years old, and we talked about this many times in the show, of the power of asking questions, and you literally were questioning like, "What, why do all of this, and I'm not even seeing people happy."

And just to clarify for people, so in your culture at the time, because your father didn't have, he had seven daughters with your mom and didn't have a boy, in the culture you can marry someone else. And so he had two wives.

**Jane Wambui Kaberere:** Yes, he had another wife.

**Shawn Stevenson:** He had another family. And so, first of all, what?

Second of all, with that setting, your mom pointing to that woman and saying, "See that, that's your example of what you can be and I want you all to work towards that."

That's the power of exposure and you just have that one example, and I think that's so important, that's, again, you've been that example for me.

And so you went through the ranks, you excelled in school and you made the decision.

Now you've got two daughters, and you decide I'm going to go to the UK to further my education.



So what was that experience like, like what inspired you to take that step, like you've got two young daughters and of course, the town you're in is probably looking at you like, "You don't leave your kids and you're a woman you should stay home."

But you decided, "No, I'm going to go do this." So what drove you to do that?

**Jane Wambui Kaberere:** When I graduated from college, there was a voice talking to me, telling me that, you cannot just become a clinical occupational therapist, and it was just like one year, and then it happens that the college posted a vacancy for lecturers and then I thought I need to go over there.

Mind you coming from my culture, I have never spoken to two people, let alone going to speak to a whole class and try to teach.

But back in my head, I knew if I went to this College, that's the only way I'll be able to grow, and therefore I decided to make that attempt.

So I went, I became a lecturer but how it happened is, I told you I was the only woman who was in this— who went for in the interview, I couldn't be able, I didn't even think I could pass the interview because I was scared, because there was a group of people asking me all these questions, I was shaking and everything.

But finally, the director of the college says, "We are going to take you, you are the only, we have female ladies in our faculty, and we want you to take care of them". So that's how I ended being in college.

And then when I was there, as I thought, it happened that they, I got that scholarship to go to England.

Because that was the only avenue to go to another country to get an education. So that's you know, I was ready to lose everything I had.

But just to go back a little bit, I had that dream that whatever the culture has dictated to everybody I knew, my mother and everybody else I knew, the whole essence of me according to the way I looked at life was not to go through that route, I don't think there's something I can get out of the, I need to be married probably and then I found out, "This is very boring, I think I need to do something else also. I cannot just keep on having children," and that's why I went to school and something kept bothering me.

And I told myself, "I think I'm in the wrong profession."

And every day I kept on telling myself, "Okay, I have these two children and I am not going to get like a hundred children or eight children," because they believed that if you get only two and even you can't understand, my husband was a Kenyan who also need boys, and I'm thinking, "I don't know."

So then I had that dream of feeling that there's more to life, that's what drove me to that. I cannot settle down only being a housewife and having children and going around like everybody else.

And nobody else thought like that except me, I think. That's why I went to Britain and I was ready to leave my children when they were young and just go and **[Indiscernible 22:39]** and find out what I can become.

**Shawn Stevenson:** Yeah, alright, I'm so, and of course I'm so grateful for that and your daughters are as well because again, you set a template for them, and you made it possible to, of course, be here today.

But you took a risk where it's like literally, I can't see anyone in society supporting that decision, except maybe your mom, who again, when you were growing up like you got, there was no electricity, there was no power, none of these luxuries that people take for granted today.

You guys lived out in the country, right, is that where her house was?

**Jane Wambui Kaberere:** Yeah, even for me to be able to go to high school or college we were using, I don't know what to call it, like a lamp where you have like a week so that's the one I would just sit down and read the whole night and since I don't want to sleep, I would get like a bucket with cold water and put my feet there so that I can read.

And then you are using this little lamp and then try to read with that one because we didn't have any lights. We didn't even have the regular lamp, no just a little thing—

**Shawn Stevenson:** Did you call it a torch?

**Jane Wambui Kaberere:** No, it is not, we didn't have a torch, that is something different, it's a little—

**Shawn Stevenson:** Is that a flashlight?

**Jane Wambui Kaberere:** No, it's not the flashlight, it's a —

**Shawn Stevenson:** I know what you're talking about, it's basically a lamp is what you're talking about but I remember because that's the cute thing about your daughter which is like some stuff she'll say like, I think one day I was looking for a flashlight she was like, "Can you get the torch?"

And I'm just like, "This is not Indiana Jones", this doesn't even make sense to me, like a torch. And so but yeah, so you haven't, like you went that far—

**Jane Wambui Kaberere:** I went through that one to be able to get this education to become somebody.

**Shawn Stevenson:** Wow. Oh my goodness, so one of the things that really changed my life, and I've shared this with you before, and I want to share this with everybody again.

When I first met you, it was probably like maybe third or fourth time that I was around you, for whatever reason, like we were just talking, everybody was kind of saying stuff and then you said to me that if you can give everybody in the world one thing it would be meditation.

And in my head, I thought, "That's crazy, give me a million dollars."

Like that's what I thought in my head and I had no idea why you would have the audacity to say something like that.

And so you had a huge impact on my life obviously, I've been meditating for, I don't know over a decade easily now, thanks to you, and it's changed my life more than anything.

But I'm wondering for you, like what inspired you initially to find out about meditation and to start meditating?

