

Caspar (00:00):

Breaking generational trauma cycles is incredibly difficult. Despite a turbulent upbringing, our guest today channels her experiences into creating tools for family connection and mental health discussions. She stands as a shining example of maternal empowerment, guiding others towards self-discovery and the joy of living their best lives. This is a Story of a Mother's Resilience with Courtney Cote. Is that how you say your last name, by the way? Courtney did I just put a European spin to it?

Courtney Cote (00:28):

I loved it. I'm actually gonna go with that for the rest of my life.

Caspar (00:32):

I think you should. I really enjoyed it. <Laugh>.

Courtney Cote (00:34):

Yeah. I mean, it's French, so it's co Cote. I'm like, all right.

Caspar (00:39):

Well, Cody, Courtney. I tried to be as French as possible with Cote there, <laugh>. But Courtney, we, we go way back, like, and I want the audience to know this. We know each other from our years in Boston as younger college students, and we shared friends there. And you know, when I, when I knew you there, you would never know about someone's history. And this is something I've learned. You meet people, they're happy, you are perfectly normal, happy college student. I've known you over the years and you grew a family and all these things, and you seem like the epitome of someone that lived healthy, happy, never had any issues or problems Mm-Hmm. <Affirmative> as most people do through their social media world these days. But your journey was influenced a lot by your family upbringing, which wasn't always perfect. So why don't we start there about what were some of the traumas that you had dealt with growing up that impacted you along the way, but weren't even probably noticeable from the outside world?

Courtney Cote (01:42):

Sure. Yeah. Gosh, that's so, it's so true, right? I mean, how many people do we know that we think they're just amazing and right? They are amazing, but they have a lot of inner chaos, let's say. So my, my upbringing was pretty interesting. I mean, I had a great upbringing, I think for the most part, but there was a lot of, I would say little t's, chronic little t's, little trauma. Mm. So, you know, parents divorced from a very young age before I was one. I went back and forth to my mother's and my father's every other week until I was 13. And then I was legally at the age to move in with my father in the country, Chester, New Hampshire, where I was able to go to a much better school that would springboard, springboard me into college because I was a collegiate athlete.

Courtney Cote (02:31):

So that was kind of the fast and furious. But like, I guess the upbringing was fascinating because when I, when I, when I look back and I, and I did like this, like first personal growth workshop where it was an emotional bootcamp, and I put myself in for like a week, and it was a bunch of other people, but I had to paint the picture of my childhood, and I had to use, you know, like everyone was in the room, and I had to use different people as props. And I was like, you're my dad. You're my stepmom. You're my mom, and you're my mom's boyfriend. And like, sat there for an hour and a half almost laughing, and they were like, Hmm, funny, real funny. And I was like, it, it is kind of funny. After an hour and a half I finally cracked and I just started bawling my eyes out because I finally felt finally like the layer shed and the armor came off and I was like, Ooh, this isn't actually really funny.

Courtney Cote (03:27):

So I'm like going back there right now, clearly <laugh>, it was very pivotal. So what that was for me was I was an only child, and every single one of these figures in my life drank alcohol. And they were very, of course, present when they wanted to be. And very amazing for every, you know, for a lot of reasons. But there was also a lot of, for me, isolation. So as an only child going back and forth and like trying to deal with the custody battles and the chaos, and me just kind of being this pawn you know, you can imagine how maybe unsettling that could be. So I think that at the time I just, you know, put my armor on, grabbed my, grabbed my tools that I knew at the time, and I did the best I could. Sports was a, a savior, you know, I was in gymnastics from three to 13 then played softball, you know, and all the college, or all the high school sports, and then chose softball in college.

Courtney Cote (04:31):

So, yeah, I mean, I just think that it's, it's interesting once we grow up and have children, those were my beautiful miracles that instead of me raising them, they're truly raising me because I'm seeing so many of my own trauma, right? And so I can take that back to, oh my gosh, now that I know when I'm reacting, that's not, has nothing to do with them and has everything to do with my childhood. So if there's something there that's still, you know, boiling over, I'm like, Ooh, what is that? Like, what is this trying to teach me? What am I supposed to be like learning from this? And so it's a much different relationship with myself as it is with others. But it took me clearly a little bit to get here. So,

Caspar (05:22):

Yeah. And like you said, we, we all have these traumas, and whether they're little t's or not, it's a, he, you know, it's funny because I was, I was listening to Joe Rogan podcast talk about this Mm-Hmm. Yeah. And it, it's, you know, it's always a comical take, but we, we find traumas also within our very good lives, we could say, right? Mm-Hmm. Whereas maybe the generational trauma of our grandparents through World War I or World War II was a very, you know, deep trauma and very you know, something to that absolutely impacted them. Yeah. We find traumas in maybe, you know, an Amazon delivery coming a day late. <Laugh>. It's true. It's, it's like everything is is relational to what it is. Yeah. And, you know, I'm not going to put people down because that trauma, EE even though it's a laughable, you know, it is, it can be in the body felt that way and actually impact our mental health in the same way as the war impacted our grandparents. And it's, everything is, is so, you know, pivotal and interesting when you break it down to who carries that trauma. Yeah. And we all will deal with greater traumas such as loss. And that's something you dealt with, you know, afterwards, you had a sudden loss of your father as well. Can you talk about how that impacted you and how, what you had to do to deal with that and, and kind of make the best as you moved forward?

