

# Awaken Your Inner Wisdom Podcast

with  
Cissi Williams



—cissiwilliams.com—

# Radical Love Shift



with Helena Montelius

**Cissi:**



Hi and welcome to awaken your inner wisdom. I'm Cissi Williams and in this interview, you'll meet the amazing Helena Montelius, who is a certified facilitator of the Work of Byron Katie, as well as a meditation teacher and Certified Life Cycle celebrant. Helena shares how we can move through a radical love shift by dissolving our underlying beliefs about love, romantic relationships, our partners and sex, and how this can help us to move through a radical inner shift. Where we begin to find peace within so we can experience joy and fulfillment in our relationships. So let's head over to this interview now with the amazing Helena Montelius.

Hi, Helena. It's amazing as always to have you here with us today.

**Helena:**

00:52 It's so great to be here again Cissi. Absolutely exciting, yes.



**Cissi:**



Well, I love your work. And I know I've said this before, but I got to know your wisdom many, many, many years ago back in Sweden in the 90s. So it's been a real delight to reconnect with your Wisdom Teachings, also now and how they've changed as well. And I love that to see the journey that you've been on, and how you then continue to share from that journey. And I mean, you have such incredible depth and wisdom that you bring through from your own life journey.

**Helena:**

01:30 I'm glad you see me that way.



**Cissi:**



Well I do, I do. Some of the previous interviews we've done, I mean, they've been absolutely extraordinary. It is such a depth in your medicine that you brought through from your own challenges and how you've just been able to then share that with others. It's extraordinary.

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**Helena:**

Thank you.

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**Cissi:**

So today, we are diving into the topic of radical love shift and radical sex shift for women through the Work of Byron Katie. But before we do that, since you always kind of share from your own journey, how did your own journey begin in being able to now be in a place where you are sharing the medicine for how we can have fulfilling love and sexual lives?



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**Helena:**

02:27

Well, it began with me being in severe pain and stress. I was going through my second divorce, very stressful divorce, after a very stressful marriage. And I thought, maybe I have a problem here. Maybe there's something going on in me, that has something to do with that, pretty much all of my relationships, I would say, would end up in a very similar place to my parents' marriage. Which was men are angry and mean and women are victims who sit around and cry. So I was deeply stressed out and unhappy. I was going through a divorce, then I madly fell in love with another man, just like crazy in love. And that lasted a couple of months. And then he unceremoniously just dumped me and took off to Italy with a 20 year younger woman. So I was sitting there just like ow, ow, ow, hurting a lot. And I decided, well, it's time for me to do some inner work here. Clearly, I have some kind of issue here in relationship to men.



And it was my 50th birthday and a bunch of my girlfriends and I we went up to the hot springs here in California. And we did the work on our relationship issues the whole weekend. And we had so much fun, setting ourselves free and becoming aware of what is my belief system about men, and about romantic relationship/marriage? And we realized we had a lot of very limiting, fearful, shaming beliefs around this. So that's kind of where it all gets started.

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**Cissi:**

Wow. Can you remember one of the kind of, the pivotal ones that when you change that belief, you could feel that something really shifted within you?



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**Helena:**

04:39

Well, I think one of the deepest ones was from when I was a little girl watching my parents' marriage, that marriage is painful. This is hard stuff. And you know as children we just innocently attach to the meaning we make from this situation. I just looked at my parents and went, okay, wow, this is, you know, this is painful, this is hard. And I recreated that belief in my own marriages. And turning that around and opening up to maybe it doesn't have to be that way, maybe it can be different. You know, romantic relationships are not painful. Romantic relationships can be easy, can be joyful. I only had that experience briefly, but in my early relationship, but yeah, that was one of the main beliefs that I took a look at.



**Cissi:**

Yeah, wow. What are some of the most common ones that you find that women have?



