

Caspar ([00:00:00](#)):

Our guest today was given a devastating prognosis of just five years to live. But instead of giving up or succumbing to fear, she embarked on a journey to heal her body, conquer crippling depression and anxiety, and manifest a life she truly loves. As a former sports journalist and media personality, she's made an extraordinary transition, is on a mission to become the Taylor Swift of personal development. Her words, not mine. This is the story of Mind-Body Alignment with Kaitlin O'Toole. Kaitlin, so great to have you on.

Kaitlin O'Toole ([00:00:30](#)):

Thank you so much for having me, Caspar. I'm so excited to be here. I'm so excited to speak with your audience. Thank you for having me.

Caspar ([00:00:36](#)):

Well, I'm excited about this one 'cause I, I truly believe one of the most powerful healing tools we have is our mind, and it's often overlooked, and we're told it's drugs, it's something else. It's the magic pill that you have to take that'll cure you. But you experienced this firsthand. You have your own hero story. Can you start there of kind of where you got into this and what made you want to become the Taylor Swift of personal development?

Kaitlin O'Toole ([00:01:00](#)):

Yeah, thank you. That's a new, that's a new thing I'm trying on, but I like it. I like it, I like it. Because of the impact that, and the ability to impact others that comes with it. You know, so I was actually living in New York City and I was like, everyone that decides to move across the world to go to New York. I was after my dreams and I had a clear vision of what my life was going to be. Mm-Hmm. <Affirmative>. And you know, it, I had just, just landed my dream job at the time with MTV. It was super cool back in the end, <laugh>, this is like 2012. This was like, I watched this on TV and somehow I ended up in these offices and I remember it was like my second week working there, and I was like, MTV, it's Kaitlin <laugh>, it's mom.

Kaitlin O'Toole ([00:01:43](#)):

And I could barely make out what she was saying. And she, she was hysterical. And I could just hear her say, Sean's missing, Sean is my brother. And I'd never experienced anything like that in my life. I grew up like, you know, very positive, very like believer in po. I didn't come from a lot, but I just always believed that things could happen. And that's how I made my way from a small town in Florida to New York. And this was the first time in my life that I had ever gotten like such shocking news. And I wound up leaving New York City to fly to where my parents were, Louisville, Kentucky. I, I, when my mom called, I was looking for pictures for the police. And I share this because it's such a vital point in my story of getting ill. And so my dad wound up finding my brother in a park.

Kaitlin O'Toole ([00:02:32](#)):

He was blue, his eyes were rolled back in his head. And my dad started to give him CPR. And thankfully, by the time the ambulance came, he had gotten my brother to this shallow breath. But by the time I had flown from New York to where they were in Kentucky, my brother was in a coma. And I just remember my dad picking me up at the airport, prepping me, like, if he wakes up, you know, we're not sure we really, we really think he's gonna be brain dead. So you kinda have to, to prep yourself for this, Kate. And I remember walking into his hospital room and I just saw him in this coma, like hooked up to all of these tubes. And I just got on my knees to pray. You know, whatever, whatever it is you believe in, sometimes

you're in these moments and you just, you're just asking for something bigger than you to help 'cause you don't know what to do.

Kaitlin O'Toole (00:03:20):

And I was praying and I was just saying, please just, just give me what he has. Just give me what I, what he has. I can take it. I'm strong. Like let him wake up, let him be okay. And I share this as the beginning to the story because I don't believe that God sourced, infinite intelligence, whatever it is you believe in that higher power works in that way. But I do believe in the power of our mind and specifically our subconscious mind. And somehow in that moment, I planted a seed in my mind that if my brother was gonna be okay, I couldn't. And I of course did not know this at the time, I just was desperate. But you start to look, there's many stories of this where people say, give me that, and then a child gets better, but the, the, that the dad develops cancer or whatever the condition may be, this is actually more common than you would think after researching this.

Kaitlin O'Toole (00:04:10):

But that was like the beginning of me starting to like starting plant a seed in my mind that I could even be ill, I could even not be well. And thank God, by like the grace of all that is, my brother woke up a week later and he was able to get his cognitive abilities back and he was able to walk again and talk again. And a month later I was in the hospital. I was back in New York, and I'd started to get sick and I started having all these stomach problems. And you can also say this is an enormous amount of stress as well, right? You have to, that's a factor in this whole situation, like the stressors in life, like they do affect our body and everything. In my opinion, disease is some kind of outside condition thought, belief, stressor that it's manifesting in your body.

Kaitlin O'Toole (00:04:53):

And so I was going to all these doctors, I was in and outta the hospital, my stomach was bleeding. They wound up telling me I had celiac disease, which at the time wasn't trendy <laugh>, there were no gluten free pizzas or donuts. I was like, what does this even mean? Yeah. But I, you know, started cutting out all of the food and all of the gluten and stopped eating the like \$2 slices in New York and all the things I was living off of. And but I didn't get better. And so this is just, it's a long story, but the condensed version of it, as I started this mission of trying to figure out what was wrong and how to heal, and it was celiac disease. But when that didn't go away you know, more and more things started to develop. I I had left MTV, I was working for a sports company.

Kaitlin O'Toole (00:05:39):

It was doing this fantasy football show with DraftKings. It was like my dream job. I'm in a studio and in the middle of doing interviews with different correspondents around the world, I'd stop talking and my producer would be like, Kaitlin, are you okay? And I'm like, yeah, I had no recollection. I mean, I'm telling you like, lights out, no idea. And it got so bad that I would be in my apartment walking from room to room, like, what am I doing? Why am I here? My mom came to visit me and she was like, we went to the grocery store. And she's like, Kate, we need cheese. And I'm not kidding you Caspar, I'm looking at her like, I have no idea what cheese is. Mm-Hmm. And it was like, my brain was just becoming this like mush. Like I was a complete shell of myself.

Kaitlin O'Toole (00:06:21):

And so more treatments, more tests. After like literally two years of trying to figure out what's wrong, I got diagnosed with neurological Lyme disease with multiple co-infection. So I'm like, okay, let's do the treatments. Okay, here we go. We're gonna do antibiotics, we're gonna do IV antibiotics. That's not working. We're gonna do these droppers, we're gonna do enemas. We're gonna do chambers of intense

heat and intense cold. And before any of this stuff was, like, before anyone cold plunged or saunas, I was in there like doing everything to try to heal. And you know, at ti in moments it would get a little bit better, but then it would, it would get worse again. And then you go back to the drawing board because we're so obsessed as humans that we need to know what's wrong so that we can fix it. And when we look for those answers, we look outside of ourselves.

Kaitlin O'Toole ([00:07:13](#)):

So it's like, I'm going to go see this doctor and try this pill and do this treatment, and then I'll try this again. And everything is an external process. And so, you know, doctors are doing the best they can. But the more I went to the doctor, the more I picked up more diagnoses and the more my body was responding. You know, whatever we focus on in life, you know, wherever our, our attention is, our energy follows. And that's what we create more of. And you, you are all doing this, you know, we all do this every day. The question is, are you doing it consciously or unconsciously? And so, you know, my symptoms continued, my hair started falling out. My, I had a really hard time moving my right knee, like crazy. Like I couldn't walk around. Mobility was hard. I then started having more stomach problems.

Kaitlin O'Toole ([00:08:01](#)):

I wound up getting diagnosed with lupus. Mm-Hmm. <Affirmative>. I'm like, okay, we had another one. So now I'm taking these medications that is like, I have to go to an optometrist because three out of 10 people have changes in their vision. And I'm like, how am I taking something that has these side effects that could even be worse? And then, you know, the stomach problems happen again. And that was, you know, this is like a five-year journey. I'm taking you through from 2012 to 2017 when it was starting to get so bad, my stomach problems. And I was having this really weird thing where I would be talking to you, but I would be like, like I couldn't get enough air in. And so I wound up flying to upstate New York to see a specialist, and he diagnosed me with a rare autoimmune called scleroderma.

Kaitlin O'Toole ([00:08:44](#)):

And so if you're not familiar, this has to do with the elasticity that you, that you have in your body. And for a lot of people, you know, it's pretty rare, but if it, it does affect people, it, it's usually exterior. So people will have shiny skin and they'll start to harden. But mine was affecting my internals. So my large and small intestine were beginning to harden. It was moving up through my heart into my throat, which was causing that. And I just remember being at his office and he's just looking at me and he's like, this is super aggressive. Here's your test. Here's what we're looking at. And you know, if it continues at this rate at best, I'll give you five years. And I'm like, what? And it's wild because I think a lot about who I was in this process. Like, I was very sick at the time that I couldn't show up for work anymore.

Kaitlin O'Toole ([00:09:30](#)):

You know, my life consisted of doctor appointments. My life consisted of ways to try to get better. And it was a real identity shift because I went from, you know, living my dream and being on red carpets and doing interviews to being this other version of me that, that all I thought about, all I talked about, all I expressed was how I was SICK. I don't even like to to associate <laugh>, right? But it became this identity. And so at that point, I remember talking to my brother, and my brother was like, Kate, come to my brother lived in California. He's like, come to California. You know, like, come by the beach. I think if there's too much stress out there. So I was like, okay, I'm gonna, I'm gonna leave New York for the summer. I'm gonna take a summer in California. I wound up meeting someone and staying out here.