Courtney Cote (06:55):

Forward? Yeah. This is a tough one right now because my best friend also just lost her father. So I'm flying up literally tomorrow to go to the funeral service for Saturday. Yeah. Yeah. And they were good friends. So my father and I had an interesting relationship. I mean, I was an only child and I absolutely, you know, I cherish a lot of our memories. And growing up though, as humans do with our beautiful brains, we kind of, you know, make up these stories. And one of the stories I made up about my father was that he doesn't love me.

Courtney Cote (07:37):

And he did. Totally. And I knew that later on, it just at the time, didn't feel like it because he was a former Marine definitely, you know a son, the oldest that had to do all the chores on the farm, and like, right. You talk about generational cycles and trauma, and there was the World War II and his father, and then there was the Great Depression and, you know, these, his childhood and environment was interesting.

And no one said he loved, no one said, I love you, or I'm proud of you. Or, you know, his parents didn't teach him anything about unconditional love. It was, you know, straps get your, get your, get your boots on and get to the farm and take care of your, all your other siblings. And it was a lot. And so I think for a Marine then to grow to, to raise me, I mean, I have so much respect and so much grit and resilience and, you know, values and I, I, I, I wouldn't trade it in for the world.

Courtney Cote ([08:36](#)):

But there was something missing Caspar when my father like went into rehab, right? Inpatient suicidal ideation for 30 days when I was eight. And so that kind of like clearly left an imprint 'cause I'm like, Hmm, he's teaching me all these things. Right? Like, there's always this lecture, but what, what is it that, that he is that that what, what is this? Because clearly it's not working for him. And so I just remember at very young age saying to myself, he's teaching me all these things. He's lecturing me on all this stuff. Right? But why isn't it working for him? Mm. And so years and years and years later, he got sober. Both him and my mom actually got sober at the same time, at eight years old when I was eight. And then I mean, I feel like that's literally truly my, our saving grace for how our relationship has morphed into a beautiful, extraordinary, you know, father daughter and mother daughter.

Courtney Cote ([09:37](#)):

So I think that when my father came down during Covid he lived with us for some time, got him his own place, and then full circle, I saw exactly what he struggled with his whole life. And it was the fact that through the conversations of Covid, because clearly he had plenty of time to chat, we, we really dug deep and we, we we, we tore some layers back. And he was also suicidal during that time. Suicidal ideation and went into the, you know, in and out of inpatient. So it, it has been throughout my life, first when I was eight, and then again when I was in my forties. So, you know, just years ago during Covid and I feel like at the end of the day, I realized that my father never loved himself. Mm-Hmm. And he had unconditional love for me.

Courtney Cote ([10:35](#)):

'Cause I was his child. Well, I can't say unconditional love, I have to say conditional love 'cause That's all he knew, right? And so, knowing that all the stories that he told me, he said, you know, at the, he didn't even teach me this directly. He taught me this indirectly where I was like, dad, all of these stories and, and the fact that you haven't forgiven yourself yet, this is the, like, this is unconditional love. You just don't, you haven't learned it like you don't have it for yourself. You would never hurt a fly. Right? He worked for Easter Seals special needs, the most amazing individual. Went and worked at like an adult daycare drove his father to and from, you know, when he was very, very, you know, I don't know, nineties. And he just had a beautiful soul and, and, and just I think it was conditioned into a different environment, right?

Courtney Cote ([11:24](#)):

From, again, that kind of generational, cyclical effect of trauma. And so when I told him this and we, we talked about it, he, he found it within, like, he actually could see him from his head logically just like drop and like shift into his heart and just bawl his eyes out. And it was the day after Christmas and he said, Court, he goes, and he always said, Courtney Cote. He says, Courtney Cote, I have a dream. And he says, I wanna live 19 more years. And he was 71 at the time, so that would've put him at 90. And he's like, I've never had a dream in my life. He goes, but I wanna live 19 more years. And it was crazy 'cause I think I feel truly Casper that I freed his soul. Like together, our beautiful conversations and our connection, it freed his soul prior to him going into the hospital that next day with massive symptoms.

Courtney Cote ([12:24](#)):

He had had symptoms that year before misdiagnosed from the VA, but ended up going in and getting diagnosed with pancreatic cancer and passing 12 days later. So it was really fast. So I mean, I think that that kind of was a long-winded answer. But there's, you know, I feel like there's some just crazy you know, full circles and learnings and lessons and things that maybe he didn't even truly need to teach me. But it's like, holy crap, now I know what my, my life mission is and my, you know, my purpose because it's like he gave that to me. We both gave each other a gift before he passed.

Caspar (13:04):

Yeah. You know, and they say, they say, you know, children choose their parents for, for the lessons they'll get and the lessons

Courtney Cote (13:11):

They'll give. That's

Caspar (13:12):

Exactly correct. Right. It's not the other way around that many people think that that's correct. And, and it's interesting. I mean, I, I can absolutely you know, see that as well. Now I think so many people have very interesting relationships with their parents. Mm-Hmm. <affirmative>, there's always a level of love in some way. But you're right. What kind is that? Is that a conditional, because they are who they are? We must, is that more of the unconditional level that you just have usually, you know, with chil, but it's, it's a struggle always. Especially 'cause there are generational differences. I agree. My father was very stoic in many ways. It wasn't very, you know, emotionally out there. And, and you, you mentioned that you, you had these conversations during the pandemic and everything. Mm-Hmm. <Affirmative>. How difficult was that? 'Cause what I've realized, Courtney, I'll just give you like a little bit of an example.