**Helena:**

Basically, most of us carry that marriage is painful, that men are in charge in the marriage. And that it's, oh, let's see. So we do a list of what do I honestly believe about men in relationship to romantic relationship, if I'm straight, but you know, if you are gay, or bi, it could certainly be the same beliefs about women, but basically, the beliefs about romantic partners is that men don't really care. Men are in charge, men are angry, men are mean, men will abandon me, men will cheat on me, men will hurt me, all of that. So this is what I call like the underlying beliefs that we attach to early on. And a lot of times, we may not even be aware that this is running in the background. So it's kind of like a computer program that's been installed. It's just running there and we are living out of that belief system. And we are seeing men from that belief system. I saw men is verbally abusive, as violent. And that's what I attracted in my marriages, because that was the mindset I had. We had a lot of beautiful love and a lot of beautiful times too, of course. And women often feel they are not getting their needs met in relationships. He doesn't see me, he doesn't listen to me, he doesn't understand me, he doesn't adore me, he doesn't treat me the way I want to be treated, all of that.



**Cissi:**

07:38

Yeah. And I would also imagine that there will be that, as women, we often tend to give all the time, and then have a hard time receiving. So that can set the ground for a

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lot of miscommunications where we might feel that he should be a mind reader, and he should understand what we want, but we're actually not expressing it ourselves, or that we feel guilty if we're not giving all the time. So, it's like having a hard time receiving. And then also the unspoken expectations, perhaps.

**Helena:**

**08:14** Yes, I mean, we enter these relationships with long lists of expectations. And if we have, if we're not aware of them, and we haven't questioned them, it's our expectations that break our heart. It's never another person. It's my giant expectation of whatever it's going to be. And if that doesn't happen, I'm all heartbroken. And I think it has to do with him. Or you know, the other.



**Cissi:**

Yeah. Yeah. Yeah. And it's such a shock when you finally realize that, that I am doing this in my own head, that it has nothing to do with the other person. So it's a freedom in that too.



**Helena:**

**08:56** Yes. And what many of us find in these classes, and I was pretty shocked when I first started teaching this, is we still have a tendency to fall into really codependent patterns in relationships, like you were speaking about giving, giving, giving, but giving with the expectation that well if I gave all this then he's going to, you know, really adore me and love me. And so, it's not really a free giving either a lot of times. And you know, it's not that long ago, that a woman's biggest accomplishment in life was to find a man that would marry her. So we're coming out from under hundreds of years and even, you know, us western educated women find ourselves really being a lot of times being beggars for love, stepping out of our own integrity, in order to you know, catch the man or catch the person that's going to marry us and then, you know, we'll live happily ever after.



**Cissi:**

As in the fairytales. Yeah, yeah, cause that really plays into that too. Yeah, actually coming back to what you just said, because I know when I look back I've done like, gone back on Ancestry and actually researching quite a lot of my ancestral history. And you go back just, you know, my grandmother and her mother and her mother.



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And they had no way to support themselves unless they were married. So one of my relatives, I think it was my great grandmother, when her husband died, she had four children, and then the husband's brother took over the farm, and she had to leave the farm with her four children, and she couldn't support them. So they were taken away from her. And actually, it's true this, they were one of the last families and sold at an auction. And that is so crazy that that's not that long ago. And she then ended up in the poverty house, and the only way for her to leave the poverty house was to get married, so she had to marry again. And that, I mean, that is not that long ago. And I do feel that that is still in our, in our bones, in our kind of DNA, in our very deep fear of not getting that man, getting the catch, getting that security. Even though rationally we know that we're strong, independent women.

**Helena:**

11:27

Yeah. And that's what I love about the work is that, you know, you can go deeper and dig out those underlying beliefs. And also, for people who have been on a spiritual path, as many of us have, we have learned new, beautiful beliefs, but if I haven't really gone back into my past and dealt with it, those beliefs are still going to affect the way I see the world, the way I see myself, the way I see men and romantic relationships. So yeah, really for me, it started out as you know women were saying, wow, well this was great Helena, you should make it into a workshop. And I was like, Yeah, all right. Yeah, sounds good. And now I feel really passionately that we need to empower ourselves as women in relationships and sexually.