**Jane Wambui Kaberere:** I'm here with you at this moment to tell this because of meditation. Because what happened when I went to college and I went through the training, then I had to go in front of the students I couldn't stand in front of my students.

It was so bad that I had to tell the head of the college, "I can't even teach."

**Shawn Stevenson:** Because you would freeze out.

**Jane Wambui Kaberere:** Yeah, yeah, I would freeze out, I couldn't be able to say anything in front of so many people.

And then it happened there was another rector who had to come from England I know from Canada and we were then, we were just talking about how scared I am. I came wanting this job and now I cannot even instruct my students.

So what she did, she told me, "Oh there is this meditation, I would have done over in Canada." But I couldn't do it because it was very expensive, that was TM (Transcendental Meditation).

So one day we just stood up and you know, went somewhere, we looked for the place and then I saw we found a place and then when I saw these people, I saw somebody who was speaking so coherently, and they were so happy. I said, "Oh, I want that."

So what I am saying, Shawn, after I did that meditation, that's how I was able to stand in front of the students. How I am here, today?

It's because through the meditation I was able to stand in front of 5,000 people and present.

I used to do research when I was in college, so I presented this research which was international rehabilitation where everybody from the whole world had come to this venue in Kenya, and after I did my presentation, there were two people that approached me, one was a professor from Florida University and another one from Nova Scotia university.

And they asked me, we started corresponding after they saw our college and eventually probably after one year, their universities decided they wanted to sponsor me to come for a big conference for occupational therapists in Norfolk Virginia.

So the first time to come to America, that was I think 1991, and so all what I am saying is that meditation, that's what I found it was a great gift for having done it and it made me able to express myself and be able to understand myself better.

**Shawn Stevenson:** Wow. I just got to say, so you mentioned TM, so that is transcendental meditation.

**Jane Wambui Kaberere:** Yeah, transcendental meditation.

**Shawn Stevenson:** And, you also mentioned, so Nova Scotia was one of the options, that was the Dalhousie University, which funny enough, I was invited to do a keynote there.

**Jane Wambui Kaberere:** Yeah, what a coincidence.

**Shawn Stevenson:** Of all places, it's you, and it was for, it the occupational therapy department.

**Jane Wambui Kaberere:** I can't believe it.

**Shawn Stevenson:** Who initiated the contact which is, that's how we're connected.

And shout out to everybody in Canada, in Nova Scotia as well, specifically. And, but you getting through that barrier, and then having the ability to speak and to share your message, that created the opportunity for you to come to the US again, changing your exposure, and also you had the opportunity to even move to Florida or to St.Louis, and thank goodness it was St.Louis, shout out to St.Louis, no disrespect Florida, love you gus. But that's what got you here.

And so, I've got a couple of questions for you about meditation, if that's okay. Because, and I shared this as well, prior to you teaching, first of all, I had to suspend my disbelief, because I was just like, "What? What is this?"

In my head, this is all going on in my head. And I am also pretty egocentric, at the time, I am really working on, I had a big shift in my life going from being very self consumed because of just the way that I grew up and just protecting myself to being very, I started to evolve to being very other-centric instead of self-centric.

And so I wanted to help people, but I was still very trapped in my own mind and I didn't know it.

And so, when you taught me that first meditation, which you took me through, there was like seven meditations, it was like a 2-day thing, my wife, your daughter did it first and she was like, "You have to do this." And we were just dating for like a year or something, and I just wa slike, "Okay, all right, all right."

I had tried enough trust in her that I did it and then I came and you talked to me more like the science a little bit, like, "Okay so this is going, this aligns with your heart, and I know this is chakra, but you have a heart, these organs are all aligned here and your heart can be a place where there is a blockage of circulation of energy."

And you taught me, this meditation was the first one we did, and you told me how to do it, and I closed my eyes, I participated in it, and I woke up, like I literally, for the first time in my life, I woke up.

And I realized that I had never had a conscious thought my entire life, like I was just a part of it, I was a part of all the voices in my head, I was a part of the story, but I realized that I could see it, I could witness all of this stuff happening, I could witness the thoughts in my mind, I can hear and sense and witness and see the way that I felt, instantly, like it all got turned on.

But then, I have never shared this before, I went to a struggle period like it was beautiful for a while but then I had to start adjusting to life again.

Now that I am awake and I am aware and I can feel and sense and experience all these things in a whole different way.

But it has enabled me truly, like without that, I wouldn't be here, The Model Health Show wouldn't have been created, really meditation was a big tool for me.

So for you, I know that it was a tool initially for you to become able to speak, like which is a very practical thing, but it became something more to you.

So number one, what did meditation become for you, how did it become more, and number two, why did you want to teach other people?

**Jane Wambui Kaberere:** It became part of my life, it's because I found that I was having more clarity, and whatever issues which were going on in my life, which everybody has, I could be able, they could kind of dissipate, every time I did meditation.

And it created I think this love of wanting the same person to have that peace.

So crazy, I even taught my mom, and she had to go through this. And then after sometimes she was told no, don't do this one, you need to be on the other side, so I taught everybody, my whole family, because I feel that whatever one feels that it is benefiting you, I feel that one should be able to share.

And it had made so much difference in my life and even to kind of bring peace for one minute or two minutes, or even for maybe whatever the length of the time is.

I wanted the other person to have it, because this life is about just being peaceful, being happy. I don't know what other agenda people have.

