

Speaker 1 ([00:00:12](#)):

You are listening to The Journey on podcast with Warwick Schiller. Warwick is a horseman trainer, international clinician and author who helps empower horse people from all over the world with the skills, knowledge, and mindsets needed to create trusting partnerships with their horses. Warwick offers a free seven day trial to his comprehensive online video library that includes hundreds of full length training videos and several home study courses@videos.warwickschiller.com.

Warwick Schiller ([00:00:47](#)):

Good day everyone. Welcome back to The Journey on podcast. I'm your croy voiced host, Warwick Schiller. I was a groomsman of friends' wedding a couple of nights ago, and I dunno, lost my voice somehow just having conversations with people trying to talk over the loudspeakers when the music was playing. And so we're going to have a bit of a croaky podcast here, but it's worth listening to anyway because my special guest today is an amazing lady named Denise Byron. Denise is a let's go with astrologer, but she's way more than an astrologer. She's got a whole lot more going on than just the astrology because she doesn't just read the stars, read your charts, she gets information from other places. And if you have listened to, if you listen to the podcast, you'd be aware that I ask our guests to choose from 20 questions I send them that I actually got from Tim Ferriss's Tribe of Mentors book, and they choose some.

([00:01:51](#)):

And then I ask the questions during the podcast, well, one of the episodes of the podcast, I answered all 20 of those questions and I think Robin has done the same. And I think my son Tyler did the same too. But one of those questions is what do you feel your true purpose is in life? And some people, if you asked them that, they probably would have a hard time defining that. But Denise Byron, I had a session with her a few years ago and she definitely pointed that out to me, which we will talk about here in this podcast. But, so you've heard me mention Denise's name before, you probably didn't have the get the relevance of it now, but she's quite relevant to my journey of where I'm heading to and has actually been quite a catalyst for some things. So without further ado, we'll get to this conversation with the amazing Denise Byron. Denise. Byron, welcome to the Journey on podcast.

Denise Byron ([00:02:52](#)):

Ah, thank you so much. I'm glad to be

Warwick Schiller ([00:02:55](#)):

Here. This is going to be fun. And I think before we start, we probably, we should figure out what is that you do? I looked on your website. I mean, I've worked with you, I know what you do, but what is your title? And on your website it says you're a mentor and visionary guide, and then somewhere else it says you're a visionary strategist. What would you say you do?

Denise Byron ([00:03:16](#)):

Well, I think what I do a lot is I'm helping other people find their way, find their purpose, connect with who they are, connect with their intuition. So I call myself a mentor, a guide, a teacher. Every element to what I do is designed to help other people find their way. And so that works for me. So we can call me a consultant as well. I like visionary strategists because we work together to create that vision, tapping into your life purpose, your passion, and then strategize. And we can use a variety of ways to do that. So that's my, that's actually one of my favorite titles.

Warwick Schiller ([00:04:00](#)):

Well, when I first met you, you were described to me by my wife as an astrologer. And it's a funny story. I was in Australia, I think, doing some clinics, but Robin had been to Canada and done an equine assisted learning course and wanted to get into that sort of thing. And she'd organized our little seminar thing with a couple of ladies from Santa Cruz or that area where you're from. And when they were organizing the whole thing, one of them, or both of them said to Robin, Hey, have you seen Denise yet? And Robin's like, Denise, who's Denise? And they're like, oh, you've got to talk to Denise. And they gave Robin your number and you set up an appointment with Denise and Robin has no idea what Denise does or who Denise is. So she goes and sees you. And I'm in Australia, I think.

([00:04:46](#)):

And that night I talked to Robin and she goes, Hey, I went and saw an astrology today. And I'm like, alright. Then we were getting into some woo stuff. This is a few years ago, three years ago now. But astrology wasn't on our, well, at least on my radar. I'm like, oh yeah, that was interesting. How was it? She goes, you would not believe what this woman could tell me about me. And the things she told me, she goes, she records it when you get home. You got to listen to the audio. So I get back from Australia and I listen to her like, holy cow, I think I need to go see this, Denise. So we make an appointment to go see you and you get my place of birth, date of birth and time of birth, and I had to call mom in Australia and find out what the exact time I was born.

([00:05:32](#)):

So then we go over there to see you. I think Robin and Tyler both came with me. And we go into your house and we sit down there and you, we'll talk about the astrology party. You actually do it on a computer and we'll get into it later that your mum used to do it by hand, do the charts by hand, but you do it on the computer and you print this thing out. Then you start telling me all this stuff. And I'm not really, I'm just thinking this is probably a load of waffle. I'm not on the edge of my seat. But then you start to, so at this point in time, this is about three years ago, and right now my YouTube channel has probably 25 million views. And back then it was somewhere north of 20 million views I think. And I had started talking about stuff that horse trainers don't probably really talk about. Really talking about how looking into your own stuff and personal growth and spirituality and stuff, how that really connects with the horses. And I've been relatively open about it on social media and YouTube or whatever. But then you spit out all this stuff about my true purpose and you said, oh, something like, oh, you don't see this very often. Is it a crayon? Is that what it was

Denise Byron ([00:06:47](#)):

Near Chiron? Yes. That is a particular planet that helps us really see what your greatest gifts are. Yes.