**Cissi:**

So that brings us to the next topic, because you're on these two workshops. So how did that journey begin for you? And what are the most common underlying belief systems that you'll find that women are kind of trapped in, battling against when it comes to their sexual experience?



**Helena:**

12:40

Yes, well, the radical sex shift came out of the radical love shift class, because women were like, well, so we did all this work around our beliefs about love and then sex would come up, of course because well, that's part of the romantic relationship. And well, what about sex Helena? And so we would do the work on some thoughts on that. And then I felt like, well, we need a whole class just for that. Because there's so



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much, there's so much there really. Again, women, a lot of women, experience that the men are in charge here. And we're sort of dependent on them, you know, to give us a good experience, and if we have a good experience sexually, well, we were lucky to find the guy, you know, who would do this for us.

**Cissi:**

13:35

And as you say it, it sounds so crazy, but it is so ingrained. Yeah.



**Helena:**

Yeah. And so before I started the first class, I sent out a bunch of emails to all the women that were signed up and asking, "well, what are your sexual issues?" I was curious to hear. And it was mind blowing to see email after email coming in with pretty much the same list of thoughts. I'm not having my needs met in sex. There are still women out there who are happily married who are not experiencing orgasms together with their husbands. Men are in charge and men are selfish sexually. They don't really care about a woman's need. They don't understand women.



And then, of course, most of us women have been sexually abused in one way or another. If it's not a rape or incest, it's sexual harassment in the workplace, or sexual harassment growing up. So, there is a lot of pain there too for us as women I realized as we got going on these classes. So we do some work there too, go back again to past painful experiences. Because when I set myself free in the past, I automatically set myself free in the future. So yeah, we do a lot of digging there too, and really looking at what do we as women believe about men sexually? And how does that affect our lovemaking experience? You think that, well, you know, sex is the physical event, you know, he touches me, I touch him, we do this, we do that, what does my thinking have to do with it? But as I found out, it has everything to do with it. Because if my underlying belief about sex, which again, I learned from my parents, so you know, it's something shameful, if something, you know, you don't really talk about it. That's going to be there in the background, inhibiting me to be a free empowered sexual being as a woman. And then one area we looked at is, what thoughts and beliefs are stopping you from asking what you want in sex? If you're unfulfilled sexually, what stops you? And there's a long list of thoughts there as well, you know. There's no point, he won't care anyway, he's going to think I'm demanding, he's going to think I'm a slut if I have sexual needs, you know, and ask for this or that. I'm going to hurt his ego, I'm going to hurt his feelings, where women are very concerned about hurting

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the male ego if I say, you know that I want this or that, then he's, you know, going to get offended and hurt that I'm, you know, that I'm not happy with him sexually. And so I got this chain running and I'm afraid to ask for what I really want and then I'm wondering, well, why I'm not being absolutely orgasmic sexual experience.

**Cissi:**



And I would also imagine that when you release that, a lot of men are actually very delighted when you are not there with your thoughts and you can just be present in that moment.

**Helena:**

17:11

Yes, I have received emails from the husbands of the women saying we're having the best sex of our lives. Because as women, we need to stop being little girls and come into our power. And as we move through the classes, we went, why do we even have to ask? Why is it about oh, honey, please, could you, you know, touch my clitoris in this way? Or whatever. Why aren't we just saying, hey, this is what I need and here, let me show you. And half the time women didn't even know, because they were not really practising a conscious form of self sex. So half the time women didn't even really know what they needed. But they were afraid to ask, "hey, can we pause for a moment? Can we breathe? I want to feel into my body and feel what I want and need right now." Yeah.