**Shawn Stevenson:** [laugh] Right.

**Jane Wambui Kaberere:** Yeah, there is nobody who wakes up and decides, "Okay, today when I wake up I am going to have so and so, or I am going to scream and so and so."

I don't think there is anybody who had that idea, when they wake up, it just happens, but if you know there is something you can do to control yourself, to control your mind, it's like you are driving a car and you don't even know how to stop it.

So when you have this mind which is learning like a **[Indiscernible 33:40]** marathon and then you don't even know how to stop it, you are going to become very, I mean a very angry person and discouraged, and you are going to affect other people, it's also going to affect you.

So the whole idea I really love meditation because it can help somebody feel better, be able to widen their awareness, whatever the kind of job they do or even their relationship, because I feel that your mind sees life completely different than whatever you saw it before, whatever good is for me I want it for another person, it's not about myself, it's all of us together.

**Shawn Stevenson:** Yeah, wow. And this is just one tool, it's a very, very powerful tool.

And I understand now, even just listening to you, like I get it because I didn't really know why you said that statement to me that this is the thing you would give other people.

It's for them to be able to access happiness, it's for them to be able to access the truth, instead of— we've got so many different things that we're exposed to, you just gave that great analogy which I never heard before, of it's like you're driving a car, without a break, and when you have that situation with your mind, like you're going to crash in this stuff which is like turbulence and irritation and conflict.

And it's going to more frequently happen if you don't have that break, and also, you're going to run out of gas most likely because you don't know how to operate the car.

And like meditation is like plugging into this kind of infinite source as well, and from what I've learned from you. And so wow, it's so powerful.

**Jane Wambui Kaberere:** And actually, Shawn, if you come in touch with yourself, there is something inside you which you are able to reflect and you see the other human beings like you, it doesn't matter what you have.

It doesn't matter what you look like, you have the same fears I have, you have the same pain.

Everybody is going to die.

Everybody wants to be loved.

So if you look at everybody, it makes you feel that I want that person to understand the other person is me, I want to give it to them so that they know that what is keeping us separate is inability to understand you have— you know, you are a reflection of me, having the same problems, but how can all of us work together so that we can be able to, we become a mirror to reflect that love for each other. Yes.

**Shawn Stevenson:** Ah, so I, of course, when you're speaking now, like we've talked so much but now, like so many things are getting, I'm closing the loops, and it's just making more sense.

I know that my level because when I first met you guys, I was very impatient, my environment that I grew up in was very hostile and very aggressive, and so that was my response really to the world, especially anything that didn't fit my current path.

And so, but over the years like I've developed so much more patience, I feel like I am just being honest, I'm more patient than my wife now.

**Jane Wambui Kaberere:** I know, I know. 100 percent you are like that.

**Shawn Stevenson:** I love you, babe.

But you know, just this patience, and also compassion and empathy and it was really developed through meditation, I really, putting myself and being able to take perspective and to take other people's perspective, I never really put it together, I know it was a compilation of things, but meditation is definitely the biggest tool that made that possible.

**Jane Wambui Kaberere:** Yeah and as well, I feel that you cannot teach people how to be compassionate and you cannot tell the whole world, "I love you," those are just words which don't mean anything.



Compassion and I feel love is like if you're mourning for the loved one, are there words to express that?

It's the same thing, like your heart expresses something for another human being, not because, in spite, but that's what your heart wants to do.

And that's what whenever you do meditation, you don't love, it's not a conditional love, it just happens and you don't even have to talk about it, that's what it is.

You don't have to teach somebody to be compassionate, you don't have to. You have to express this without you doing anything, it's there. Yeah.

**Shawn Stevenson:** So you've also experimented, implemented— how many different meditations have you?

**Jane Wambui Kaberere:** I did one, I did the meditation for so many years, the transcendental meditation, and I was a teacher, and I did for about 10 years, or close to nine years, I worked with another person where we taught probationers, it was called Enlightenment Sentencing Project.

So I would go there every four days, free, I would just free teach probationers instead of sending them to jail so I would help him teach all these probationers it was such a moving experience.

And they would graduate within three months and it was such a moving— I mean, what I'm saying it was a very sad moment because you could see when some of these people they graduated they were saying if they knew, they had someone that had given them this one technique so that they can see how they think, they would not have wasted their lifetime being in jail. Yeah.

So we had like seven judges who had read the research how the meditation you know, helped the probationers. So I did that for a couple of years.

But then after some years something happened and then I stopped doing that and I said, "I need to look around," and then I found another teacher, and then I tried that meditation and that's what I think I have tried, there are so many meditations I have done, but afforded like two teachers and we call them guru or masters, yeah that's what I did with two teachers, but there are different meditations I have done. Any meditation you can dig of I have done.

**Shawn Stevenson:** Yeah, and then, when I informed you that you were the guru and you were the master, even, and the beautiful thing is, you were very reluctant to say that, that, that's when you know that you are and you know, you are it.

And so you've done dozens of different types of meditation and these different techniques. And so what I want to communicate to people is that there are many different ways through the forest there are many different ways to drive that car, it's just about taking the opportunity to start to learn how the car works.