Kaitlin O'Toole ([00:10:14](#)):

I'd go back and forth to see my doctors. But here's the thing, you've probably heard this. Nothing changes unless you change. And so it didn't matter that I flew across the country. It didn't matter if I went to

Timbuktu, I was the same person. So wherever I went, there I was. And so it, of course, it was this beautiful mission to heal and in ways that I had gotten better, but I had this underlying fear that I was gonna die. And so the more you start thinking about, oh my God, could I die, the more you start attracting things that can kill you. And that's what happened. So I developed tumors in my ovaries that were on the cancer spectrum. I developed tumors in both my breasts. And in 2020 I was diagnosed with the brain tumor. And I was like, and it got to the point, you know, a lot of people ask like, well, how did you change?

Kaitlin O'Toole ([00:11:02](#)):

How did you heal? And I, I just got to this point of being so broken. I was physically like deteriorating. I was mentally deteriorating, and I was in this relationship that I had. I I, I share this because it was a pivotal moment where I, I was so sick, he didn't wanna be with me. And I remember walking in on him with two girls and it being this like, oh my God, like, there's nothing left you can take from me. Like, there's nothing left. And I just remember being so broken. I just made a decision in that moment that I'm done. Like, I will never live this life again. I'm done. And you can make these decisions with such an intent. It's a splash in the field, that unified field, that quantum field, whatever you wanna call it, all consciousness, all all that is energy.

Kaitlin O'Toole ([00:11:52](#)):

And it, it changed, it changed me. And I called my mom and dad and I was like, I'm going back to work. And they were like, are you crazy, Kaitlin? Like, we don't even know what's wrong. You just got this diagnosis. And I was like, I, I'm going this way. Like, I, I watched this right at the same time I watched this documentary called Heal. Have you seen it? Of course, yeah. And I just remember seeing all these people from all different backgrounds, all different, I mean, they have nothing in common, but they somehow radically healed. And I was like, why can't that be me? Right? It opened my mind up to this possibility, like, why not me? I don't, I don't know what to do. But I realized I had no joy in my life. Like, everything in my life was about trying to get bell better, trying to be healthy.

Kaitlin O'Toole ([00:12:31](#)):

Mm-Hmm. <affirmative>. And so I said, I'm gonna go back to work. And literally three days later, out of the blue, I got a call from someone I worked with five years prior to New York. Like, Kaitlin, like, how are you doing? And I'm over there like, great, you know, like, never been better. You say, any chance you're looking for work? And I was like, yeah, but I, I actually, I don't live in New York. I'm in California. He's like, no kidding Kate. Like this is, this is for California. It was a Friday, I'll always remember. And he's like, is there anyway you can come in on Monday and test for it? And I'm like, you gotta pull yourself together, girl. Come on. I go straight to the mall, I buy a dress. I'm really big on assigning meaning and like really building out the character. You have to step into this new identity of you.

Kaitlin O'Toole ([00:13:14](#)):

You have to become this version of you before the 3D reality, before the world adjusts. And so I remember buying these outfits, and then the night before, I, I didn't even know what it was for. I was just like, Hey, I, I didn't, I'm so excited that this opportunity came that there was this glimmer of hope in my life. And I was like, Hey, what, what is this for? And he's like, we're looking for the West Coast correspondent for Sports Illustrated. And I'm like, oh my God. Like no agent, no anything. It was such a dream. And I go in, I test for it, sorry, come back tomorrow. Come back tomorrow. And after the fourth day the stories we're doing are really weird. Sorry, I'm giving you like a whole No, no, this is great. But it's, it's the journey. It's the quick journey.

Kaitlin O'Toole (00:13:54):

So I go back on the fourth day and I meet the CEO. They're like, this is great. I'm like, close to landing the role and the NBA shuts down and March Madness shuts down and it's March, 2020. And I'm like, no. And I, my dad calls me, my dad used to work in the military, and he's like, Kate, they're gonna shut the country down. And I'm like, what are you talking about, dad? I can't find this anywhere. And he's like, you've got two options. You're coming home or I'm gonna come get you. And so I'm like, in this moment, have to tell, like these bosses the first glimmer I feel of being alive again. Like, I gotta go. But thankfully they wound up sending the equipment to me. But I share this because I had this very powerful decision in that moment. Yeah. I just recently saw the Matrix <laugh>, like, I don't know where I've been for the last 20 years, <laugh>.

Kaitlin O'Toole (00:14:42):

But, you know, I just recently saw it. And it's kind of that moment, like red pill, blue pill. And I had a really, really big decision. And I don't say this to condone this for anybody else, I'm just sharing my own experience. But I could either take my medicine, but I could not function. Like I was on, you know, eight different medications at the time, and I was a zombie. Like I was just existing in this shell of myself. Or I could believe in my future. I could believe that maybe I could be that miracle. Maybe I could get better and I could just fall back in love with my life. And so I remember sitting my mom and dad down and being like, you know, I'm gonna take this job. I'm so excited and I'm not gonna take my medicine anymore. And I remember like, like all, but like, if you met my dad and you'd be like, oh my God.

Kaitlin O'Toole (00:15:30):

Like, like military. Like just, I'm like, this is like all the courage inside of me to do this. I remember my dad looking at me being like, so we're just gonna play make believe here, Kate. And I was like, yes, exactly. But I need you to believe it with me. Mm-Hmm. <Affirmative>. And so for 10 months I did this every day. And you know, a lot of people ask like, how do you just like, pretend like you're not sick? I mean, I clearly had symptoms like where my tumor was. It was pushing against my pituitary. I'm lactating, my hair's coming out. I have chronic fatigue at the time. So it's not like I wasn't feeling it. I was just so in love with what I was doing every day. I mean, I couldn't go anywhere. I couldn't do anything. It was a pandemic. But I would wake up and I would journal.

Kaitlin O'Toole (00:16:12):

And I would imagine, I was in Louisville, Kentucky and I was in my parents' basement and I'm like imagining living by the beach in California and like telling the story that I healed and being of service and helping others. And then I would put music on in my room and dance. I, I like whatever energy I had by myself because why I felt alive. I felt happy. And then I would interview people all day long at home, just, okay, it's a pandemic. There's no kids at school. And some of them, that's their only meal. How are they eating? Oh, LeBron James is doing something. Let's go talk to him. <Laugh>. So I would find the most positive stories that I could tell. And every day I was falling more and more in love with my life. I was happy. I was no longer this sick person.

Kaitlin O'Toole (00:16:54):

I was a person that was well, that was happy, that was living her life despite the situations and circumstances in my life. And after 10 months of being home, my dad 2021 starts the country's opening. And my dad's like, okay baby. I know we're doing, I know we're doing this make believe thing, but you know, you wanna go back to the doctor. And I go back, I fly back out to California 'cause that's where I was getting treatment at the time. And first thing I do my brain scan. And I remember the, the doctor coming out and he's looking at me. He's like, what? What have you been doing? And I'm like, what do

you mean? And he's like, it's gone. And I'm like, what? He's like, what did you do? And the only thing I could think of in that moment is I, I fell in love with my life.

Kaitlin O'Toole (00:17:36):

Like I wasn't that person. Like I did die. That version of me died. And then I went and got the other scans and my organs had perfectly healed. I was supposed to have the surgery for the cancer cells on my ovaries. Never got it. 'cause a pandemic hit, everything happened, gone. Like every single thing in my body healed. And I wasn't trying to heal anymore. I was just being this new version of me. And it really freaked me out, to be honest. I was so happy. But I also had this, like, how did that happen? Right? Like, how could I explain that to somebody? Like how do you quantify a miracle? How do you say that? And so there's more to the story, but I'll pause for now because like it leads to this whole other mental breakdown that I had. But that was really this big thing of like, what happened. And that kind of got me into this world a bit. I then went through this really traumatic incident that really opened me up to energy and personal develop and, and, and how powerful we are and what's possible and how our mind creates reality. Which is more I could share, but I'll, I'll pause there just, just, just for a moment.

Caspar (00:18:46):

It's, it's an extraordinary healing story, right? Your journey. It's like, that's a movie right there. We just heard <laugh>. It's

Kaitlin O'Toole (00:18:53):

Sometimes

Caspar (00:18:54):

I'm trying to picture everything

Kaitlin O'Toole (00:18:55):

I'm like going

Caspar (00:18:55):

On as you're talking and it's like the, but isn't that healing? Isn't that like I, I've speak to so many people that, that are not in similar, but like so many things I heard you say, like, I know a friend of mine who had Lyme disease also was misdiagnosed, multiple sclerosis. He said, I woke up one day and I was looking at the floor. I'm like, what are those things? It was his shoes. He's like, I don't know what to do with them. Right. And then other people that were just,

Kaitlin O'Toole (00:19:20):

I mean, that's real <laugh>

Caspar (00:19:21):

That's real. Like people don't understand that the type of brain fog we're talking about is not just getting caught up with, what's that word? Where did I put my keys? It's like, what is that thing I use every single day of my life that I can't figure out? Right? And it's, that's where people get and, and that's how some people live and they're, you are still functioning. You are working during that time. Like people don't understand that you could be very sick and still function somewhat in society. Yeah.