Caspar (14:05):

What I'm getting at is that a lot of the patients I have seen that walk into this center as many and many patients I've met across the world, a lot of their initiating factors deal with emotional traumas that are really in a familial relation to parents, to brother, sister, or something. Mm-Hmm. <Affirmative> that they simply will not let go address, speak of, and bottle up and become biochemical issues that are chronic disease factors. Hmm. How difficult, though, was it because they, most people just don't want to touch it. How difficult was it for you to start to address those things with your father? Someone that is somewhat closed off, emotionally, maybe unavailable and everything? How difficult was that starting point?

Courtney Cote (14:56):

Hmm. So I did a, a course called Landmark Forum in San Diego for my, I think I was 29. And then I was like, so drinking the Kool-Aid that there was like an advanced course that I did for my 30th birthday. And it's very much around like old stories. And life really has no meaning. Like humans are meaning making machines. Like really, this is just an essential oils bottle. There's no meaning to it. We just create meaning around it. Right. So everything's very much like as is. It is what it is. And then we create the meeting and we stack. So, you know, there were so many golden nuggets in this forum. And then they're all about, you know, extraordinary relationships. And like, my life truly isn't going to be extraordinary if my relationship with my father and my relationship with my mother is not extraordinary.

Courtney Cote (15:46):

Kind of the philosophy that I took away. So I remember calling my dad being like, dad, you have to do this with me, right? Or you have to go do Landmark Forum. And he was like, yeah, right. You know, <laugh>. And I was like, no. Just like, you know, just chat with them. Like, just have a conversation. And

after a little while he's like, yeah, okay. I promise, I promise. Because I was like, you promise? He's like, yes, I promise. So they called him up and they said, you know, blah, blah, blah. Of course they're probing, trying to get into, you know, all the, like, they haven't even built a rapport yet, Caspar. And they're already asking him about his relationship with his father. And now they're, he is like, he's like, click hung up, <laugh>. And so he, and so I call him, I'm like, all excited.

Courtney Cote ([16:29](#)):

'Cause I'm like, Hey, do you register? You know, did you, are you, did you sign up? And he was like, oh, the French, you know, the French dysfunctional way from my, my, my dad's side. Like, no, I didn't. No. They asked me about papa and blah, blah, blah. And I was just like, huh, okay. And then I hung up on him because I was so, I was just like, you could see the generational cycle, just the matter effect, right? Yeah. So I didn't talk to him for a week, and that was like unheard of. Mm-Hmm. So he calls me back because I think he felt my energy and was like, oh crap, I really disappointed her. So he called me back and he said, a week later, I just want you to let you know that I signed up for Landmark Forum and I took Papa out to lunch.

Courtney Cote ([17:13](#)):

Mm-Hmm. <Affirmative>. So it was like this massive Mm-Hmm. <Affirmative>, well, I would say massive. It was a mini breakdown for a really solid breakthrough. So then he did Landmark forum and you know, got the gems out of that. And then from there we were amazing. But that, that one line during that call, Casper, I said, I said, Dad, I want an extraordinary relationship. Like I'd really would mean a lot to me if you did Landmark for him. And I just remember him saying, this is why I hung up on him. He said, Courtney, Cote, he goes, our relationship is good enough. And I went click. So I kind of put, I, I kind of, you know, not the the hammer, but it was more like the phone, like, click. So yeah, that was, that was a, that was our turning point. Like truly that was our turning point.

Courtney Cote ([17:59](#)):

And I had to be vocal about it. Right. I think that there's a lot of people that want that extraordinary relationship, but for some reason those hard conversations we're scared to like, oh my God, what are they gonna say? Or maybe we already feel like we know what they're gonna say, but that's not even maybe what they're going to say. Right. And we make up these stories and we live in the future instead of just being like right here and right now. So that's that was, that was just, yeah. I just vividly remember that was a very pivotal moment for our relationship,

Caspar ([18:29](#)):

I'm sure. And it, and it goes to show, it's, it's little actions and just the, the, the first attempt alone can be so impactful. Like you said, it was just, Hey, dad tried it. Right. You took a risk there. He took a risk. You ended up like not and hanging up, but then look what happened within a week's time. Exactly. You know, like, it, it already planted a seed and that was very difficult. It's often difficult to get your hands in the dirt. Dig it out, sit there, wait, be uncomfortable about it. Oh yeah. But in the end, I'm sure you could say, this was such a, a healing, you know, event for you and your, and, and your father. Two people healing

Courtney Cote ([19:07](#)):

Massive. And there's two ways that I could have handled that week. Casper, thinking about it going back, like in time, and it again comes back to how much I've grown and how much I really value myself. And, and I'm like all self-worth now. And I had tons of self-confidence growing up. I played sports, I was confident. I, you know, I'd go to parties. I don't need, I never needed to really drink alcohol. I feel like some people drink alcohol 'cause they're like, it makes me more fun, or it makes me more social. And I was like, I don't need to drink. I need to like, I need a downer not an upper <laugh>. You know? And so I

just feel like confidence was always not a bad, like it wasn't a problem for me. Probably from, from gymnastics at a young age and just being on the balance beam and being in this, you know, all play all four events like vault and beam and floor and bars.