**Cissi:**



Wow, it's so much to unpack there. And it just brings me back to in you know, a long time ago, you would have these sexual priestesses, you would have the sexual temples where it would be a sacred teaching. And that's obviously been lost. So as we enter puberty, and we have all these hormones, it's like no guidelines on how to be and how to navigate through this new experience and world that is opening up for us. And also these days, what I've noticed from speaking to younger ones, is that it seems to have changed a bit, the landscape. That a lot of guys are being introduced to porn very, very young, and that is creating all sorts of problems when they then start to have sexual experiences with girls. So many girls are, have had the experience have been very painful and very hard and like in a porn movie, rather than actually lovemaking. So, what have you witnessed in that?

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**Helena:**

19:25

Well, just what you're saying is like what we are, and that's another big topic we take a look at, is like, what are we learning from our culture about feminine sexuality and about sexuality in general? And it's all very male focused and it's very porn focused. It's fast, hard, it's intense sensations that we're going for. And it's so sad. It's so very, very sad. Yeah, I mean, I have women who have had experiences that the men, the man they were dating was addicted to porn and he cannot get an erection for a real live woman. Have you heard of it? It has a name even. What is it? PIED, porn induced erectile dysfunction.



**Cissi:**

Wow, that is so sad.



**Helena:**

It's crazy. Like you, you have made your mind use to looking at these images that creates a certain response in your body. And without that image with a real live actual woman, you can't feel anything. Yeah, very sad.



**Cissi:**

That is so tragic for everybody because then you've lost that natural expression of that, you know, all animals have that natural expression, and us too. Wow. So, if someone is listening to this now and they go yep, that's me, or I could do with something, with some work with that. How can they go about doing that?



**Helena:**

21:05

Well, the modality that I use, as you know, is The Work of Byron Katie. So, you bring out that thought, whatever it is. Do you want me to go through the four questions?

**Cissi:**

Yeah



**Helena:**

Yeah, ok.



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**Cissi:**

21:22

To someone who is new to it, it's really, because they are such powerful questions, they really are.



**Helena:**

Yeah, absolutely. So let me try to think of a belief. Okay, so a belief that I had was, you know, that I need to find the perfect lover, like I need to find the man, that's going to do it right for me. And so if I take that belief through the four questions.



"Is that true?" Is the first question. And we often believe our thoughts obviously, so often yeah, it's true. This is what I need, I need to find the right guy, in order for me to be satisfied as a woman sexually.

And so in the second question, "can you absolutely know that this thought is true?" That might create a little more spaciousness. You can drop in, "can I absolutely know that this is what I need?" I need to find the right guy. And in question one and two, you allow mind to land on a yes or a no. And so you may still feel like, yeah, I know this is true. So it's a yes. Or maybe even beginning to feel a little spaciousness coming in that well, maybe something else is possible. So maybe you find a no.

The third question is, "how do you react to what happens when you believe in this thought? How do I react in my romantic relationships when I believe this thought, or maybe I'm dating or if I'm married?" So I react by being in his business. I'm over there looking at what is he doing, what is he not doing? How is he doing it?

So the third question I get to see, "how do I live my life believing this thought?" And one of the ways I found was that I'm not speaking up, I'm not coming into my power as a woman, sharing what I need sexually. I'm being a victim, again. I'm waiting around hoping that he's going to, you know, catch on. Or another common belief is, "I shouldn't have to ask, I shouldn't have to say anything. If I've met the right person, they will telepathically know what I need."

**Cissi:**

That one is so common.

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**Helena:**

**24:01** Very common, very common, we've definitely gone through that one. And it's so not true. It's absolutely not true. So anyway, in question number three, you get to look at all the different reactions you have when you're believing this.

And the fourth question is, "who would I be without this thought? Who would I be without the thought that I need to find the right guy?" And so this can take some meditation, I mean, all of these questions you could meditate on for a while, but what could be different?