**Jane Wambui Kaberere:** Yeah, that's true.

**Shawn Stevenson:** So one of the things that have become a meditation for all of us is like we do a coffee meditation.

**Jane Wambui Kaberere:** Right.

**Shawn Stevenson:** I didn't drink coffee, I don't think you drink coffee either, like for years.

**Jane Wambui Kaberere:** No, because I was brought up with— what paid for my school was the coffee, I don't know if you know that, we have, back in Kenya we have a very big coffee plantages, but none of the Kenyans who grew coffee drunk coffee. We only drank Kenyan tea.

So I have never drunk coffee until you introduced me to this coffee. And yea I have never drank coffee before, yeah.

So that was something, yes, and now everyday is like, "I did that coffee so bad," and yeah, so it has really helped me, along the way whenever I go to the gym and a walkout, or every day, it's able to bring a lot of joy and able to keep off, to keep me from drinking some other stuff.

I don't think I can drink any other coffee, really. If I don't have it I don't drink any coffee.

**Shawn Stevenson:** I hope people know what we're talking about.

**Jane Wambui Kaberere:** I know the difference because we have the best Kenyan coffee, I don't know if they know that. That's what they say. But it's not as good as this one.

**Shawn Stevenson:** Yeah, even when I travel I see the Kenyan coffee, but yeah, so we're talking about this Four Sigmatic coffee, the mushroom coffee, and it's organic coffee, and it's also a combination of medicinal mushrooms which have been studied for thousands of years and this is something that, and we'll talk about this in a moment, but it led me once you pointed me in the right direction, it led me down that trail to finding out eventually about these medicinal mushrooms.

And so the one that I had today, The Lion's Mane is the one that we typically have or the cordyceps coffee.

And so the Lion's Mane coffee, that one is the University of Malaya found that Lion's Mane mushroom is one of the very few things ever studied that can literally regenerate brain tissue, neurogenesis.

So sparking the creation of new brain cells and also it's neuroprotective and so it's being studied now for use for traumatic brain injuries.

And so it's just really interesting that even the way that it looks, it's like a Lion's Mane in a sense but it has all of these connections, just the way it's flowing and this is the way the brain really looks, if you have a strong-enough microscope which is really interesting, that's the doctrine of signatures, by the way.

But also the basis of it though, in all the different coffees is Chaga is in there, and so that's something that we've been helping people with and introducing the people for even prior to us knowing about Four Sigmatic, that's why I love them so much because they put it in there.

And Chaga, if anybody just googled Chaga and cancer and just like it's crazy, or Chaga and antioxidants or Chaga and immune system, and so it's clinically proven to increase your natural killer cells so your body's immune system weapons or army improve their activity and mobilization over about 280 percent.

And so it's one of those things that's supportive of our immune function.

But what's interesting about the mushrooms is that they're immunomodulators and so that means that it doesn't just spike your immune system, like other drugs would do, or it doesn't suppress your immune system like drugs would do; it modulates and moves your immune system up or down based on what your body really needs.

So it's really fantastic, and we need it because it's just a joy it's not like other things where you feel like, "I'm addicted, if I don't have it I'm not right." It's like just an extra level of joy and good energy.

And so yeah, so [foursigmatic.com/model](https://foursigmatic.com/model), that's F-O-U-R-S-I-G-M-A-T-I-C.com/mode. Alright, so that's [FourSigmatic.com/model](https://FourSigmatic.com/model). You get 15% off everything they carry.

Alright, so we love the coffees and also they have the hot cocoa as well, so we like that too. Awesome. So I'm glad that I could bring that to your life, you brought so much to mine.

**Jane Wambui Kaberere:** Oh my goodness, yes, that's the, aha.

**Shawn Stevenson:** So we hook you up, you come to my house, you leave with bags of gifts.

And so this is a good segue, because I want to ask you about nutrition, like you are my biggest inspiration in this space, which this is really what I do, this is what I am really passionate about, it's nutrition.

When I met you I was a personal trainer, strength conditioning coach, and I was still, I was figuring things out, I was like getting people to shop organic, but I was still like low fat, you know, and just like more processed food-centric and you got me really thinking differently about nutrition.

And I am wondering for you, what got you interested in food and nutrition in the first place?

**Jane Wambui Kaberere:** 1997, I came here in 1994, and in 1997 I went back to see my mom.

When I saw her, it was so shocking that my subconsciousness told me, "Oh my god, you're going to become like her."

Because what had happened at that moment, after having been here for three years I started having joint pain in my knees so when I saw my mom and according to what they say is that you're going to inherit the disease from your family member or from your somebody, okay.

So then I thought I'm going to have the same problem, but what I'm saying after I entered the door and I saw my mom was like, almost like crawling and she couldn't walk, I fainted, I couldn't even take it.

But then when I came back to America, I started asking some questions because my mom was being seen by the rheumatologist back in Africa, in Kenya I mean.

And, where he told, we have the top hospitals just like VJC, that was the only hospital where you could get the best doctors there, so when I left she was being seen by these doctors getting the best medication.

And then when I went back I found she was even getting worse, I didn't know that's what this does, so when I came back, every day I would sit down Shawn, for about three months. Every time I did my meditation, and I would tell God, "There must be another way. Can you show me another way? I don't want to become like my mother."

And so that's how I started. Like, trying to figure out how things should be and then I found this person which told me, "Okay, arthritis is caused by this," and then I took the book and started reading books and then I found, "Okay, oh you can help yourself," I didn't even know that.

Yeah, so that's how I tried different, I mean like the protocol, like changing what I ate, but mind you I was a vegan for a long time, so I was eating probably the wrong kind of food.