Courtney Cote ([19:57](#)):

So it was the worth piece. And so that week I remember like, I could, I could have drank, you know, like I could have just been like, this is awful. And I just remember not, and being uncomfortable with that discomfort. Right. And not taking any action and just saying, it is what it is. And choosing to go for runs in San Diego, right? Like 75 degrees America gets by in a city. I'm like, this is beautiful. Here's where I'm at. It is what it is right now. And I was just so in the mindfulness and so in the present that I didn't need to do anything. And I feel like that's such a big, like, massive tiki takeaway too, that I had to learn. Like, just be uncomfortable with being or be, start being comfortable with being uncomfortable. Yeah. Like dance in the rain. Yeah. It's kind of wet and it's kind of meh, it's not really like ideal, but holy crap. Is it almost, and it's almost fun. Like it's, I I actually yearn to do that now. I wanna go dance in the rain. Like rain in San, especially in San Diego. 'cause It never rained. <Laugh>

Caspar ([20:59](#)):

<Laugh>. Yeah. That, that's an event to to truly you know, be celebrate and run in the streets for, in San Diego. Exactly.

Caspar ([21:07](#)):

And it's interesting, like it's the author and, you know, spiritual leader, Pema Chödrön says you know, wrote the book comfortable with uncertainty, right? Mm-Hmm. And it's true. Nothing in our lives is certain, you know? Yeah. And you have to suddenly become very comfortable with it. But it's very, very difficult. We stress about everything. Yeah. We, you know, are depressed about the past, we're anxious about the future. And these days it's much more prevalent, I think with the advent of technology information at your fingertips a very different upbringing. And you now are a mother, you know, and, and you see this, I'm sure with your children. What, what are your ways of taking everything you've learned from child to your, your, your parents, that relationship addressing generational trauma, addressing these things that now you are bestowing? How are you doing that with your own children?

Courtney Cote ([22:05](#)):

Yeah, it's a fine line, right? Because I'm so spiritual now. I was prior to my father passing, and then since his passing, I'm so spiritual. And to see my children as like soul to soul. Like I have a soul and they have a soul. And it's this parallel relationship versus I feel like, I like to call it the old eighties outfit, right? Where it's like the hierarchical, like, I'm gonna dictate and I'm gonna tell you what to do and you're gonna be seen not heard. I'm like, that's an old eighties outfit. Let's like, you know, maybe take it out for a costume party, but let's put it over here for now. Let's go fashion forward, New York City, right? Let's go try on a new outfit, which is spirituality, soul to soul. My girls have their own karma cosmic journey. Mm-Hmm. <Affirmative>. And if I, even if I even have any type of ego to be able to be like, these are values.

Courtney Cote ([22:59](#)):

This is what you need to do, or this is what it looks like. It's so hard for me now because I'm almost like I need to just let them have their own like journey, have their own lessons, have their own values without me even giving them any. So so I, I say that, but then now I also clearly have them, you know, we have bumpers. So I give them a gratitude journal and I teach them like, you know, girls, I'm like, if I could just save you decades of pain, like, you know, they're gonna have pain. We're human, but I'm like, if I could just save you and you could get there faster. So living an abundant life, right? An abundant we can dance

through and flow through in our feminine energy. So trying to keep them in their femininity as we're very much tomboys and sometimes jump into our masculine.

Courtney Cote ([23:51](#)):

So there's a lot here, but I just try to give them these beautiful bumpers and just say, you know what? You're gonna flow. You're gonna glide. You're gonna go, and here's what I've, here's what I've learned. Take it or leave it. And so I don't wanna dictate, I don't wanna say, this is it, this is it. This is like, this is the way it is. It's like, here's, here's a way you choose. Try it on. If it works for you, amazing. If not, don't worry about it. But to see me, there was a behavioral experiment that I tried, like they weren't reading years ago, you know, I can't remember. They were like, oh, I need a face cloth, or I need water or something. Like all this stuff before bed. And I'm like, okay, clearly they're acting out because I wasn't present or I didn't give them what they needed, like the 10 minute, 20 minute, you know, miracle moments.

Courtney Cote ([24:37](#)):

So I started to read in bed and I remember like, I would always do my chores, but I was like, I'm gonna read in bed and see what happens. Because I was doing a lot of personal growth. And I'm like, monkey see, monkey do. We can't just preach. We have to be it for them to be it. And so I read, I read in bed for no joke, two weeks. And now my girls, this was years ago now they are chapter books. I mean, I was on two board meetings last night till 1130 at night. And I see them like army crawling into bed after I was done with their books. So they were supposed to put themselves to bed. Ooh, I like the fireworks. I don't know how I just did that. That's gonna

Caspar ([25:14](#)):

Say that

Courtney Cote ([25:15](#)):

Was, that was amazing. <Laugh>. So they literally like ninja crawled and Army crawled to bed. And at 1130 after they had read books for like hours. And I can't get mad at them for being awake at 11:30 because they just read, they finished two books, like between the two of 'em. So I was like, goodnight girls. Like, I love you. I'll see in the morning, like tomorrow morning's probably not gonna be fun for you. But, you know, that's your, that's your karmic journey. So, you know, there's a lot of beautiful honestly, I think it's values. It, it just, if I can just continuously say, girls, what time is it? And they say, they say now, and I'm like, where are you? They say, here. And I'm like, beautiful. We're here and now. And so values mindfulness. If I can just continue to be and not do, like, if I can continue to be the example and just be exercise, be like nature, right? All the natural dopamine hits versus them maybe going after or nor like some of the, you know, social media stuff, it's a quick dopamine hit, right? Like as long as I can just continue to maybe just feed them with beautiful tangible items and intangible, right. Like fruits and veggies and give them all the beautiful lay of the land, then we just pray that they choose wisely.