Kaitlin O'Toole (00:19:46):

And I think that was a really big fear of mine is like, if I told people I wasn't well, then were they gonna work with me? You know, would I be able, and I was so trying to hold on to my dreams, like this is the life I imagined. This is what I had been working towards my whole life. And my mind still wanted it, but my body was failing me like terribly <laugh> and did come to a point where I was unable to work. And I think that made it even worse because now I had no joy. I had no purpose. Right. I became obsessed with trying to figure out what was wrong so that it could heal. And it became this like cat and mouse chase of like, okay, what is it? What is this? There's new symptoms. It's this. And you don't realize the more you're living in that energy, the more you're looking for something to be the cause, the more you're actually attracting and creating more into your life.

Kaitlin O'Toole ([00:20:38](#)):

Which sounds crazy because if you asked me, I would be like, con I'm not trying to be sick. I of course would never create that. And that's the problem is that usually there's some kind of triggering event. It could be, you know, for me it was almost losing my brother at that time and the stress of that and the inability to cope the, the, the planting of the seed in my mind that let me have it. And then of course, like dealing with the everyday stressors of life. And I, I truly believe that our body is a machine and that we can heal anything. Like I am one of those people, you cannot talk me out of it because of my life and because of the other things that I've witnessed of, of other people. I'm talking like paralyzed to walking stage 4 cancer's. Like, it's like biblical, but it's real.

Kaitlin O'Toole ([00:21:25](#)):

And the thing is, it's like when you open yourself up to a possibility, when you start to believe that, like, okay, what if it could just start that? Or what if your whole life can change, right? But you, it starts in your mind. You have to open yourself up for those possibilities. And so many of us have these rooted belief systems and it takes work. It takes work to reprogram yourself. It takes work to, to change. Absolutely. I mean, but it's that type of change that creates health and healing in my opinion. Versus here's another pill, here's another diagnosis, here's another thing that's wrong with you. And this, you know, giving your power away to somebody that has only seen X amount of people in a white coat, that's an authority figure. And I don't say that to bash them because like, you don't thank God for doctors, but at the same time, they're also limited in their own knowing. They're also limited in their own scope of beliefs.

Caspar ([00:22:15](#)):

Yeah. You know, it's my belief in all of this then in, in all, all of my experiences that we are absolutely self-healing miracles each, every one of us. But if we go with the belief of going to a man in a lab coat that has like education and went through a lot, and then they give you a diagnosis, the belief is in the diagnosis, right? Absolutely. This is why I can't stand diagnosis. I know it's the holy grail of medicine. Yeah. I don't agree with it because I've seen too many people that weren't even feeling that bad, but got a diagnoses because something on a lab test showed them, and then all of a sudden they became very sick as if the diagnoses was the starting point of their disease.

Kaitlin O'Toole ([00:22:57](#)):

Exactly. And it's because we as humans, I think have lost touch with who we are, the essence of us. And so we are looking for the i these identities outside of us. And that is an identity, right? That's somebody to be like, oh, that's me. That's, that's who I am. That, that's again, because we're looking exterior and I, I share, I'll just share the second part of the story because please, you know, I I had gotten this incredible news that I had healed and it was like freaking Willy Wonka, right? Like, I got the golden ticket. Like, we're back <laugh>. And, you know, something that I didn't share right before, actually what led to me

finding out about the tumor is I, I was, it was my 30th birthday and I was sitting at Machu Picchu, which is like, you know, one of the holiest places.

Kaitlin O'Toole (00:23:42):

And I was just so broken and so lost that I was just, again, praying, right? And again, this isn't, to me prayer is like your relationship with divinity. Mm-Hmm. <Affirmative> with all that is, it's not like I believe religion can box people. And when I say prayer, and when I say like, sitting with yourself, it's about connecting with that higher power inside of you and, and just getting clarity. And so I'm, I'm just praying and I'm like, why am I here? Like, what is the purpose of this? And please just use me. You like, use me. Am I missing something? And I, I like leave the out. I'm at, and I'm dating this guy at the time, and we're at dinner. It's again my 30th birthday. So in my mind I'm like, this is gonna be amazing. And he's like, I think you should go home.

Kaitlin O'Toole (00:24:30):

And I'm like, what? It's like, I think you should go home. And I share this because sometimes we pray for things and they show up in ways we least expect. Yes. And it's like, are you conscious to see the signs and the clues that you are being guided by? And I wasn't. I was, so again, back to identity, I didn't have a job. I didn't have money. I didn't have this purpose, but I had love. And so I was so attached to like, this person has to love me. This is all that I have. No, but at the time, that's all I thought. And so I didn't go home. I, next day we headed to Brazil, and there we are standing in front of Christ, the redeemer. You know, this I a figure of potentially idea of who I'm talking to. And this, the guy was getting super tall and he puts his, his elbow comes down as he's trying this shirt on, and it hits me in two places and shatters my nose and there's blood everywhere.

Kaitlin O'Toole (00:25:20):

And it was almost like the universe is like, wake up, yeah. How can I get your attention? And so this, then I, I fly back to California, I see an ENT, he's like, this is broken. We're gonna have to send you to a plastic surgeon. But this is all right around when the pandemic hits. This is how I find out I have the tumor. And so when I go back to get my diagnosis, as everything's healed, the last doctor I had to see was the ENT, because this whole time I'm working for Sports Illustrated, my nose is broken. I mean like sinking in. But I like knew the angle. They're like, Kate, like, look straight. I'm like, I can't do that. Like, my nose is broken. Like, you know, it's okay though. When you're dying, you don't care. You're like, you're so grateful. You're just like, this is amazing.

Kaitlin O'Toole (00:26:01):

My life is back. Yeah. So I share that though because I go in to get, they're like, you have to get this fixed. So I wound up flying to New York to see a specialist there, and he was a trauma specialist. And I go in, I bring him my scans, you know, I bring him the stuff for my ENT, here's my insurance paperwork. And he's like, okay, super, super easy surgery, like 45 minutes. You'll be back on camera in two weeks. And I'm like, okay. Like this is 2021. Like Tom Brady won the Super Bowl. I was there. I have this, all these amazing interviews I'm preparing for, but I'm like, kind of like, okay, let's get it done. I got work to do. And so I go in for the surgery, except it wasn't 45 minutes. I wake up six and a half hours later and I'm screaming when I wake up because I was laying so long on an operating heating pad that I had burns down my back.

Kaitlin O'Toole (00:26:51):

And my mom wound up taking me to the wound clinic in New York. And I go in a week later, like, I'm in sh I'm in shock. Like, what happened? Like, what ha what what, the only way I can explain it is shock. And he takes my little bandage off. And I remember seeing my mom's reaction and it was like, you just,

you know, parents, you just know something's wrong. She's like, and I'm like, mom, what's, what's wrong? What, what's wrong? And I look in the mirror and I'm like, who is that? And you see, I was laying on this heating pad for so long because the doctor decided to do like some cosmetic changes. So he took ribs from people and sewed them in and shaved it and put a, and put a implant in. And none of this I, you know, knew about, I had agreed to.

Kaitlin O'Toole ([00:27:41](#)):

So I am in shock and I'm looking in the mirror and I share this because this is what really got me into looking for answers. I went, I literally lost my mind. Caspar. Like I, when I was really sick, like I had to learn that, okay, I'm not my job. Like I thought that was my identity. I'm not my job. Okay. I thought I was, you know, New York and where I lived and this, that, that's not me. I thought I was a relationship. But the last thing that we think we are is this body. And when you're looking in the mirror and you can't recognize, I mean like my iPhone didn't recognize me, categorized me as a new person. I wore hat for 18 months. I was losing my mind, like violation. I mean, just, where did I go? Why did he do this? Like, I was crazy, crazy.

Kaitlin O'Toole ([00:28:30](#)):

And my mom and dad were taking me to all these, these doctors and you know, my brother had attempted suicide from taking all the medicine from the VA. And it wasn't that I really wanted to die, but I had no idea how to live in this moment. I couldn't sleep. I, I was down to 85 pounds. I weigh 115 now. I mean, I was like, not well. And I was so scared to take the medication because the thought of my I was having was just end it. Like, you, the only way out is out. Like you gotta like, and every time I would have these thoughts, I'd jump in the pool. And so one day I stumbled, I was looking, I didn't wanna take the medicine. Again, I'm not saying anything for other people, it's just for me and my experiences, I was scared that that might, you know, a lot of times there's a warning on these medications that it can cause suicidal thoughts.

Kaitlin O'Toole ([00:29:14](#)):

And I was already there <laugh>. So, so that's when I started looking for answers and stumbled across Dr. Joe Dispenza. That was the first time. Like I, I had saw him in the Heal documentary, and so I was like, if I could heal my body, I have to figure out how to heal my mind. But I had to learn how to meditate. And if you asked me at the time, like I I was never into this stuff, I would be like, do you know me sit still? Like, no way. That's possible. Yeah. But I, I was so triggered by the outside world, I had to learn how to disconnect and go within. And that's what really got me looking and searching. And that's what started to help me understand how I healed. And that was the foundation of this work that I'm doing now. And just completely transformed my life.

Kaitlin O'Toole ([00:30:00](#)):

And for 18 months, I wore this hat. I'd go to, I went to 10 of his events. I mean, back to back. I was like on a mission to be okay. And I had a, I have a really good friend who's close with Joe and teaches his work. And I was at this event with him, and there were three girls there. The, the event was all about rewiring your mind. Mm-Hmm. <Affirmative>. And there were three girls there, and they're beautiful, 15, 18, and 20. And they didn't wanna talk to my friend because he is a guy. And they, so they came to me and they're like, Hey, you probably don't get this, but like, we wanna work on rewiring our mind so that we can love ourselves. You know, two of them were bulimic, one was anorexic, and they're beautiful Caspar. And I'm looking at them like, I, I can't see what they see, but it hit me in that moment.