Sometimes the most honest answer is, "I don't know" because I have lived in this belief my whole life. So I really don't know, I'm open. What I found out was I saw that well, without that belief, I am open to meeting another human being, and maybe we together can explore. What do you like sexually? What do I like sexually? Maybe there can be a communication. It can be an exploration instead of me being the quiet little girl, you know. I've even heard women say, yeah, the men are in control, because they're on top, sexually, you know. We're just like, spreading our legs and hoping for the best, you know, like, oh, wow, I had an orgasm. Oh wow, you know. So I saw that without the story, that it's about finding the right guy that I would be more open, I would be more present in the moment to find out what could we explore together. And then you get to turn the thought around.

That's the last step of the work. So I don't need to find the right guy in order to be sexually satisfied. I need to find the right way to communicate. I need to find the right way to be present with a man. Or if I'm gay, I mean, all of this applies whatever orientation you have. And you turn it around to the self. So whatever you're projecting out, you bring it home in the turnaround to the self. So I need to find the right me in order to be sexually satisfied as a woman. And that was really such a deep, powerful turnaround. To support me to start exploring my body and my Yoni. Start exploring that in a different way, in a more present way. So that I can find out for myself, what I like, what I need, so that I'll be able to communicate in a meaningful way with another person.

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27:21



**Cissi:**

Yeah, as you're speaking from the whole way through our communication here, I just feel how all these belief systems and old programming, it's like, the remnant that's really holding us really tight as women of the patriarchal system. And it's like, the Goddess within us, she's like longing to rise that we would want find her and let her be the one that guides us forth. Because that's what I felt when you were talking. I could just feel the Goddess within you going, "I'm here!"

28:00

**Helena:**

Yes. And to me it's, it can be challenging to do, because I mean, we're so surrounded by so many sexual images, and so many images in movies. It's male oriented sex. So you have the story about the couple or whatever and then they show a little sex scene. And it's always very male oriented. But it's actually I was happy to see Netflix, they had this series Bridgerton, where they were showing the man giving women oral pleasure.



**Cissi:**

Yeah, I know!



**Helena:**

Yes, thank you. And we need more images like that. That sex isn't just about, okay, the penis comes into the vagina, and you know, boom. And as I was, you know, starting to teach these classes, I went online a bit, and I checked out what was going on online, and I became aware of what they call the orgasm gap. There is actually YouTube videos about that, where men orgasm, and I don't remember the numbers, I should have written them down, but men orgasm up to like 90% of the time during sexual meetings. Whereas women can be anywhere from like 15-20% to maybe 40-50%. The 40-50% are women who are in committed relationships or a marriage with a person that you know, actually cares about them. The 20% of women who are single and dating and having, you know, having sex with men they don't quite know, then the orgasm rate is like, way down.



**Cissi:**

Oh wow, oh my god. Yeah.

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30:00

**Helena:**

Yeah, it's sad. And I think this is also one thing we're finding out how is the men going to know If we don't educate them? If we don't show and tell, share and tell and show this is what I need as a woman, or this is what I want. And so yeah, I feel this thing about the orgasm gap, I feel like yeah, that's a direct reflection of the belief systems that we have.



**Cissi:**

How has your life changed from doing all this inquiry work into your own relationship with love and sex and with men?



**Helena:**

It has completely transformed. It's like a completely different reality that I live in now. So as I question and started letting go of my stories about men, about marriage and all that, I started to fall in love with myself, I started to fall in love with life.



I realize that being in love with someone is really a projection of our thoughts. We project out all these positive stories just as we project out negative stories. And so I began questioning even that, you know, "I'm so in love with him", is that true? And in the turnaround, I'm so in love with myself, I'm in love with my story about this person. And I began to drop the story and simply stay in the feeling of being in love.