Caspar ([26:33](#)):

Absolutely. And yeah, you know, so much of that, you know, healthy parenting that you just mentioned comes from starting to prioritize your own self care and your Oh my goodness. Your own emotional wellbeing. Totally. But I do know you know, through observation, through speaking with people, there is this thing, a little bit of this mother martyr syndrome that I need to place them first. I don't have time to eat. Well, I don't have time to do all that stuff, that self-care stuff. And it's all about my children. You work with mothers probably that, you know, have this kind of a thing. What, what do you tell them? Like, how do you break through that? Because I could also understand, most parents feel that, of course it's a

sacrifice. We know that it's a child's, you know, life belongs in your hands and the decisions you make, it's a big, big sacrifice.

Courtney Cote ([27:27](#)):

Massive.

Caspar ([27:28](#)):

Nevertheless, so much of what you're saying is it starts with you Absolutely. What they see you doing is so much more important. How, how do you get through to people that say, I just don't have the time, Courtney. I'm just doing this and this all for them and you know, I'll put myself last.

Courtney Cote ([27:45](#)):

Yeah. So the easiest way is when we all travel. I mean, it's like such a, such an easy example of when we, you know, when we're on the airplane, the, you know, flight attendant always comes on and they're like, Hey, if anything happens, like make sure you put on your own oxygen mask first before you put somebody else's on. And so I travel a ton. So for somebody that travels, they'll, they'll get that. For someone else that doesn't travel, then, you know, it might be a little bit harder, but you, we honestly have to give them permission to, like, I personally have to give them permission. Like, I have to have them sign, I'm gonna have them sign something. Like, this is our agreement. You have permission to take care of you first before your children or your spouse or your care, you know, your parents.

Courtney Cote ([28:37](#)):

Because we do like, I mean, when I was in the thick of it, I mean, Adam, you know, the father of my children deployed to Afghanistan for a year. Like, not supposed to happen, but it happened and the girls were one in three at the time. And, you know, I luckily was very habitual and I had amazing rituals of working out. Like I just know my mental health and if I don't work out, I am not okay. And I mean, I remember Adam, he would like push me out the door and be like, go to yoga, please. Just please do us all a favor and go to Yoga <laugh>. And then I'd come back and I'd be like, hello, <laugh>. Right? I'd be like, I'd be like so much happier. And I would thank him, you know? 'cause Sometimes we are very much in the, in it, and we're all there for everybody else.

Courtney Cote ([29:27](#)):

And women especially, we're such nurturers and we're such caretakers and you know, it almost when we don't have that worth like when I struggle with my dad, it, it's so, it's so spiral because, and so affiliated because I'm like, if I'm not feeling worthy, then I'll give my kids more and then I'll feel worthy, oh, I'll do this for my spouse, then I'll feel more worthy. Oh, let me go pour my heart into this job and then I'll be more worthy. Mm-Hmm. <affirmative>. But at the end of the day, I was born 100% amazing, like worthy divine, angelic, right? And like, God doesn't start with junk and he certainly didn't start with me or you. So when we know that we're already perfectly whole and complete as is right here and right now, and I don't need to do or be anything in order to have that work, then life is so much different. And then with intention and values, my trajectory and, you know, the decisions I make are so much different. Otherwise you're like a leaf blowing in the wind. So when we have our values, when we have our worth, when we have our self-love, and when we know what's most important, that's our north star. You know?

Caspar ([30:45](#)):

Yeah. And with, without that north star, we often feel lost. Right. We often feel a little bit not guided 'cause we don't know where we're going. Yeah. And that, that's a, a big part of what I believe is kind of the, the spiritual level of where we become unhealthy and where things start to, you know, fall down into

the other areas of the mental side, the mind side and the body, the biochemistry. Yeah. And you know, I know you have the website, like, I love me unconditionally. That that's a beautiful one. And that's long. We talk about that. And you know, even when you look at work of people like Dr. David Hawkins and the scale of consciousness and where unconditional love is so high. Mm-Hmm, <affirmative>. Mm-Hmm. <Affirmative> where 80% of the population out there is in this low of grief, apathy, sadness, all these lower frequencies and vibrations. It's nice to say, you know, like, I love myself unconditionally, but what does that really mean? Like when someone is, is in those lower states and it's, it's hard to break free. It's a vicious, like cycle downwards usually. Yeah. You know, what, what would you say to someone that's like, I wanna love myself and I just don't even know where to start.