Kaitlin O'Toole ([00:30:46](#)):

How could I tell them to love themselves when I'm not even loving me? So I made this pact with them in that moment that I, I never shared with anyone what happened. I never went back on camera. I never, I never went back to Sports Illustrated. I never did anything. I disappeared from social media for two years. I mean, I was gone because I just was so, I didn't wanna be seen by the world. Which people were like, that's crazy. But like, that, that was real. Like, that is how, how powerful our mind is, right? It is this place that if there is a thought that grows into a weed, my God, like that is a reality. Somebody is living and it's real for them. And it was real for me. But I remember making this pact with them and I'm like, I'm done.

Kaitlin O'Toole ([00:31:25](#)):

Like, I'm, I'm, I'm done. Like I'm done telling that story. Like I'm not, I'm like, I'm, this is me now and I'm accepting it. And it was like, honestly, it was better than like getting the news about my body because when your mind is not okay, that is like, to me, there's nothing worse. Like I've, I've had both, that's just my opinion. But I was like, oh my God. Like, yeah, all I wanted to do was call my mom and dad. I'm like, oh my God, I gotta tell 'em I'm okay. I was like, it was like a second chance at life again. It was like the death of the old and this new person that had accepted. And so I'm like, oh my God, yes. Trying to call my parents. They're not answering. And finally like 30 minutes, I am in the absolute bliss high as you can be.

Kaitlin O'Toole ([00:32:04](#)):

Just like, my life is gonna be okay. Like, that is the feeling like, oh my God, my life is gonna be okay. And then my dad calls and I'm like, dad, like, so excited. My poor parents have been through so much. And I'm call, he's calling and I know immediately something's wrong. And he's calling to tell me that my brother went to bed and he never woke up. And it went from this highest of high to back where I had been before. And it was very hard for me to accept and believe that in the moment. And I just had this really pivotal decision. Like, I can either let this take me out, but I, I know what that is because I've already lived that path, right? That's disease that's potentially dying. That's just everything I've already gone through. Or I can take everything I've learned and move forward and do anything I can to help other people.

Kaitlin O'Toole ([00:32:59](#)):

And that's been the mission. But really that and that, that was two years ago, last month. So now it's just been this goal to empower people that, that, that divinity, that whatever you wanna call it, the reason that we're talking right now and our hearts are beating and we're not thinking about it. We're breathing and we're not thinking about it. That infinite intelligence that is keeping you alive, everyone alive, no matter what you look like, no matter where you live, that loves you, that loves all of us. That is us. And, and that power can do anything. That power can heal, that power can create. But you gotta be open and conscious to it and of it and ask for it. And yeah. So I just shared that 'cause That's what really opened, going through all of those traumas of first the body, but then the mind and being like, okay, there is systems in place here, there are programs in my mind, there are things that are causing and creating my world, my health, my all of it. And what happens if I could get in there, get in that operating system, and what happens if I can change those beliefs and change those programs for health, for what happens if I can regulate my gen, my genes, what happens if I can regulate my immune system? And these things are real and they're true. And people all around the world are doing it every single day.

Caspar ([00:34:24](#)):

Yeah. And a lot of times it's, it's the thing, you know, that we have these belief systems, but as you said, they're not conscious. You know, I meet a lot of people that say I want to heal. I just can't, I, you know, I can't do this right there I see some belief system that I can't heal there, you know? Yeah. Yeah. And they're, no, I tried everything and I truly am writing it down that I want to heal. It's like there is an

underlying, again, root cause belief system you may not know about. You know, this is what Dispenza you know, Bruce Lipton, Greg Braden and all say that usually, sometimes it's even in childhood, you have no recollection there could be a trauma that happened. And, and again, it doesn't seem like a traumatic event when you're a child or an adult is looking at being like, that's nothing big. Right? But you stored that in your subconscious as a traumatic event that led to a belief system that is now so many years later holding you back and probably keeping you sick.

Kaitlin O'Toole ([00:35:18](#)):

Yes. You know? Yes. And you nailed that, I think. I mean, if you asked me three years ago what your subconscious mind is, I had no idea. Yeah. I just, I genuinely didn't, I mean, did I go to college? Yes. I have three degrees. Did I ever learn about that? No. Like, no clue. And I, you know, my boyfriend now, it's like I look at, we have a crazy book collection, it's incredible. But I'm like, how did you know about this 10 years ago? Like, what kinda life would I have been living? Right. But it's like, so I share that because it's nobody's fault. It's like it, you weren't exposed to it. It's so understandable. Right. My parents didn't teach me it because they didn't know it. And that it's, it's passed on information. I think that's the biggest thing when you, when somebody is experiencing disease or an illness, is just being open.

Kaitlin O'Toole ([00:36:09](#)):

Right? It's like just being open to the idea that maybe there's something I don't know that could help me and not have and, and start exploring that. Because like you said, consciously you may want something, but subconsciously, like you are, it, it's a, it's a opposition. And so it's this fighting against each other. But once you start to be like, okay, what is the subconscious mind and, and how does it work? And how do I get in there and how do I reprogram it? And you know, for me, I think I just share in my experience, I was so fixated on healing Mm-Hmm. And I see that a lot. Like people get really stuck in the healing phase. Yes. And I don't believe we came here to heal. I believe we came here to live the most unbelievable experience and expression of ourselves. And so I think instead of just to share my opinion is like going and looking for, okay, when I was seven, there was this incident.

Kaitlin O'Toole ([00:37:04](#)):

And maybe that's the root. It's like, what if we could just focus on the person you wish to become? Right? What if we could start embodying that person right now? And then by default your belief systems will change because the belief is just a reoccurring thought. You're thinking over and over and over again that you believe is important. But you can change that at any time. And so, I mean, what are your, what are your thoughts? I'm so curious. Like what are your thoughts on like the subconscious mind and, and how you help people heal through that?

Caspar ([00:37:33](#)):

I, I think there's something there, there, there are two things that come to mind when I think of these things that I've really kind of been with. And it's number one, it's like you said, to know yourself, to sit down yourself and not let the corrupt brain and the programs run, but sit with yourself and simply be introspective and see how you feel from the heart. The gut area. Does that resonate with me? Is there something there of a belief system that I can't heal that maybe I did pick up when I was a child? I was speaking to someone recently on the podcast and they said that they had a father who they really looked up to, big guy. He was like an army guy as well, but he was always sick with something. And so they looked up to this person, but they were always sick.

Caspar ([00:38:15](#)):

And then they had that belief they would always be sick. And he looked up, of course he admired this, but there was sickness to it. And he said he had to sit with that. And he's like, I'm getting interesting feelings

about this. And it was through just, just exploring the feelings of being introspective. Is there a belief in me? Is that the pro? Am I thinking I'll always be sick like my father and looking up to it? Or could I look up to my father but realize he was never perfect and he had these things that I can use to my benefit to become a healthier? And he said things started going away. Symptoms just started to disappear for him. So that's my first thing is to be really, really introspective to what yourself and sit there and don't let your monkey mind jump in and be like, no, no, no.

Caspar ([00:38:55](#)):

But really feel things go into nature. Deep breathing. Right. Get into a meditative state and feel more than think. Yes. My other point would be what Mother Teresa said is don't invite me to an anti-war protest. Invite me to a pro peace. Right? Like an event. And it's like, well of course, you know, you don't want to talk about the war. Just like we don't want to talk about the disease and the sickness. Mm-Hmm. <affirmative> that's actually somewhat inconsequential to what you have to focus on, which is the positive where you want to be, not what you're going against. Right? Against is that David Hawkins power verse force. You don't wanna force things. You want the power within you to guide you. Mm-Hmm. <affirmative>. So, you know, when you put those two together, that introspection and then this intention again of, of something positive, I feel that's the best way. Because you're right. Sometimes you'll never get to, what was that one thing? Maybe it's generational, maybe it's passed down genetically. And it's like something from great-great grandparents that had that's there. You won't probably get to that exact piece that happened a hundred years ago. That's impacting you. Right. But if you reprogram to what I want to be, you could override that. What do you think? Am, am I hundred percent you're, you're the guru on this. So this my theory, this

Kaitlin O'Toole ([00:40:14](#)):

Is collaborative, but yes, I mean I think you absolutely nailed it. Right? You know, if somebody asked me like, do you love yourself during that time, I would be like, of course I love myself. Right? Of course. And then if you ask me, well, how do you love yourself? I would have to think about that. Well, do I look in the mirror and do I talk kindly to myself? No, not really. Do I take time to hug myself And every single cell in my body is alive? Do. I'm like, I love you. I'm so grateful for you. Thank you for all you do. Well, no, I didn't do that. Do I make time to sit with myself and see which thoughts are mine? You know, in a world where there's so much noise, which thoughts are yours? Can you even distinguish them? Right? And there's something so beautiful about going into nature.