Like we think it's caused by the other, but it's actually something that happens within us, we open our hearts, we open our minds, we think all these beautiful thoughts about the other person and we fall in love. So I was on the journey of just like, bringing all of that back home, and staying in a feeling of being in love. I was in love with the trees, I was in love with the sky and the rain and my dogs, people I'm met at the grocery store and had a two minute conversation with. So I was in love. And then this other person showed up. His name was Hubert. And he sounded like my new mindset. He was like, "wow, you're great Helena, you're awesome."

32:38

**Cissi:**

Oh, wow.

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**Helena:**

32:39

How can I support you? How can I be there for you? He wouldn't even dream of raising his voice to me or anyone. He is a person who lives in peace, who lives in love, in himself, and with life, and his family, and we started dating. And I would say to him, "are you real?" I would pinch him like, are you real? Is this real? Can it really be this good? And we saw this is a reflection of my mindset, of my own thoughts that have now changed. And I'm open to that men can be loving, kind and supportive. And I was living that.



**Cissi:**

In that, when you met him, did you have those old stories come up a little bit like this must be too good to last, too good to be real. Did you have any of that?



**Helena:**

Yes, I did notice some of that. And I would notice that if Hubert was a little bit serious or quiet or withdrawn, I would think, oh, he's angry at me, he's gonna get mad at me and start yelling. So I could notice I did have some little bit of PTSD there from previous relationships, but it never happened. Usually was because he was busy thinking about a poem he was writing. That's when he was really serious.



And so I entered this relationship with an open mind. In my marriages I entered the relationship with this long list of expectations, which of course, no one can live up to. You know, a long list of wants and needs and shoulds and no person can live up to that. And also the story that, oh, my husband is my soulmate, and we're going to be together forever. That's such a big stressful story. So when Hubert and I started dating I heard of this play. It was the play that was called, "Do you want to spend the next 10 minutes with me?" And I thought that's brilliant. Do I want to spend the next 10 minutes with Hubert? And so far the answer has been Yes. And this has been going on now for 10 years, 11 years. And I still want to spend the next 10 minutes with him. And I'm open. I mean, the I don't know mind. And we got married, third marriage for both of us this summer. And just a few weeks before the wedding, I thought I wanted to get on, the at home with Byron Katie, the Zoom calls she does three days a week. And the first question was, well, Katie, how can we get married without a story? You know, if we are totally open, why would anyone get married? And Katie was speaking about the ego marriage, which was what I had

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experienced, where two people come together with a lot of stories. And she spoke about another type of marriage, a marriage without a story. And I was like, wow, okay, this is beautiful to hear, because that's how I experienced it. We wanted to get married, because we wanted to celebrate our love with our friends and family. And I'm open, I don't know how long this is going to last, but the next 10 minutes are looking really good.

**Cissi:**

36:19



I love that. And you look so happy. I saw the photos when you were posting on social media. I mean you're both, everyone actually in the photo is just radiated love. It's beautiful to witness. You've really done a massive turnaround.

**Helena:**

I have, I have. And so I know if I can do it, anyone else can do it, because there's nothing special about me. We all share the same mind and the same stressful stories. And when that's gone when you have questioned it, and it's dissolving, you know? Yeah, new things are possible.



**Cissi:**

Yeah. Yeah. Beautiful. So instead of having a marriage from the ego mind, it's now a marriage, from the heart.



**Helena:**

Yeah, and also really, truly, a marriage to myself, that happened before the marriage to Hubert, it's like I was already happy. So we have two happy and I don't mean happy as in, you know, we're always laughing, but I mean, I was at peace with myself, I was fulfilled in love in myself, as was he. And so to just meet together and live in that and share that is so different from, you know, the long list of things my husband needs to do for me everyday so that I'm happy, you know?



**Cissi:**

Exactly, exactly. Wow. Wow. Thank you. Thank you so much for sharing that. And isn't it beautiful that you now share with others this very deep medicine that you've found from moving through your own journey? And also that you share with others how it does transform eventually in the outer world, when we have changed our inner world?



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38:13

**Helena:**

Yeah.