Courtney Cote ([32:00](#)):

Yeah. That is, that is a big one. So for me and for everyone that I've worked with, it's shifting from your head to your heart. And I know that, that's so cliché 'cause everyone's like, oh, just, you know, make decisions from your heart. And I was always like, but what does that mean <laugh>? You know, like, like, I don't understand. And so it just is, it's, it's work. And it's you know, words, if I could define it, is essentially no judgment for oneself. Absolute and utter grace for oneself. Right. Absolute zero. There's no wrong, there's no right, there's no good, there's no bad. It's, it's, I am a soul living in this human body. Right. We are these divine, angelic light beings, and we are trapped in this human body, on this earth bound experience. Yeah. And unconditional love is absolute, like, legit.

Courtney Cote ([33:12](#)):

I'm, I have to forgive myself on a daily basis. And even sometimes, like minute by minute, I have to forgive myself for things, you know, because we're all human. And so what good is it gonna do for me to sit over here in this shame and in this guilt that doesn't do me any good. That's a low vibration state. Mm-Hmm. <affirmative>. And so to shift my beautiful mind into a like my, my girls, I mean, my girls taught, taught me so much of this. Like, I love them. I would do anything for them. Like, I'm not gonna kick 'em out if they lie to me. You know, I'm not gonna, I'm just gonna guide them, be like, Hmm, you know, maybe we could work on something else in the future. Maybe we could try this differently. And so to, to yeah. To just, and, and I think honestly, Casper with my dad passing and that whole conversation around him not forgiving himself, and that's why he was still suicidal.

Courtney Cote ([34:04](#)):

Mm-Hmm. I was like, holy. Like, literally, like if he forgave himself and truly loved himself, there was, there would be no suicidal ideation on the radar whatsoever. Yeah. And so I just made that connection. That's the nucleus, that's the yeast to the bread of self of like, of a happy life. Right. It's that unconditional love that forgiveness for oneself, the grace that you were to give yourself. And the non-judgment, I'm not gonna judge myself because I'm doing the best I can with the resources that I have. Right. Until I learn better. Or Maya Angelou. Like, until I know better than I do, better till I, let's see. Well, how does that go? I am going to do until I know better than I do better. I don't know. It's basically, you know what I'm saying? We get the, you do the best you can. Right? You do, you do the best you can until you know better, and then you do better <laugh>.

Caspar ([35:03](#)):

And and it's true. We have to be very, I I think the, the idea is like, you know, we, we preach this idea of compassion for others when we don't even have it for ourselves. Yeah. You know, and I think all of us, you know, really are, are are we're own worst critics. Mm-Hmm. And, you know, we put ourselves down and now we compare so much because everything is there available on our screens, on our little black mirrors that show us these wonderful lives of people around us that we're like, my life sucks. Right. I'm

terrible. I'm not doing enough. I'm not making all these things of comparison, which are really detrimental to us.

Courtney Cote ([35:41](#)):

Detrimental.

Caspar ([35:42](#)):

Yeah. And to quickly go back, because I, I found it, you know, interesting because your father obviously dealt with those emotional things, but there's also this theory, new Germanic medicine and Dr. Hamer's work that shows that emotions can be initiation points for things like cancer. And it's so often overlooked how much our mental state and emotional wellbeing impact us in those ways, even with cancers, chronic diseases. Because we could say, of course, depression, suicidal ideology are awful, but we don't connect that really to the physical type of things. And then when you get cancer, right, it's chemo, that's what you need. You need chemo, radiation, one of the approved medical treatments there, but it's not, you need to work on your emotional state. You know? How important is it to you to focus on a daily basis on emotional wellbeing as a mother, as a person trying to always improve on themselves?

Courtney Cote ([36:45](#)):

Oh my gosh, Casper, that's like hitting the nail on the head with truly why I feel like my dad. I mean, my father passed because I feel like he lived in that chronic state of deep rest, depressed and eased and scarcity and fear and sadness and, you know. Yes. Did he preach gratitude? I am so thankful. I knew gratitude, but I was very cynical about it because I was like, oh, I'm grateful for clean water. I'm grateful for a roof over my head. I'm grateful for, you know, everything and anything, honestly. But until I actually did Tony Robbins priming exercise, and we had to like shut our eyes and feel and get into our body and like wear, like literally put my hands over my heart for I'd say we did this for 10 minutes and it was like, okay, three of your most, you know, three, three grateful things, three things you're grateful for right now.

Courtney Cote ([37:48](#)):

Mm-Hmm. So it could be like, today I'm so grateful to be with you like Casper, honestly, like, I'm so grateful to be here. Like, I am so happy to be here with you. And then I can be like, okay, let's go back to na last week or a year ago. And then I'm like, holy. Like my dad actually walked me down the aisle, like he lived to walk me down the aisle. I can get there and I can feel it. And then I'm like, oh my God, I'm so grateful that my girls are so healthy. Like, when they both came out, I was like, okay, 10 fingers, 10 toes. They're amazing. Right? <laugh>, like, I was like, they're healthy. And so I can get there right now, and I can feel that emotion and gratitude as I understand it, is like this massive healing frequency.

Courtney Cote ([38:28](#)):

Mm-Hmm. <affirmative>. And so when we can get into gratitude, it's the best attitude and it trumps fear and everything else because, because you can't have both simultaneously. That's, and so that is the biggest thing, like everything you just said is like, I have chills. Or we call 'em now God bumps because it's like the spiritual download and I mean, you're, you're hitting the nail on the head because that's how I talk to the girls now. And when we can feel it and get into our body, we don't need to go chase that next best thing to achieve joy or happiness or love. Like we can literally sit here right now and just get into our heart space and actually feel that love and emotion and connection and, and joy and laughter. And that's the healing part. And so when you say that, you know, the emotions do potentially cause chronic disease and then potentially mortality.