Kaitlin O'Toole ([00:40:53](#)):

You know, there's studies with heart, brain coherence. And when our heart is in coherence, it's the same resonance of the earth. And that is why when you go out in nature, you feel that sense of calm. 'Cause It's either you're connecting with her or it's pulling you back into homeostasis back into that moment. But it's really making those time, those are all acts of self love. And so I was like, yeah, I love myself, but I got really into how am I loving myself? How am I making time for myself? How am I showing up to like, sit with me? And that is such a big part of meditation or sitting and meditation could be a walk on the beach, right? Anything to get out of your analytical mind and be in the present moment. Enjoy. And that brings so much clarity and understanding to what is maybe coming up, like you said.

Kaitlin O'Toole ([00:41:37](#)):

And then yes, embodying, I call it building out the character. And that is like, mm-Hmm. My favorite thing to do. It's like, mm-Hmm. Hey, this is the best version of me. And now I'm going to think, how does she dress? How does she walk? How does she talk? What does she eat? How does she show up in the world? If somebody calls mentally rehearsing it, right? I believe your entire outer world is created from within, right? Your imagination. Like, I love the word, imagine if you break it down and says, I'm a genie.

Like you are the genie. You grant your own wishes. Your wish is your command. It's just getting really, really accepting that. And then saying, I'm going to focus all my energy and attention on the highest version of myself, and I'm gonna embody it now. We wait so much. Not we, but people wait so much for things outside of them to change.

Kaitlin O'Toole ([00:42:28](#)):

And that was the biggest lesson for me, is I had to become healthy Now. I had to deny, I didn't even know what I was doing. Now I'm like, oh, okay, that's like, I can look at like Joe Dispenza's work and I'm like, that's what I was doing. I, I somehow innately knew it. And I believe all of us innately know it. It's just trusting that intuition, right? Prayer is speaking to source God, intelligence and intuition isn't responding back to you. And so when you listen to those messages and those callings, it is, like you said, divinely guiding you and just really taking time to be still so that you know what those messages are. And when they're calling and a hundred percent focusing on everything you wish to experience. Like, I am so crazy about this. I mean, I think it's a great thing, but my boyfriend, like even last night, he's like, let's watch Twister.

Kaitlin O'Toole ([00:43:19](#)):

I'm like, I am not watching Twister before I go to bed. Like my subconscious mind is opening, right? Like, he's like, come on, it's not real. I'm like, but I will make it real. Yeah. Because I believe in the power that I have and who I am. That is everybody. And I think so many people chalk things up as like, oh, that was odd. And I'm like, no, no, that's God. That's you. You create, you know, that's a coincidence. No, no, no. That is a divine synchronicity showing you what you're capable of. And so I think the moment you take your power back and like you said, then be still and focus on everything that is your dream life, your desires, and don't waver. Like you can't, obviously we're human and sometimes we fall off, but for how long? It's like you have to have an unwavering belief.

Kaitlin O'Toole ([00:44:02](#)):

Like, I am healthy. I don't care what the tests say, I don't care what my body's doing. I am healthy. I am choosing this now and I'm gonna do everything I can to fall in love with my life. And I say that because you have to be at this frequency, right? Like love is like, we are vibrational beings. Like this is science, right? We're energy. And there are vibrations and there are resonances and there are frequencies. And they're real and they're measurable. And so where are you? You can't say like, okay, I'm gonna be healthy. And then return back to your life where you're just, you know, like speaking it, right? Words matter. We're matter. We're speaking things all the time on us and around us. And so you've gotta really embody that character and, and become it like method acting. If you're familiar with method acting, you can look at people like Heath Ledger, right?

Kaitlin O'Toole ([00:44:49](#)):

Yeah. He embodied that character. It killed him, right? Yeah. Leonardo DiCaprio played Howard Hughes and he embodied having OCD that at the time of it, he went into intense therapy because he developed neurological networks in his brain that it became him. Yes, we can do that with disease and we can do that with health. We can do that with anything. Yeah. So that is how powerful our mind is when we choose consciously to define the character, define who we're being and embodying it every single day, despite what the world is showing you 'cause it's gonna adjust. I promise you. It'll catch up.

Caspar ([00:45:24](#)):

Yeah. Just gotta, it's, it's, it's such a truth though. We have these 60,000 or so random thoughts in our heads running throughout the day, right? In a single day. And it's what, what is the, the, the majority of those. And for many people it's a negative thing. It's a lot of times it's also because of our society. We

have news on 24/7 cycle social media. Everything's coming at us. It's a bad world. Things are bad, dah dah, dah. You get into that, you're playing that over and over in your mind. And it's, it's very nice to be able to say, well, change those to positives. Start thinking that start. Normally we need tools. And that's where I want to get to like with you, because I know you have this mind body alignment method, right. And tools to get you there. 'Cause it's one thing to just say, stop it, think positive. And people are like, well, how I, I need help. Right? Yeah. Because most of us, 60,000, like 59,000 of those are bad. You're

Kaitlin O'Toole ([00:46:15](#)):

Literally saying like, become a new person right now. They're like, and how do I, right. I know,

Caspar ([00:46:19](#)):

I know. Totally. And it feels overwhelming. It's like I don't even know where to start. It's like, I've been having these thoughts for 20 years and I'm sick, and how do I think positive if I feel like crap? So yeah, talk about like your method in, in doing that and starting to build into that positive side and retrain your brain.

Kaitlin O'Toole ([00:46:38](#)):

Well, I'll say thank you so much for queuing that up. I really appreciate the ability to share this because it, it genuinely changed my life. And I would say one of the biggest things when I was really losing my mind, like I'm telling you, I was not well. My mom took every story of a healing. She took things from the Bible. She took things from, she found online, she took all of these miraculous stories and she wrote them all out and she hung them everywhere in our house. The whole, I couldn't see myself. All I could see was a possibility. Every mirror was covered, the refrigerator was covered, the picture frames were covered. Everywhere I looked, all I could see was somebody getting better, some miracle taking place, something changing. And so our home is like a a 3D vision board. And you have to prime your mind.

Kaitlin O'Toole ([00:47:34](#)):

You have to prime your mind. The number one thing you could start doing is turning off anything negative, right? No news, nothing. You have to, okay, let's start with feeling, right? Feeling is the secret. You have got to be in the state of being whole, of healthy, of joy. You, you have to care so much about how you feel, not what the world looks like, not what your body's doing, how you feel. And you have to do everything to keep that feeling up. Because when you keep that feeling up, just from a, a, a medical background, you're not in fight or flight, right? If you're in joy, you can't be in joy and fear at the same time. You can't be in survival and health at the same time. So if you can keep your energy up, you can keep your feeling up, right? Which is our thoughts.

Kaitlin O'Toole ([00:48:17](#)):

It's what we see, it's what we consume. That is a big, that is a huge thing right off the bat. You can do, if you're like, I want, I am, I'm choosing to change immediately. News is off. Any social media, any podcast that is not conducive to miracles, that is not conducive to the life that you choose to live and that you, that you are creating for you. I, I mean, even movies, like if it is an amazing love story and that's what you're looking for, watch it. If it's somebody cheating on his wife and you're going through a hard time, turn that off. Excuse my language, but like, no. And you have gotta look at, your brain is constantly taking in data, right? We take in, what is it, 7 million, 11 million bits of information a second. And we can only comb through 40 of those.

Kaitlin O'Toole ([00:49:03](#)):

And what we comb through is our reticular activating system. It's what we're consciously choosing to say out of, it's like raising your hand to the universe, to God, to source and being like, this is what I wanna experience. Okay? And so you've gotta tell it. You've gotta get clear. And so I would say, like, if you're going through a health journey, I would find every person that healed. I would go on a hunt of everyone that had your disease and healed, or a disease and healed every, every miracle that exists. And I would put them everywhere. And I would wake up and I would read those, and I would say, this is what we're creating. This is me. I am that person. See yourself in the story. Become that person. Believe that's you. 'Cause you know what's gonna happen? Most people, they get a diagnosis.

Kaitlin O'Toole ([00:49:44](#)):

I've done it guilty. You go on the computer and you're like, oh my God, my life's over. Right? Yeah. That's why actually something I'm creating right now is called the Database of Miracles. Because my goal is for somebody to get in, to get something, right, which happens. We live in a world where there's, our thoughts are, can be toxic. Our food is definitely toxic. Our air is toxic. We're being poisoned and polluted all around us, right? You gotta, that's why you gotta at least do your best to keep your mind clear, because we're, we're dealing with external forces here. So, but if you can go to a place and say, oh my God, like, I'm gonna type in my age, what I have, and you could find all these people all over the world that were there, that healed, that have a story. Now you see a path.

Kaitlin O'Toole ([00:50:23](#)):

I believe that sometimes we're being called to be the path. Like it hasn't happened yet, and we're being called to be that person. And sometimes the path is already there, but it takes you looking for that person and putting those everywhere. So, so I'm really driving that home because I really believe in what you're reading and what you're consuming and what you're prompting and priming your mind for. You know, that's a type of a vision board. You could create these two for your life. I'm really getting big on this. I, I wasn't always like, I, I have a very good imagination. I would say strengthening your imagination is key because your imagination, you know, what you're seeing in that inner story is usually what, what happens. And speaking of stories, write down your story, right? Write down your story of who you are and then get rid of it.