So when I found a certain type of food which was causing that, then I stopped and then I went through so many programs, that's the time I bought like a juicer, instead of buying the juice from the store, they would say it's a 100 percent, I didn't know it was not 100 percent natural juice, so I started making mine and I said, "Oh, there is a difference." So that's how my journey started.

**Shawn Stevenson:** When was this? This was...?

**Jane Wambui Kaberere:** This was like 1999. Yes, and then after following that protocol, then I decided to start another protocol where I had to fast for a length of time and then, only 7 days, Shawn I am telling you, I was walking down the stairs, I started crying.

I said, "Oh my God, I can walk on these stairs because I can be able to walk without holding anything."

I don't know whether you know that, with the time my knees were like, there was bone to bone, so if I tried to do like squats, even like I sit down, wherever you are you could hear the noise.

Everything clacking there, so that's [Indiscernible 49:58] come from, I couldn't even walk half a mile.

**Shawn Stevenson:** I saw the canes.

**Jane Wambui Kaberere:** Yes, I had a walking cane. And if I was going to see my clients and I would say "Oh my God, why do people have houses with these stairs," and you can see my house has all these stairs now.

Because, yeah, I couldn't even be able to go up there, so I used to carry a cane with me. That was like 1999.

**Shawn Stevenson:** So you had a beef with stairs, it was like, why?

**Jane Wambui Kaberere:** That's how I started.

And so what really encouraged me is that I said, "Oh I can change, I can cure this?"

Do you know what happened? I used to own a lot of money at that time, I would go to a store, look for a book, I would spend like \$400, to buy books and find out, "Oh, what cures this, what cures that?"

And then what I would do, I would add, every month I would be doing something and I would write it down and start doing that program from the beginning and with time, even people who knew me they say, "Oh, are you all right?"

Because I started losing so much weight, my college the one I was teaching TM, he said, "Jane, you are going to— I don't think you'll be here if you keep on going like this." So and I was telling him that I feel good. And so I had to go through so many processes.

And people who knew me before I used to have a lot of blackheads on my eyes, I used to be so dark here and then the doctors would say something you have inherited because of the liver problem.

So after I did all that I said, "Oh, my skin is changing, I even look younger. And I feel good." So I want, you remember my [ **Indiscernible 51:40** ] to look for happiness, I felt, "Oh, apart from meditation, I am even getting happier." Yes.

I found that you can keep on meditating the whole day but then if you are paid, there are times you have to stop.

Yes, so then when I found that it became my journey of trying to find out how can I restructure my life and I found there is so much to be done.

And then eventually, I was able to get rid of the pain and everything was gone and I was able to walk. And then, now I can run.

**Shawn Stevenson:** Yeah, oh man, so this is the beautiful part, This is 20 years later.

First of all, we just, your daughter just came over the bunch of old pictures, and yes, 20 years later you look younger and you were out, we worked out many times, you're doing lunges, you're doing sprints with us, it's so powerful to see that and to see that example with you was just super inspiring for me.

And this is a great, like what is that moment for me, when I knew that you were onto something because when I first came over, it was literally the first time I was going to meet you, and your daughter, and by the way, well just share this really quickly.

So you call her Jerry, but her first name is Anne, and she told me when we first met— is Anne, so she knows she's got these different names and it's just in your culture, you were given an English name, right?

**Jane Wambui Kaberere:** Yes.

**Shawn Stevenson:** Can you talk about that really quickly?

**Jane Wambui Kaberere:** My first name is Jane, but I tell people that's not my name. That's an English name because Kenya was colonized by British.

And when they came, they changed our people's religion, whatever they prayed to, their God lived somewhere and they taught them that was demonic, so they introduced Christianity. And everybody had to be baptised.

So that's why my parents took me to church, that's why I have that name, and they would not agree to give you another name.

And the same thing with Anne, so when the hard time came and I took her to church, they refused to give her her first name. So my first name is Wambui.

Yes, so the majority of people who know me that's what they call me. So that's how we have all these names, because of Christianity, which was brought so

many years ago, I don't know how many years ago, but I know we got our independence in 1963. Mhm, yeah.

**Shawn Stevenson:** And so also I call you mam Mucami, because your daughter's name is Mucami. And so it's the mother of that child.

**Jane Wambui Kaberere:** The first born which is Mucami.

**Shawn Stevenson:** But her first name is Betsy.

**Jane Wambui Kaberere:** Don't say that, yeah, I know, she doesn't call herself that way. Aha.

**Shawn Stevenson:** And so, but it is interesting because these are like very like 1940's and 1950's names. But with that said, Anne was bringing me over— sorry, Jerry, and also when I first came over I was like, "Why do they call you Jerry?" She was like, "No, it's fine, just it's Anne."

And so, she let me know before we came in the house that you guys are really weird, with your food and all this stuff, and so don't listen to, she is like, "Don't listen to too much what she says, I know that they are a little weird but we'll be going in and come back out." And so I was like, "Whatever, how weird could it be?"

And I came in there and I saw there was grass growing in your house, and I had never seen grass outside of outside, and I was like, "How on Earth is that grass inside, what— they are crazy."

But long story short, it was wheat grass. And, it was several months later, several months later, and this is what I really admire about you because again, the master doesn't really, you're not trying to do what you did.