Warwick Schiller ([00:06:55](#)):

Anyway, maybe you could tell us what you told me so then I can refute it. I can get at the time. So do you remember how it all went down?

Denise Byron ([00:07:04](#)):

Well, what I remember the most, and actually I'm going to pull up your chart because I can, oh,

Warwick Schiller ([00:07:08](#)):

Here we go. I'm going to get a reading

Denise Byron ([00:07:09](#)):

On here.

([00:07:11](#)):

Yeah, exactly. Well, we could actually, it'd be kind of fun. What I noticed the most was your son, which is our purpose, and it is how we move into the world. It's what we bring into the world. And your Chiron are conjunct, which means they're close to the same degree or the same degree. And in your case, they're just less than two degrees apart. So they're considered conjunct. And what does that mean? That means that your gifts lie within the challenges and the wounds of yourself. We're going to get a little woowoo here, potentially your past lives if you want to go that far. But for certain in this lifetime, the things that you have had to struggle with, you bring what you've learned forward. And your greatest purpose in this life really truly is to bring that forward and to help others. It is, and again, I could talk for hours about this, it's just you're going to have to cut me off when it's time.

([00:08:22](#)):

But what I think is really important here, and I don't see this all the time, is that this combination of planets is also opposite. And this can happen depending on the year we were born because there's some generational planets. These are planets that take a long time to move around. Those planets are opposite. So 180 degrees opposite your sun in Chiron and those two planets, Uranus and Pluto are intensely. This is where it got very interesting to me to have even Uranus and Pluto very close to each other meant you were going to be stepping into some unusual territory. This was not going to be a normal lifetime for you, even though you might've thought it was, but I don't know. And then we start to layer on top about where those planets are and they show up in a very magical and mystical place in your chart, rendering you particularly aware of things that other people can't see and hear. And I think what I remember the most about that session is that I could see just from the chart that what you bring to people, what you bring to horses, what you bring to animals is a way of hearing and seeing that is different. And I would say beyond what a lot of other people do, it doesn't mean we're not all capable of it, by the way. And I just want to make that really clear. We all have that ability. Yours is just kind of off the charts. So that's what I remember.

Warwick Schiller ([00:10:13](#)):

I don't remember that part, but the part that I remember is you look me in the eye, you talk about the, what was it? The sun and the cron.

Denise Byron ([00:10:26](#)):

Yeah, sun and Chiron.

Warwick Schiller ([00:10:27](#)):

You basically said, you said this is the wounded healer archetype. And I remember you leaning across the table looking me in the eye, and you said, your whole purpose on this planet is to lead tens of thousands of people towards consciousness where you were, I think they were your exact words. And I'm sitting there, I'm just a horse trainer. This is some heavy shit. I'm not ready for this. But by the end of that session, you had me believing it, okay, by the time I left there, you had talked me into thinking that I have this purpose, yada, yada, yada. But when I leave there, then I start to doubt it. I'm like, I have a strange name. If you Google me, there is no two of me on this whole planet of how many billion people there are. And so I'm like, no, she Googled me. It doesn't take long to find what I'm up to on. Yeah, yeah, she's a charlatan. She just tells you what you want to hear. But you did know a lot about me. You

probably couldn't get from that. But anyway, so I left. I ended up leaving there with that. And it was probably like what you told me was a bit too big a burden for me to think about. So I just kind of like, that can't be me. That's not what's happening.

[\(00:11:49\)](#):

If the universe gives you a sign and you don't listen to that sign, but you're supposed to listen to it, they'll give you a bigger one, a big slap upside the head. And I think the universe kind of preys on the things that make you listen, the things that really make you listen. And so I was in Michigan a few, maybe a month or so later after that, I was doing some clinics in Michigan. And I'm no urban dweller. I have no street smarts. And I was talking to someone the other day about common sense with horses talking about this guy said, oh, a lot of people just don't have common sense around horses. And I said, well, I listened to a show on N P R, which is in America's national public radio for Australians just like the A, B, C. And they had an author on there, he'd written a book about common sense.

[\(00:12:38\)](#):

And he said, common sense is not common sense. It's a learned thing in the environment you grew up in. You get used to certain things and that becomes your common sense. Why have common sense around animals and things like that. I don't have common sense around people who may wish to do me harm because I haven't been in those sorts of situations like strangers that might want to do your harm, like urban situations. So I'm not very cool in scary urban situations. And my radar comes on. So I'm in Michigan doing some clinics, and all I know about Michigan is the two most dangerous cities in America are in Michigan, Flint, Michigan, Detroit, Michigan. And I'm staying in a city in Michigan. I'm not sure. It wasn't Flint or Detroit. It wasn't that scary. And the clinic I was doing was probably an hour's drive away every day, something like that.