Kaitlin O'Toole ([00:51:08](#)):

Because <laugh>, who would you be without that story? I was so attached to my story because I, you know, people would say, what do you do? And I would have so many insecurities, what am I gonna tell them? I'm not working, I'm not good at, because we, as a society base so much value and worth on external things. What do you do? What do you drive? Where do you live? What do you have? That's not you. It's great. Like, I mean, I'm not saying don't enjoy it. I love the ability to be alive and have amazing experiences, but that's not who you are at your core and your essence. So you've gotta disassociate with your story. Another thing I'm doing right now, just as far as affirmations, writing down everything you hate about your life, like really just go for it. Be like, I hate this, I hate this, I hate this.

Kaitlin O'Toole ([00:51:50](#)):

Flip it. Mm-Hmm, <affirmative>, that's your affirmation, because that's what your subconscious mind is thinking. So just go make a list and when you think you're done, just keep going. You could even use chat GPT for this. Like, that's an AI thing you could try, right? If you're like, well, I don't know how to think different, put it in chat GPT and be like, flip this. Make this a positive affirmation, and it'll give you the opposite. But ideally doing it yourself, because then now you're seeing yourself and creating it for yourself, but you wanna create a new identity. You have to get clear on who you are in this moment, so you can change. Most of us are like, we don't have enough clarity. Like if you asked me at that time, I'd be like, well, I'm just, you know, I, I I have nothing and I'm sick.

Kaitlin O'Toole ([00:52:27](#)):

You know, that was what I, that was the, the, that was the affirmation that I am, that I'm speaking. You know, the, being super conscious of your thoughts and of your words, and really check in in with yourself, like multiple times a day setting alarm. Like, these are the affirmations. I'm gonna say this is the person that am I, am I in alignment with that version of me? If the answer is no. Then how quick can I get back to it? And then finding ways to have fun. Like, so many of us have these, like if you ask me at the time, like, Hey, what, what do what makes you happy? I didn't have an answer. I was so disconnected from myself. I, and I was, so also, I think a lot of times what can happen is we get consumed in relationships. And so it's like, yeah, I like this stuff.

Kaitlin O'Toole ([00:53:10](#)):

Well do I, I don't think I like that stuff. I think my boyfriend or my partner likes that stuff and I wanna spend time with him. So I just adopted that, but it doesn't actually fuel my, my heart. It doesn't actually bring me joy. So if you don't know where you are right now, and if you don't know what brings you joy, that's okay. That's amazing. You start looking, right? Like for me, dance, move it, there's a new study. It says dance is the number one way to beat depression, right? Over medications, the ability to move your body to get into the present moment, to get out of your analytical mind and just to fall in love with the moment, right? We're seeing like spikes in our, our chemicals in our body to create health, to create orders just through dance. So, or whatever that is for you.

Kaitlin O'Toole ([00:53:51](#)):

I mean, a lot of times it's like going back to a child and being like, who did you wanna be before the world told you it wasn't possible? What were you thinking? What were you dreaming about? Like going back to that, that you inside of you and you know, like it, whatever that is. Maybe you were like, I wanna be a fireman. I'm not saying you gotta go do that, but like, exploring that child inside of you that is still alive, that still wants to, to come out because you've gotta be in that frequency to receive it. It's almost like if you order a package online. If you order something on Amazon, you're gonna order it one time and you're gonna believe it's on its way to you. You don't go back and you don't keep pressing it. And I think we have to get it that strong with our own beliefs.

Kaitlin O'Toole ([00:54:28](#)):

Like when you ask and you believe something, then it's done. But you've gotta be home. You know? If that package is expensive and it says, we need you to sign for it, then you gotta be home to receive the package and sign for it. And that's your vibrational state that you're in. If you ask to be healthy, and then you return back to negative thinking and the poor me and the victim mentality, and nobody knows what I'm going through. I've been there. Like I am not saying it doesn't suck. I have been there, I have lost all my friends, my job, my money, my career, my home more than once from being sick. I know how terrible it is to feel like you have nothing and alone and nobody gets it. Especially if it's an invisible disease. And then people are like, oh, I think you're crazy. It's not real. And you're like, no, this is very real. But, but like, get over that. Right? Just focusing on who you want to be and becoming that person right now and not wavering.

Caspar ([00:55:20](#)):

Yeah. And I

Kaitlin O'Toole ([00:55:21](#)):

Remember those, those are, those are meditation, visualization. I mean, there's so much, I could absolutely so many practices to do this, but those are just like immediate things you can do right now.

Caspar ([00:55:28](#)):

I always tell people that are having that challenge, and this is something I experience myself, is like, have more conversations with yourself, meaning don't allow others to put those thoughts into your head. Go out. When I had a stressful day and I was living in the city, and I would come back and it was just like, what's going on? Am I hustling so hard for what? Like, where am I going? Like you start to get doubts and people are telling you, what are you doing? Like, you know, do something else. And I would go for a walk on the Hudson River and I would just ask myself que and have conversations like, what makes you happy Caspar? And like Caspar would answer my head, right? And I'd literally go back and forth and it's like, yeah, I wasn't talking out loud like a crazy person, but I was having for convers always,

Kaitlin O'Toole ([00:56:08](#)):

Right?

Caspar ([00:56:08](#)):

Yes. And I do that in the mirror too, and people are like, that's nuts. I'm like, no, it's not. It's complete like tri, it's completely try it.

Kaitlin O'Toole ([00:56:13](#)):

My life is going well, you should try it,

Caspar ([00:56:15](#)):

Right? But like, to go back to that whole thing about like, other people putting those thoughts in your head. You had the wealthiest man in the world and one of the most popular, Elon Musk, you know, share your video and actually say like, to change the program, someone else put in your head. I think people don't realize it that we are getting so many programs placed in our heads that aren't our own, that are from other people that set the beliefs. I is it your kind of like, you know, your, your thought process is it that we need to stop allowing so many influencers in our heads and we need to be our greatest influencer?

Kaitlin O'Toole ([00:56:51](#)):

A hundred percent. That is a beautiful way to put it. We don't even realize how heavily programmed you are. Yeah. If you got, I mean, I'm in, I'm in California, but if I got in the car right now and I just tried to drive somewhere, the amount of billboards that would be hitting my subconscious mind that would be just passing, right? And there's colors like red that is subliminal messaging that is happening all the time, right? We see you go to a movie, there's product placement everywhere there, there's speaking things at you. You turn on a radio on a podcast. That's when I say like, which thoughts are yours? Do you even, it is so important from the moment we're born, we're being programmed. And you know what? Programs aren't bad. I'm not saying they're bad. It's so cool that you can get in a car and you can drive and you can be on the phone and you can do that safely because you have a program that's in your mind.

Kaitlin O'Toole ([00:57:39](#)):

You have neural networks that are like, we know how to do this. We're taking over. It simplifies our life. But the problem is, are the programs that are running in your mind serving you? Mm-Hmm. And if you're looking around at your life and you're not happy, the answer is a no. And I don't care what your, your friends did to you. I don't care what family you were raised in, I don't care what terrible things happen. I don't mean that like, I'm so sorry that all those things could happen to people. But the, at one point or another, you have to stop living that story and you have to change who you are. You have to change your identity, you have to change the programs in your mind. And that goes back to institutions, that goes back to friends, that goes back to family members.

Kaitlin O'Toole ([00:58:22](#)):

That is literally every day of our life. We are being programmed heavily. So my question is, why not you be the programmer? Why not you decide what goes into your mind? Like literally, I imagine armor, like guys with armor standing gate at the, at the, at my mind I literally imagine that, and I am like, and if somebody says something I don't wanna experience, I'm like, Nope, I deny that. Cancel, cancel, cancel. I do not accept that. And I say the opposite, like, this is happening all the time. All the time. And I think it's super important to find what I call a belief buddy. Somebody that will believe in you and believe with you. You know, a lot of times if, you know, energy matches itself, if you've ever seen that, that little example of the guy hitting the ball and the ball doesn't move because it's not the same hertz frequency, and then he does it again and moves.

Kaitlin O'Toole ([00:59:12](#)):

Yeah. So if you're in a state and you're sad and you're, you're you're not in a good place and you go to talk to somebody, they're gonna meet you where they are. Right? Majority of time. That's why the world is responding back to, yeah man, that does stink. Oh, I'm really sorry that you're, yeah, you're screwed, man. Maybe you are gonna die. I don't know. Right? Because it's a vibrational match. Yeah. But if you can find somebody that has a higher energy that can stay there, that can help bring you to it, raise you to it and hold the standard, I mean, you have to heal you. Right? But there can be someone holding the energy saying, I don't care what they said, Caspar, you are gonna be okay. Life is amazing. You can do it. Right? That is also somebody helping reprogramming you. And so you've gotta get so clear on what is the noise coming in, right?

Kaitlin O'Toole ([00:59:56](#)):

What are you listening to? What are you watching? Who do you hang out with? The reason they say we're the average of our five closest friends is because their thoughts and beliefs become yours. Right? If you take a piece of meat and you marinate it overnight, it's gonna taste like whatever those things are, your brain is also the same thing. Whatever you're marinating it in is going to be your life. So what are you, what are you, what are those people around you? What are those things you're listening to? How are you showing up? Who are you showing up with? Where do you go? All of those people are constantly putting new thoughts, new beliefs, new programs into your mind and your mind's like, okay, thank you. Let me rewire this. Okay, boom. Okay. When I hang out with these people, I become this.