**Jane Wambui Kaberere:** That's true.

**Shawn Stevenson:** And so you weren't like assertive with me, you weren't like trying to tell me I was wrong.

Because especially with men, we tend to think that we already know, and so you definitely have to take a more graceful approach and that's what you did, I was struggling, at the time I healed my spine, I was feeling like a billion dollars, but I still kept having these seasonal allergies and asthma symptoms that I had from when I was a child.



And for me, I literally just was like, "Certain times of the year, I am going to have these issues."

And so at the time, I was going to get a prescription for some antibiotics to try to help me because the hay fever was so bad.

And I came over to your house with my then girlfriend at the time, and you were talking to me, you were like, "So I heard you having these allergies, and what is this, hay fever?"

And I was like, "Yeah, it's this time of the year, it's the weather. This happens every time."

And then you looked at me, and you said, "Okay, so it's the weather that is causing this issue," you said.

And then you said, "But is the problem out there or is the problem in you?" And then I realized that it was me, the issue was happening within me, I am not allergic to the world, there is something that's off with inside myself.

And so that led me to some research and for me at the time, it was all of the dairy that I was consuming, it was organic, it was non homogenized, but it was still for me, it was an allergen.

And it was causing all this excess mucus build up for me personally.

**Jane Wambui Kaberere:** And I think I asked you, "Okay, if you have these allergies because of the weather outside," I asked you, "Just imagine everybody is, we know that everybody is going through this, they are exposed to the same weather like you, the same air, have you asked yourself why is it only you and not other people."

**Shawn Stevenson:** Yeah, that's what got me.

**Jane Wambui Kaberere:** Yeah, and I didn't need to say anything else I think.

**Shawn Stevenson:** Yeah, that was that. You didn't say anything else. I just literally felt like something started cooking, my wheel started turning my brain, like what, there's something with me.

And also the fact that I wasn't born with this, this only happens at certain times. There has to be a reason.

And so that really sent me to start researching and that's when I became a researcher really and started to look into this stuff more deeply.

And so again, it's not that dairy is bad for everybody, some people right now the statistics show that about 75 percent of people, on the planet are lactose intolerant after childhood, or babyhood, let me be clear.

But some folks have a mutation where they can have it, it depends on the type of dairy as well, whether or not there is lactose or whether you are allergic to maybe some of the proteins in it, and then there is quality issues but for me, now today I can have a little bit here and there, but generally, especially milk, like no way.

It's just, when I pulled that out, I have literally not had any asthma, I can't even imagine that that was my life, not being able to breathe.

And simply pulling out that food was a big game changer for me. And so you sent me on many different paths of thinking like that, and for you, one of those was also you introduced me to the concept of raw food.

**Jane Wambui Kaberere:** Right.

**Shawn Stevenson:** So why was that such an important thing?

**Jane Wambui Kaberere:** I think when I started this journey and I found out I could change my life, my body the way I look and the way I feel is like I wanted to know everything about it and what happened, I went to see one of my clients, and when I was treating the lady, her daughter was in the kitchen and there were all these machines going on, and then I went and I said, "What's that?"

And she told me, "Oh, this is called raw food, and this is what it does," and whatever, so I started reading about it and then the more I kept on going I said, "Can I taste it?"

And then I asked her, "Can I pay you to come to your house, and I'll just stand there I don't care how much you charge me, and I see you do it."

And I would go there maybe sometimes on a Sunday and we should do a kind of a meal and then I would pay her and then that's how I came to do, I mean, to know how to, that's how I started raw food.

And then from there, she told me, "You can go to this but you can apply to Ann Wigmore Institute and you'd be taught how to do the stuff I have".

So that's how I ended by going to Ann Wigmore Institute and learning all these stuff how to make raw food and the advantages and whatever you can do.

So that's how I got into it, but I think when I started I had been like a student, wanting to make my life get better, learning more, I am still on the same path, doing the same thing even today.

**Shawn Stevenson:** Yeah, you sure are. You sure are.

And that was a big game changer for me because just letting my body with so much nutrition, you know through raw food and juicing and all those things, same thing, I grew up here so I didn't have juice like 100% juice, I had instead of orange juice, we had orange drink, it literally didn't even say juice, it said drink and it would be like zero percent juice.

And it's just like these flavors. And the same thing, there were times when we had juice but then it's pasteurized juice like it's a lot of the nutrients, the minerals, vitamins, they've been denatured, they've been changed, and not the same way that exists within the orange itself.

And so starting to think differently about how my body relates to food, the information that the food is carrying, that's one of the things that I really picked up from raw food and we did so many crazy and incredible meals, like big feasts of raw food and like making like, we both had the dehydrator, I remember for my wedding gift, you got us a dehydrator.

**Jane Wambui Kaberere:** Yes and I made your wedding cake, which was raw.

**Shawn Stevenson:** It was a raw food cake, I think it was like some kind of nuts was the base?

**Jane Wambui Kaberere:** Yes, made with nuts and I think raisins, or something. Yeah, I made that and we had a lot of raw food as well.

**Shawn Stevenson:** So people, some people do not realize this, this is why I am in the position that I am is that I'll spend years experimenting, raw food and I want to know about this too, because I'm sure that not a lot of your students really took to things like I did, I took what you gave me and then I ran with it.

When you told me about raw foods, I went three years, like three years not a cooked food crossed my lips, you know.