Courtney Cote ([39:20](#)):

I've seen it. I've, I've just, I've witnessed it and I've seen it and, and I, I, I'm, I'm training for longevity, right? Like I, I'm doing yoga, I'm a yogi, I'm, I'm wanting to be on the floor with my grandkids, right? I mean, there's a big why here, and I wanna break that generational link of crap that's not even ours. Like, we inherited this, excuse my French, right? We inherited all this, and I'm like, give it back. I don't need it. And I don't even wanna give it back. I wanna like basically throw it out into another dimension, transmute that, right? And then that's it. Like transmute it into another form and that's it. Like, let's just get rid of it and create a new link and have this beautiful new glide path for our kids and then their grand kids. And that's like a, that's an epic legacy for me. You know? That's, that's, that's beautiful.

Caspar ([40:12](#)):

And, and that's the, the beauty of it. It's not that you need to, you know, negate it or, or remove it even. It is a transmutation. It's an, I know you appreciate alchemy and it's a alchemical you movement of taking something and creating something. Energy never really dies. You have to transmute it. Yeah. And so that, that's what you can do if you have the proper tools and you go about it and you put it as a priority. You work with a number of mothers that are seeking to kind of do what you do, and you have so much in your toolkit. Yeah. And you know, it's the yoga, it's the meditation, it's the gratitude. You've been to so many events, Tony Robbins, you know, so much.

Courtney Cote ([40:50](#)):

Yeah.

Caspar ([40:51](#)):

Where, where do you start with someone? Because obviously this is years and years of work you've done. Yeah. And there's so many entry points that you could go, but it also is kind of overwhelming. Holy cow, Courtney, you're doing so much. I don't have this, but I'm trying to find myself, I'm trying to love myself and stop that gen be the best parent for my children and the best person out there for myself. Where, where do you usually start with, you know let's say mothers or anyone that that works with you?

Courtney Cote ([41:22](#)):

Yeah. So first we start with a, you know, breakthrough call. And I mean, just first and foremost, let's see where you're at. What are your biggest challenges? I mean, really feeling it and understanding like if nothing changes, like what's the worst case scenario And that, that's an emotional consequence. All the moms that I talk to, they're just like, I'm so stressed out, I'm so overwhelmed. I'm so tired, I'm exhausted. And half of 'em are like, I don't, I'm like, well, what are you doing for yourself? And they're like, nothing. And I'm like, okay, okay. Right. And a lot of them are, yeah. Again, just sacrificing, nurturing, caretaking, like everything we've talked to already. And so I have an eight week crash course, more or less, I need to fine tune that. It, it's called the me First mm-Hmm. <Affirmative> eight week program. And it's, the first week is the life wheel.

Courtney Cote ([42:18](#)):

And the life wheel's so important because I think from a financial standpoint, we all like, you know, we balance our portfolios and you know, we're like, Hmm, is this foreign or domestic or, you know, how much is in here? And you know, how risky is this based on my age? And, you know, I think we all do that, but why don't we do that for our life? Why don't we sit down and figure out, hmm, how am I doing in relationships, career, spirituality mentality. Right? social, like my social right now is a two. And, and so the life wheel, when you think about it from zero to the bullseye, from the bullseye out to the perimeter, this is the 10 you want a beautiful, harmonious tire to drive on. You don't want my, my one piece of the pie, which is social A two, because now I'm like wonky and driving on more or less a flat tire that's not harmonious.

Courtney Cote (43:13):

And I'm not living in alignment with what my true soul is craving and yearning for. So that's just an example of like, week one is the life wheel. And so we're like, let's give us a benchmark. Let's give us a common foundation so we're both on the same page of where, how, and then what, what two things could we do to get there? So one mom for instance, was, you know, very much overweight and not taking care of herself and the way that she could and that the way she knew. And you know, I'm like, well, do you, do you know what's your morning routine like? And so she just ended up adding lemon to her water. So every morning she'd wake up and every single morning for like however many, two days a week, three weeks, she had massive IBS too. And some bowels and like some, some bowels and stomach issues and no joke, like two days, three days, lemon water on an empty stomach, no more bowel, like no more, no more digestive issues and cramp it in the morning.

Courtney Cote (44:14):

So just like the little things, like, that's just one example. I mean, so you can imagine the entire life will, it is a little bit overwhelming, but it's such a beautiful thing to see, wow, this is my life on paper now. You put it up on your refrigerator and you have a couple things to just work on, you know, know, and then you move the needle and you know, like if we're driving or if we're sailing, if we just move that steering wheel right a little bit, our trajectory is that much more like we are in a totally different trajectory. So it's just little baby steps, new routines, new rituals. And then I'm like, you do the rituals, I'll show you the results. You know, so we don't, we don't need to go get medals and certifications and we just need a PhD in results in our own life. And some people aren't even, you know, taking care of us first. And when we're the best versions of ourselves, then we can show up for everybody else and be the best version for them, which is gonna be just a beautiful new song and dance. It's a totally different dynamic.