**Cissi:**

Thank you. Thank you, I find it so inspiring, and hope filled. And it's like, it's a testament to the power of love when we ask. But it's the power of love within us not like in the romantic Disney films when it's someone else. It's within us. And then everything follows from that. Yes, yeah. Amazing. Amazing. Is there anything else you would like to add?



38:42

**Helena:**

Well, you spoke of how powerful and beautiful that I'm sharing this with others with other women, and yes, I love doing this work. I mean, I'll have women who show up at the beginning of a class and they're just like, whoa, crying and oh my God, and he broke up with me and now he's already seeing someone else. And I see her car in the driveway. And a few weeks later, they're like, wow, thank God, he broke up with me. I so was not myself in that relationship, I was so selling out. Oh my god, this is the best you know, it's like, Yay!



**Cissi:**

That is amazing!

**Helena:**

More power to the sisters.



**Cissi:**

Yeah, yeah. Talk about again, what to turn around, what a turnaround. And yeah, that brings me actually to something that we were talking about before that you had a similar experience to that, didn't you?

39:37

**Helena:**

Well, right after my marriage ended, I fell wildly in love with another man because I was still in the mindset that, you know, it's out there and it's about finding the right person. Well, he unceremoniously dumped me and took off with a 20 year younger woman to Italy. And I was in severe heartbreak and extreme jealousy. And that's when



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I really like, okay, you need to do some work here honey, I said to myself. So yeah. And actually, that's really when I learned to turn this around, you know? I'm so in love with him, this other person who took off, and now I think I have to be in pain because I'm not with him anymore. And so that's really my journey when I started to bring back that projection and just stay in being in love within myself, so, yeah.

**Cissi:**

40:39



And did you come to the turnaround, just like you said, you know, you hear women come to the turnaround, when you realize that him leaving you was actually the best thing ever?

**Helena:**

Absolutely. I'm like thank God, thank Goddess. Because I was in my old pattern, and I was completely codependent with this person you know, it was not a healthy relationship at all.



**Cissi:**

But it was the wake up call you needed.



**Helena:**

It was, absolutely.



**Cissi:**

Amazing.



**Helena:**

And people wonder, you know, weren't you angry with him? I was never angry at him, because I just got from the start that, you know, I wasn't able to walk away myself from this this dysfunctional situation. So he did me a favour.

**Cissi:**

Yeah.



**Helena:**

He helped me do something I wasn't able to do myself. So really, no, I just sent him blessings from my heart.



# Radical Love Shift



with Helena Montelius

**Cissi:**

41:38



Yeah, yeah. Cause he came in as, as a wake-up call, you know, to do that. And it's really amazing when we can look back on our lives and we can see that those events where we were being dumped by someone, and we went into such extreme heartbreak, but also there a doorway into us starting to really look at ourselves and realize, hmm, this is a pattern I have now. You know, this has happened a few times. I'm the common denominator here. Yeah, perhaps I need to look at myself here. And it's again, how amazing that him leaving you like that, you then going into this extreme heartbreak, but all the time realizing this is about me, not about him. You saying yes to that, you're working your way through these deep feelings of jealousy and heartbreak and all the other stuff that would come up with that. You working your way through all the other bits from your relationships with men and love and sex. And here you are. And you're not only just, you know, benefiting from that in your own life, you are helping other women wake up to and they are not only the ones benefiting from that, but their men are also their partners are also benefiting from that. Awesome.

**Helena:**

Absolutely. Yeah, I'm very grateful.



**Cissi:**

Yes, so am I. I actually, you know, just from listening to you, there's been so many aha moments for me, just from our conversation today. It's been extraordinary, it really has, so thank you.



**Helena:**

Well, thank you, Cissi. It's always an honour and pleasure to speak to you.



**Cissi:**

For more information about Helena and her work, such as her latest offerings and courses, visit [lookwithininstitute.com](https://lookwithininstitute.com)