Kaitlin O'Toole ([01:00:36](#)):

And yeah. I mean, that was really amazing and wild to see that he shared that. And it's, but it's true, right? It's like, this is so true. And, you know, he shares about his own son and his own experiences and his own life and the programs that have that, that how he's seen his own family get programmed. And I'm sure himself, like, I think if we could all just agree on that, regardless of what you believe and what you think, if you could just look at the science behind the way your brain operates and runs the way your subconscious mind works, that we do have these programs and that there are people that know how they work. Right. That's why, I mean, what is TV called? It's called television programming. Yes. Called programming. Right? Right. It's, it's right there in the word. It's, it's called a remote control.

Kaitlin O'Toole ([01:01:22](#)):

Yeah. Like it's, I'm gonna control you from afar, right? All of these, these words that we use to express these things, it's like, oh, that's what's going on here. Yeah. Oh, that's, and it's not, you know, it's not a conspiracy, it's just real. Like, it's like you can just look at it and be like, oh, I'm actually being programmed by everything and everyone around me always. Why don't I be in charge? Why don't the the power inside of me, the divinity inside of me sit with myself. Let me ask and see which way should I go? Right? I believe truly that there is this bigger dream waiting for all of us, this massive vision of why we

came here. It's just, we've forgotten it because we've been so heavily programmed to think it's impossible. And that that's not why we're here. Because you can't have control of people if there's, if, if they're powerful. How can I control you? If you can heal yourself? How can I control you if you hold the power to create, right. How can I keep order? And the reality is, that's why you can't be in love and fear at the same. Love is a frequency of God. It's where all things exist. That's why the news is fear. If I can bring you here, I can control you. It's same with, that's why we see disease, right? It's your operating slow vibration.

Caspar ([01:02:34](#)):

Yeah.

Kaitlin O'Toole ([01:02:35](#)):

Sorry, I'm just so passionate about this because it changed

Caspar ([01:02:37](#)):

Obviously life.

Caspar ([01:02:39](#)):

Yeah. No, I mean, listen, we're, we're all these sponges of the world, whether it's in our environment, talk like whatever we place ourself in, we're gonna sponge. But there's also that beautiful message of hope in things like neuroplasticity. These, these are scientific proofs. We're not talking, 'cause so many people I know, it's like, oh, this is all woo woo, new age. It's like, no, this is new science. You are just stuck in an old Newtonian principles of science. Quantum medicine's been around for a hundred years, right? Quantum healing and quantum physics, first off. But, but that's how we could apply it to our world in a, in a much more advanced way than ever before. And we could absolutely change so much in our lives as long as we embrace it and have that belief system. Now Kaitlin, you're doing a lot of stuff out there to help a lot of people with Mindvalley collaborations, your course. But I want to ask like, what else are you excited about or looking to get into as you continue to come to Taylor Swift? of personal development.

Kaitlin O'Toole ([01:03:32](#)):

Oh, thank you. Well, you know, right now I'm working on a book, which I'm really excited about. It's a little, it's actually like, went from one to two. And the first is just really about my, my story, my brother, everything that what happened. And the goal is just to inspire hope in people. It's like, I, I always ask that I could be of service for whatever reason, that's always been an innate feeling in me is like, how can I be of service? How can I help others? How can, what can I do? And I think, I think actually every human being has that fundamentally inside of them. But it didn't, it took me going through, I could never look at somebody and say, oh, I'm really sorry you feel suicidal. Because I didn't know how that felt. I can now look at people and say, I know what it feels like to, you know, be told you're gonna die.

Kaitlin O'Toole ([01:04:17](#)):

I know what it feels like to have your mind completely hijacked. I know what it feels like to have terrible thoughts. And I also know what it feels like to get out of all of that. Mm-Hmm. And to learn that there's more. And so that's, that's the goal of that, of that book. And then the second one, I'm, I'm like simultaneously working on is, you kind of mentioned it, you said it's a lot of pressure. And so this idea that it's like, okay, if I am creating reality more than I know, right? And I'm this director, right? We hear these terms like, I'm the director, I'm the the lead character. I'm all this, that's over. Like, what? All of that's on me <laugh>, right? This is a solo player game. Yeah. That is stressful. But how do we actually give people simple tools to really understand that like, yeah, you are creating, and, and once you

understand that the things that you dislike and you're like, you've created, it's okay. You're powerful and you could create anything that it is you wish to experience. And so I'm really excited about, about this and just about putting the, this story. And you know, my story also includes other, other people's stories that I've seen firsthand transform and, you know, I'll share really quickly 'cause it's just a beautiful thing to share. I was at I was actually at a Joe Dispenza event and, and have you ever been?

Caspar ([01:05:29](#)):

No. No. Oh

Kaitlin O'Toole ([01:05:30](#)):

My God, we gotta get to you to one.

Caspar ([01:05:31](#)):

I know, I know. I have so many. I have a friend who's like studying with him. We were gonna have as a medical director in La LA Center. And it's like, you gotta go, you gotta go. And I've just been dragging

Kaitlin O'Toole ([01:05:40](#)):

My feet most like life changing. Yeah. And I do a lot of cool stuff.

Caspar ([01:05:43](#)):

I heard they're intense. Yeah.

Kaitlin O'Toole ([01:05:45](#)):

Well, you're like, you're, you're like 40, 50 hours of meditating for a week. Right. And also helping heal people, right? You aren't, you're understanding about electromagnetic fields and the energy you hold and how you can create that coherence for somebody. But so I was at one of these events, it was one of like one of my first couple events I went to. And they have everybody standing, everyone's cheering and they're dancing and it's super cool, right? It's like good energy. And I saw this, this kid sitting in front of me, like to the side and he's, he's sitting in a wheelchair and I'm like, I just have this overwhelming thought of, I gotta get him standing. Like he's gotta remember what's possible. And so I'm like looking around the room, I'm like, I need somebody big to help me lift this guy <laugh>. And I'm not kidding you, Caspar was like freaking casted audience out nowhere

Kaitlin O'Toole ([01:06:32](#)):

I just see this massive human being massive like seven foot, later found out he is an NBA player. I didn't know him at the time, but I'm like this guy. And I'm running to him and I'm like, Hey, hey, hey, I need your help. I need your help. And he's like, yeah, is everything okay? I'm like, yeah, come on. I need your help. He's like, he's like, well, what's up? I'm like, I need your help me lift this guy out of his wheelchair. And he's like, do you work here? I'm like, no, <laugh>. And he's like, what? Like, this is like what? He's hanging out with me. So of course I ask him his name is Andy, he's a friend of mine now. And I'm like, Hey, hey. Any chance? Like you wanna like get up and like dance with us? And he was like, yeah, yeah.

Kaitlin O'Toole ([01:07:07](#)):

Okay. Yeah. 12 years, Andy was paralyzed. He was in a snowboarding accident. He didn't land the trick, broke his back, he was paralyzed. Doctor said he would never walk again. So he never tried. Yeah. Andy, of course started to open his mind up to a possibility. He wouldn't be at an event like this, but so he was to open. And so we get him standing. Caspar is the most beautiful thing I've ever seen because as he gets up,

it was like watching the life come back into him. Because think about it, for 12 years, people are dancing. How many times do you think Andy just sat there? Right. But now he's up, he's with us, he's in the energy. His body is believing and remembering. And three days later we watch Andy take his first steps in 12 years. It's a I'll send you the video.

Kaitlin O'Toole ([01:07:55](#)):

Yeah, please. And now he does his walking meditations every day. He's, he's, you know, 3D wise, he's not you and I yet, but he'll get there. And he bought a snowboard last year. And his mission is to go back and to land that trick. And he's committed. And it's like, you see things like that and you're like, I just gotta, the whole world has to know about this. Yeah. I actually was hosting a Mindvalley event this year in in February. It was a manifesting event. And I was like, look, you can manifest anything. Like I know a lot of people show up and they're like, I want the car, I want the, I want the, the, the partner and I want that. And there's nothing wrong with that. I'm like, you know, but leave yourself open. And there was a woman that was sitting there in the front row and I kind of like really wanted to share this 'cause she was in a wheelchair.

Kaitlin O'Toole ([01:08:36](#)):

And I was like, ah. I just like, you know, like I just, I just, you know, my hardest thing is like understanding that every soul has their own journey and not to interfere. Because I wanna just be like, you can do it. Like you can do it. Everyone can do it. It's possible. But, you know, each soul has their own journey and they have to come to their own level of consciousness and make a decision and do the work. And that's okay. And so I remember sharing this and I was just at a huge event. I was speaking at for MindValley University, and this guy comes up to me and he's like, Hey you were at the manifesting event. And I was like, yeah. He's like, you shared that story of your friend Andy. And I was like, yeah, I did. He's like, my wife and I were in the front row, she was in a wheelchair.

Kaitlin O'Toole ([01:09:14](#)):

And I was like, of course I remember you. And he's like, you know, she had a really hard time with that at first. Like she was, you know, kind of pissed. Like, what is this girl talking about? How would she even know what it feels like? I wound up having the conversation with her like shortly after. And she was telling this as well, but then a part of her started to sit with herself and was like, why do I feel like this? You know, like, you know, 20 years she's been in a wheelchair. She started thinking about what doctors told her, how her dad reacted to things like how these beliefs were formed. Anyways, long story short, she wound up like two days before me meeting them, she wound up doing her first steps underwater. And she's then sent me like two more videos. And they say, if you can begin to learn to walk underwater, you can do it on land.