It's crazy and we live in Missouri, the cold winter and I was like drinking a green smoothie and some dehydrated, whatever. But we made it work and it was fun and amazing and it was a powerful experiment.

But I'm curious, you created the space for I decided like I'm going to start teaching this stuff and we started to have classes at your house.

So what did you think about all that when you saw that I wanted to do that and to start teaching other people?

**Jane Wambui Kaberere:** I guess you remember that I used to help, I used to help people in my house.

**Shawn Stevenson:** Yeah, all the time. You were teaching people stuff.

**Jane Wambui Kaberere:** All the time with the teaching, and I would help them go through all these different kinds of programs, and my house, like where you started. It was a dream, I didn't buy my house to live in a nice house.

That's why I didn't have furniture, I was looking for a space where I could do two things: one to teach meditation, that's why I had the basement, and the kitchen was a place I wanted to show people how to make the best food so that they can be healthy.

So I am taking care of their mind, and they are not even paying, I am trying to help them.

So, how I came to buy the house, it was Shawn, even after some years, just knowing how I bought that house, and I see where you were and where you started, you started from there, from my house.

I felt like I can be just in tears, because they were this persistent, I had even to borrow money from people, from friends to pay a downpayment because I didn't have enough, and even my accountant said, "I don't think you can buy that house, you don't even have the money, and you don't make so much money."

And eventually, it went through and I was able to buy. So there is a reason why you are there, so I was just so happy, because I also became a student.

You know, there are things you are doing and I have never done, so I was doing the same thing, whatever you are teaching, I wanted to use it.

So it was that dream.

And I think that's what [ **Indiscernible 1:05:00** ] wanted to do to give me this present of this house. I didn't know how I was going to pay for it. I would tell people, I would be in tears and I told them, "I got somebody to give me 300."

I tell this person they give 1,000, I was able to put all this money together, just to be able to teach what my dream was about, I was able to teach a few people, I would have 25 people downstairs doing meditation, or whatever the number they came over there.

But eventually, it was supposed to start this mission so that you can be able to help a greater number. Yes.

So you became that reflection of my desires were, to be able to reach more people. I think that's how, I think it works.

**Shawn Stevenson:** Yeah, absolutely. And that was one of my greatest driving forces like I really did want you to know that, you were the spark for like reaching out, millions of people and I wanted you to be proud of me and I also wanted you to, to know that what you did, all of that groundwork that you put in, all of the situations that you put yourself into of discomfort and getting outside of your perimeters of where you grew up and bringing your family here, and the struggles of you know persecution for you being a woman or for you meditating when the beliefs are that this is not something that we do in our culture and our religion and like all this stuff you've gone through to know that it has paid off more times than you can imagine.

There are so many people listening even right now, that are impacted, because you stepped up and said yes to your vision. So I just want to thank you for that.

**Jane Wambui Kaberere:** Thank you because I didn't know I was a silent warrior. For that recognition.

**Shawn Stevenson:** And this is such a great story with the house, you know and just because it was for something righteous, it was bigger than yourself.

**Jane Wambui Kaberere:** That's true.

**Shawn Stevenson:** And because sometimes like, and what I'm saying to go in, you know stretch your credit, and take risky, but sometimes it does take that to get outside of the boundaries of what's comfortable to figure it out.

Because even when I was ordering all these crazy foods I was experimenting with, I didn't really have money for that, but it paid off tens of thousands of times over.

And so now, you're in a position where your house is not an issue like you, man, come on now, like we got you, everybody's participating but also like just the livelihood and you believing in what you've done is just always supported sure your livelihood and you did, you created that space where you know so many people have come through those doors and learned meditation including my kids, your grandkids.

**Jane Wambui Kaberere:** Yeah, Braden and all my grandkids have learned meditation, yes.

**Shawn Stevenson:** Yeah, so powerful, and Braden meditates with us every day, thanks to you. And so, there are so many things that I would want to ask you about but we'll save this for another time.

I do want to make sure that I ask you a final question and the question is what is the model that you are here to express and to demonstrate to other people with how you live your life?

What is the model you're here to set for other people with how you live your life?

**Jane Wambui Kaberere:** I think the way I live my life is not a form of expression, I don't know what is an expression, because there's no intention.

But the way I live my life is where I have so much love for myself, self care, I love myself so much that I want to do everything which is going to empower my mind, empower my body so that I'm able to experience the presence of what there is, today, not tomorrow; how happy do I feel today? How contented am I today? What is my relationship with other people?

So I prepare that foundation, it's like watering the plant, the roots of the plant so that it can flourish and be a good fruit.

So I become that to reflection without knowing, only to transmit, only that which is flowing from me without effortlessly.

If I see somebody it's like every day I ask myself, my life is the way it is not because of me, thousands of people not even my relatives, the people here they are making this thing happen.

The place where we are in, the roads we are driving, you see everybody in the whole world is making my life possible, so how can I reflect that image or that lights which I have already created within me to give the best out from myself.

I want to feel more energetic when I go there, I want to be able to give only what I have, you don't give something you don't have.

Yes, so that's how I prepare myself to create that foundation, to give whatever is being created in this body by making sure that I do and preserve this body which is the only gift I have, that I have acquired.

I don't expect any other gift except this body and my mind to be able to make it every day.