Caspar (45:14):

So it's amazing how these small shifts, these little things, lemon, you know, in your, in your water in the morning, can have such an impact. And we usually get hung up that we have to have these giant shifts and groundbreaking events that are gonna be so much effort to really change our lives, but our lives are, you know, aligned for, for our best and highest purpose already. Mm-Hmm. And sometimes we just need to make the small little steps celebrate those small wins and keep going. Mm-Hmm. And, and then you have this, you know, the, the, the vicious disease cycle becomes this upward cycle and this evolution towards a higher purpose and, and mm-Hmm. <Affirmative> higher way of living. So

Courtney Cote (45:53):

Higher vibration, higher frequency, yeah. All of that. Absolutely. I wanna be levitating, like, let's all levitate <laugh>, we

Caspar (46:01):

All wanna get to nirvana, right? We all want something, but there's, there's something to be said about, you know, the, the ups and downs as we spoke about earlier, of, of healing and understanding that, you know, it is an a linear just upward motion. Sometimes the downs are part of the evolutionary process in leading us towards a higher, you know, up than,

Courtney Cote (46:23):

Oh, they're needed. No, every breakthrough, I say every break, every breakdown is an absolute opportunity for a breakthrough. Yes. Right? I mean, it's, it's just like every time I'm like, oh my gosh. You know, it's like, it's almost like the kernel in the microwave, the popcorn kernel, right? It's just like, it's

getting hot and it's hot and it's like, oh gosh, and it's this breakdown of the molecule, but then pop, it's this beautiful breakthrough and it's delicious. So

Caspar ([46:53](#)):

Then if you could reframe every challenge or failure is something of a learning lesson that's going to, you know, I help you improve, then is it truly a failure or a challenge or is it a blessing? Mm-Hmm. <Affirmative> and a success. It's just how you frame it and it's just how much time you give it at the time it happens. It may seem devastating and it probably will feel that way, of course. But if you allow it to unfold and have faith and, and use it to your highest level, usually turns out to be a very good thing. And that goes,

Courtney Cote ([47:23](#)):

I wouldn't as well, wouldn't, wouldn't trade it in for the world. I mean, it's, you gotta get through it and it's so much self self dignity, you know? Yeah. It's just, it's just who you are and it's it's all part of the makeup and the the energy and the identity and, and I think everybody, when they can make their mess, their message, like the world, we could all live so much better and we, we would learn so much faster. Mm-Hmm. You know?

Caspar ([47:50](#)):

Yeah. So much. Courtney, I can speak to you for hours, but <laugh>, where can people learn more about you get in touch with you? Where, where can they yeah, go to?

Courtney Cote ([48:00](#)):

Yeah. So the website, Ilovemeunconditionally.com, so it's intentionally that long for a reason. It, it's, I want people to be able to say that out loud. I love me unconditionally.com. So that's a little bit about me and there's my, my courses in there. They can book a link on Calendly, have a breakthrough session, and, you know, just have the first step to a, a new kind of, you know, I like to call it my old self was my Courtney 2.0 or 1.0, and now it's Courtney 2.0. Right. But I didn't change, it's just almost for me it was shutting the layers and shutting the armor. And when my dad left, you know, I just visioned him taking my literally my armor over the rainbow with him. And now it's like a beautiful artifact, you know? Mm-Hmm. And I don't need it anymore. I'm just completely and utterly open to get and receive pain. 'cause I know it's just gonna help me grow. So I just there's a lot of, I know it's, it's tough to, to dive into the mud, but I think we're gonna get, we're gonna get there that much faster when we absolute. When we do. Absolutely. Yeah. Yeah.

Caspar ([49:05](#)):

Listen, I, I knew Courtney 1.0 over 20 years ago, <laugh>, but to see Courtney 2.0 today it's amazing. It's an amazing transformation. Thank, thank you. I'm, I'm proud to kind of know you and connect this way from you. I, I mean, it been, it's been probably like we said, 20 years since we last literally spoke, but have been in each other's circles the whole time. But I haven't connected with you and this was an amazing way to do it and yeah. In incredibly proud of everything you're doing. So thank you so

Courtney Cote ([49:33](#)):

Much. You Thank you. Thank you for everything that you're doing, and I have to come see you so, you know, we'll, we'll catch up because

Caspar ([49:40](#)):

Please. Yeah. Let's, let's continue this.

Courtney Cote ([49:42](#)):

I wish there was something like your, you in, I mean, I'm in Kentucky now, so

Caspar ([49:47](#)):

You're in Kentucky now. I know. That's, that's not exactly the, the, the highest place where I'd like to expand to, but who knows? Listen, I want this everywhere. And it isn't just about the physicality of the place. Yeah. It's about the approaches, you know? Mm-Hmm. <Affirmative> it's about the mentality, the attitude, the higher, you know, vibrations we're all trying to reach and how to get there. Yeah. And that doesn't just mean it's medical treatment, but of course there is, there are these things that serve as catalyst too. So yeah, it's

Courtney Cote ([50:14](#)):

Sad,

Caspar ([50:14](#)):

But you're always having open invitation here in New York and thank you. I'd love to see you and thank you again for coming on and shining your life. Yes.

Courtney Cote ([50:24](#)):

I appreciate you so much, and I look forward to seeing you in person sooner than later.

Caspar ([50:29](#)):

Absolutely. And be sure to go visit i love me unconditionally.com for more information. Until next time, continue writing your own healing story.