Kaitlin O'Toole ([01:09:58](#)):

And my God, she's gonna do it because she believes. And it's like, oh my God. That's the power of a story. That's a power of a story and a possibility. And so I just share that because the book is full of these incredible stories of just people overcoming, people doing the impossible. And so that's, that's something that I'm working on right now. And then I'm launching this new community that will also be tied to the database of miracles. So people that are looking just to be in a community where either they can find people that have similar beliefs in them that believe, and then also people that wanna contribute to that. So we're building out the, the whole platform right now. But I'm really excited to just bring people more positive stories because you don't, you know, unless you go to, you know, the Koran or the Bible or some of these books of wisdom, you know, there's not a lot of people nowadays talking about what does go wrong in one designed place. So that's the goal is just to bring more positivity, to empower more people and to remind them of their own divinity and their own, their own power inside of them.

Caspar ([01:10:56](#)):

Yeah. Such extraordinary stories of the power of the mind, right? It's this and even the other side where, where that person in the front row is upset, it's like, stop to understand that possibly you're upset 'cause you're challenging a belief system that is not working for you. Right? And it and it No,

Kaitlin O'Toole ([01:11:12](#)):

Beautifully said, Caspar

Caspar ([01:11:12](#)):

that that too. Like when you get upset by something, understand, ask yourself, why am I being upset by someone saying I could walk again? Isn't that a beautiful thing? But maybe I am just stuck in my belief system that told me I could not walk.

Kaitlin O'Toole ([01:11:25](#)):

Exactly Right. I think that is one of the hardest things that people face when they're looking to change, at least for myself. Because you have to let go of everything you thought you knew, of everything you thought you were. And that is scary for a lot of people, right? That means like maybe things I was taught when I was a child aren't real. Maybe things that the schools taught me aren't real ma things that the TV and politics taught me aren't real. Right? And that is shattering an identity. And, and what happens with that is you, you can lose friends, right? You can lose family that you maybe don't agree with anymore. You can lose your, where you live and that whole community. And yet you to be so bold and courageous to let go is what I believe when they say let go and let God right.

Kaitlin O'Toole ([01:12:17](#)):

To let go of what was is really allowing this beautiful understanding, this new version of yourself to be birthed this higher version of you. Right? More whole, more, you know, I really believe we're all born as, you know, we come from whatever it is you wanna believe in, but there's this, this unified energy, this source, this, this love, this oneness. And I believe we're that. And it's not like we have to become anything. We have to remove everything that's not that. And those are those limiting beliefs. Those are those programs, those are those things. It's like, I think we got stuck on like, well I gotta become somebody. No, you're already it. Yeah. You've just gotta remove everything that's not that everything that everyone else told you. And remember who you are inside, remember what you're capable of. Mm-Hmm. <Affirmative> remember that you are love all of those things that you're, you're searching for, I call it your treasure chest, right?

Kaitlin O'Toole ([01:13:13](#)):

Mm-Hmm. <affirmative>. We're out looking for these treasures. It's right here. It's in your heart, it's telling you. Right. The mind thinks the heart knows. And if we can go back to the heart and remember just who we are and why we're here and the world needs that more than ever. Like more than ever do we need people waking up to the idea. My dad hates when I say waking up, he's like waking up. Like, we're like, <laugh> sounds like this. I'm like, okay, well just remembering like just, you know, remembering who you are. Like I really believe we're all here to walk each other home. Yeah. And it's like, you know, it's hard at times because you wanna pull people. You're like, come on, we're going home. We're going back to like oneness, love. And they're like, no, I don't want to. Right <laugh>. Because it's easier to stay, it's easier to stay in your comfort zone. It's easier to stay with all, you know, like, but it's not worth it. It's definitely not worth it.

Caspar ([01:14:04](#)):

It's like you said, it's, it's, it's the matrix and we need to red pill each other back to understand our beauty and divinity and all of that. Right. <laugh>, God, oh my, we we need more red pills out there. And that's a good thing. That's a beautiful thing.

Kaitlin O'Toole (01:14:17):

It's a beautiful thing. I, you know, I, I believe, you know, I grew up going to like Bible school and I was really taught that I had to pray to this thing outside of me and maybe that thing would hear me and would help me. And you know, I had to do my best here and be a good girl because then maybe I could go to this place called heaven. And the more I realize like heaven is a state within, right? Mm-Hmm. <affirmative> heaven is a, is is is a frequency. You know, that love that we're looking for is already in us. It's with us. Right. You know, I think it's Dr. Joe that says a really beautiful thing. Like if the divine could hide the most beautiful thing, if if divine, if divinity was going to hide itself, it would, it would hide itself in the place

Kaitlin O'Toole (01:15:03):

no one looks, which is inside of you. Yeah. Right? We're so we're here, right? Yeah. We're looking everywhere, but within. But the moment you go within and you, you start to see and look, it's, it's, I swear to you like if somebody's listening to this, like, I just don't understand it, I get it. I was you, I was like, what is this stuff? Like this is some crazy talk. Like I work in sports, let's go talk about football, let's go talk about let's, I'm going to fashion week. Like that is my life. Sitting with myself, heaven within, divinity. Like what? Like you lost me. But I just believe in what works and this works. And when something you find for yourself is true, you can't help but be excited to tell others. And it's the, it's, it's the sharing. You know, like, I'm so grateful that you have this podcast.

Kaitlin O'Toole (01:15:53):

I'm so grateful for who you are and what you're sharing with people. I mean, it is a gift to this world. Thank you for your contribution because more and more people, I just hope can see and learn what you're teaching and what you're sharing and take their power back. Right? Remember that they are all that they're looking for. There's nowhere to go. I think the biggest thing when I was sick is everybody kept talking about this light at the end of the tunnel. You know that expression? Mm-Hmm. <affirmative>. Mm-Hmm. <affirmative>. And I'm like, everyone's talking about this light at the end of the tunnel. Like I don't see it. Even worse. Right? I don't dunno. It's coming. Right. And then I got there one day and I realized that all it was was a mirror and it was just reflecting back me and the light I was looking for had to come from within me.

Kaitlin O'Toole (01:16:36):

Mm-Hmm. And so that which we're looking for, it's us. Mm-Hmm. And so you can just try on that idea, right? Because it can be a big idea. But when you can just try on that idea and make these small little, like what would happen if I just like hung this stuff on my mirror and said it every day? What would happen if I just started like denying my senses and the pain that I'm having in my body and kept focusing, unwavering, unwavering belief on I am healthy, I am full. And I kept showing up like that and I stopped telling the old stories and I started to telling another one, yeah, I'm healed. Well, I mean, I remember saying that to my parents. They're like, what? I'm like, yeah, I'm healed. I'm good. It felt weird at first, but the more you say anything, you start to believe it. Right? Yeah. Somebody told you your name was Caspar, you're like, no. And then you're just like, I'm Caspar. And you became Caspar. You, I started to identify with it just like those diseases that you talked about when somebody got it back on their blood work and it's like, then they tried it on and then they became it. Yes, you can try on any identity and become it. So try on divinity <laugh>, try it on. Yes.

Caspar ([01:17:40](#)):

Such a wonderful message. Kinda end this on, like try that out. Like change your beliefs, change your mind, change your life. It's, it's such a truth and you are the walking epitome of it. So, so thank you so much for all you do, your work. Where could people learn more about you?

Kaitlin O'Toole ([01:17:55](#)):

Oh, thank you. Well, I, I have a lot of free content that's on YouTube, so just @TheKaitlinOToole or @Kaitlin_OToole on Instagram. And I'm growing rapidly, so I am putting more and more content every day. My book is coming out. But yeah, I'm, I, I literally respond to so many people on Instagram. I'm probably most active there. It's just @Kaitlin_OToole. But there's, there's videos daily on there about reprogramming your mind or just, just something positive to listen to. I mean, that was the biggest thing for me. I would just share like, if your thoughts aren't good, go listen to somebody else's until you can get there because you will start to take on the, their way of thinking. Yeah. So just consuming that, that, and that's kind of a mission is just putting out some positive content YouTube videos. I do have a website. My course is on too, so there's more information on there. And this community is coming, so I'm really excited just to have people, it's free just to, to be together and just share more positive stories of empowerment and believing and possibilities.

Caspar ([01:18:58](#)):

Amazing. Such an exciting time. And again, thank you for all that you do in this conversation. It was awesome,

Kaitlin O'Toole ([01:19:05](#)):

Caspar. Thank you so much. I'm so grateful for the time. I'm grateful for all that you're doing. Keep going. I'm looking forward to the California Center and coming to see you there. And

Caspar ([01:19:13](#)):

I, I hope we can meet in person as well. Change and gratitude

Kaitlin O'Toole ([01:19:17](#)):

For each other. I can't wait to give a big hug and be like, yes, my brother, let's go. Sharing the message.

Caspar ([01:19:25](#)):

Amazing. Well, thank you

Kaitlin O'Toole ([01:19:25](#)):

So much again. Thank you so much.

Caspar ([01:19:27](#)):

Okay. And for everyone listening, be sure to check out Kaitlin on Instagram. That's Kaitlin O'Toole, K-A-I-T-L-I-N_O-T-O-O-L-E, and then the website as well, KaitlinOToole.com. Until next time, continue writing your own healing story.