**Shawn Stevenson:** Thank you, thank you for sharing that. Thank you for giving us permission to love our bodies and to love our minds, because our attention is distracted from that, so much and it is everything really springs from that. So thank you.

And I want to end this by sharing a story with you that I just shared with Jordan, my oldest son today, your oldest grandson and I didn't know that I didn't share this before, it is such a crazy story, and it's a way that you changed my life and probably didn't know it, with the silent warrior thing that you do.

But, there was a time, it was about maybe 7 years ago and you know I had at this point my spine from when I was 20 I was diagnosed with the so called incurables spine condition, which we completely reversed and years had gone by and I hadn't had any kind of back issues.

And so I started to, I had this pain literally, it was like crippling like I couldn't get in and out of my car and I was struggling and several days had gone by, and I was in fear because it was just like, "Oh my, is this happening again, like how could this happen now?"

And I was trying to talk to anybody that I could and somebody recommended that I go see this particular chiropractor, but you know, just a foreshadow by the way, it wasn't actually my back it was my SI joint, but I didn't know this at the time.

And so I go to see this chiropractor who also was this, which I didn't know at the time, also in parentheses a medical intuitive, all right, so I'm just like, "Oh, what? What is this?"

And so she's examining me and she's looking at my back and she has her hand on my shoulder like looking at me from my spine and then she says, "This is interesting," and my ears are perking up like, "What's interesting?" And she says, "You don't know your father, do you?" I was like "What? What do you-?" I almost ran out of there.

I don't know if I shared this before but I've never met my biological father before right, but it wasn't a part of my story, it wasn't something that I felt was holding me back or that I felt like I was missing something, because I always had my stepfather as a presence and my mother and also my grandmother and my grandfather in the early part of my life.

I lived with them. But it was a very volatile environment with my mom and my stepfather for sure, and so I was like, "How did she look in my back? Is she stereotyping me like I'm going through all this stuff in my head and I'm just like this is not possible?"

And she basically implied that I feel like I have a lack of support in my life, like my back is this pillar, my spine is this reflection of what's going on with me emotionally.

And I've been married with your daughter for a couple of years at this point, and we'd had really started to impact the lives of other people, we hadn't really you know got online and really reached out yet, but I felt like I was really kind of in my power but there was something I wasn't paying attention to.

And she did see something in my physiology which was I didn't accept the fact that I did have support, because my parents were not there for me once I left their house, once I graduated high school and there's no judgment on them but that just wasn't a part of my reality.

And so I really did feel like everything was on my shoulders and within a couple of days of that experience, I did get some other treatments somewhere else which I attributed to mentally that, but what it really was me accepting that you were there for me, you were my support, I did have people that literally had my back, you and my wife and I never accepted it before.

I took it for granted and in that moment within that couple of days period, I accepted it.

And I never had another issue since, and it was because of you showing up the way that you have anything if I've ever needed it, you've gone above and beyond to make sure that



I have it and you've loved me like your son and I can always expect, like I can go to you I know that you're there I know where your house is and I can go there and I'm going to be able to eat and I'm going to be able to hear laughter and I'm going to be accepted. And I just thank you so much for that.

**Jane Wambui Kaberere:** You are most welcome. I came to find my son, who was here.

**Shawn Stevenson:** Thank goodness you didn't go to Florida.

**Jane Wambui Kaberere:** Yeah, I know, I didn't go to Florida, yes.

**Shawn Stevenson:** Awesome. Well thank you so much for taking your time and hanging out with us today.

**Jane Wambui Kaberere:** Okay, you are most welcome.

**Shawn Stevenson:** Awesome, awesome. Everybody, thank you so much for tuning into the show today, I hope that you got a lot of value out of this and thank you so much for allowing me to share my story and to share my mom's story, my mother-in-law's story with you.

And it's such an inspiration because she said it's silent warrior, there's so many people and us included, we never know whose lives we're going to impact by us stepping into our power and to really share our experience, share our story, share our insights.

We don't have to be the vocal person out front telling the world, you can impact one life and change the lives of millions.

And so again, thank you so much for hanging out with me today and if you felt inspired by this and want to share the inspiration, of course, you could share this out on social media, Instagram, Twitter, Facebook all that good stuff and, of course, you could tag me and let me know what you thought of the episode.

And we've got some incredible, like I can't even begin to tell you powerful episode is coming your way and again, thank you so much for taking your time and allowing me to go with you wherever you are right now.

I promise to keep giving you more game-changing powerhouse information because this is your opportunity to really take things to another level.

All right, so if you've got this story about how hard things have been, the different things that you've been through that have been holding you back please take my mom's example from today that anything is possible and it starts with that intention, it starts with exposure, changing your environment, changing your examples and really adhering to that.

She gracefully mentioned something that might have tripped you out a little bit, I know it tripped me out, she said when she was talking about fasting she said, "There's just only a 7-day fast." Only 7 days? Really?

Because she's done literally month-long fast and all of these remarkable things that she's put into place herself and she's not telling anybody else that that's what their path is, that they need to do it, but she's willing to experiment and to get out of the comfort.

And she's found this amazing level of comfort in all of these seemingly uncomfortable things. And it's just really a huge inspiration for me.

And so again, whatever story you feel has been holding you back this is a time to start to really take power, take that pen in your hand and start writing your story, consciously, intentionally and proactively.

All right, I appreciate you so much for hanging out with us today, take care have an amazing day and I'll talk with you soon.