[\(00:13:25\)](#):

And anyway, after there was two days of clinic, Friday, Thursday, Friday, Saturday, Sunday, Sunday night, I go to dinner with the host of the clinic and we chat about all sorts of things till about 10 30. So I've got to drive back to the hotel, but I've got a seven o'clock flight the next morning, which means I've got to be at the airport at six to drop the rental car off, but the airport's like two hours drive away. So I've got to leave at four, I've got to get up at whatever. And then I'm like, oh, but I've got to put gas in this car as well. It's a rental car. And I said, I'd fill it up on the way back. So going back to the hotel that night and I'm figuring I'm going to fill this thing up with gas on the way to the hotel, then I don't have to do it in the morning.

[\(00:14:02\)](#):

So I'm driving around the industrial part of this rundown industrial part of this city that my hotel is in, and I find this gas station, it's at 1130 at night or something or other. And I drive in there and there's all these young scary looking youth hanging around there with their baggy pants and not my scene. And so I pull up to the pump and I jump out and I swipe my card and I grab the nozzle and I'm going to fill the car up, but I can't get the gas cap open. I'm like, shit, maybe it's the keys. Try the keys now. And I go over and I'm looking in the door inside, there should be a button to pressed, but it's dark and the interior of the car's black and I can't see, and I'm getting pretty freaked out right here. I don't need to be here right now.

[\(00:14:39\)](#):

So I'm like, screw it. I don't care if they charge me \$10 a gallon to fill this thing back up at the airport, I'm out of here. And so I hang up the pump, press cancel, jump in the car, and as I jump in the car and start it up, so I'm driving a small rental car. So you can't tell anything about me from the car I'm driving or

really the clothes I'm wearing. I've got a baseball cap on a shirt, whatever. And I start the car and as I start to drive off on my driver's side window, there's up this guy knocks on the window and I turn and look. And there's this African American dude with his face right in the window and he's got a bit of skin off under one eye, and he's got this huge big neck tattoo, this serious looking neck tattoo.

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

And I know what he wants. I'm just not sure how he's going to get it. And I turn the look at him and he steps back away from the window and puts his hands up like this, kind of like, I'm not going to hurt you sort of thing. But then he says to me, sorry to scare you. I don't mean you to do any harm or anything. So I'm in the inner city of Detroit sort of thing, so he should sound like that. But this guy has an educated southern accent. So what he looks like and what he sounds like are two different things. And I kind of paused for a second and I roll the window down a fraction, the car's still running. And I said, can I help you? And he says, oh, excuse me, sir. He said, I sorry to bother you.

[\(00:16:03\)](#):

He said, in a bit of a fix. He said, I'm a gospel singer from Alabama. I have a degree of whatever. I have a master's in religious studies or something or other. And I'd come up Peter to do some volunteer work to help build a church, but there was some wrong information and I've been sleeping rough for a couple of nights. The church, it wasn't on it. He said, I've got a little bit of money, but I need \$19 to get a room for the night. And he said, I know you're probably going to say, well, why don't you go into the hostel? I can't go to the hostel. I don't have a Michigan driver's license. But very polite, very well-spoken. And by this point in time, I'm like, yeah, I'm going to give the dude some money. So I roll the window all the way down, I turn the car off and I said, Hey, I'm Warwick. And we shake hands through the window and as we shake hands, we lock eyes, we look at each other in the eye and we start shaking hands. And then he starts to sing. And he is a gospel singer.

[\(00:16:57\)](#):

So it's this rundown gas station in the middle of nowhere and it's quiet and it's 1130 night. So he starts to sing and he sings Arch Capella and he can sing, and it kind of fills up the whole space of the gas station, this guy singing. And we are no longer shaking hands. We are holding hands look at each other and it doesn't feel weird. So we are holding hands looking at each other. And he finishes this song and he takes his sweet ass time. This is a long ass song. And we're just holding hands looking at each other in the eye. And he stops singing and he starts to pray for me. So now he's praying for me. We're holding hands and looking at each other in the eye, and this doesn't sound seem weird. And he prays for, I don't know, 3, 4, 5 minutes, this whole song thing. And the pray thing goes on for close to 10 minutes I think for Mark. We call, and then he stops singing, stops praying. And he looks at me and he looks like he's kind of got some intuition or a download or something like some information. And he leans forward and he looks at me and he goes, Mr, I dunno what you do for a living, but your whole purpose here on this planet is to Denise is laughing, is to gather hundreds of thousands if not millions of people and lead them towards God.

[\(00:18:23\)](#):

And then he says, but the only thing holding you back is your fear. And I'm like, shit got me in one right there. And then the strangest thing happened his left hand. So I think we're still holding hands to the right hand, but his left hand reaches around behind him, he's reaching into the waistband of his pants for something. And right then I had this kind of piece come over me like, huh, so this is how it ends. And that's not what I would think I would do in that situation. And I was like, okay, now I know. Anyway, then his hand came out from me hunting. There's nothing in, you must have an itchy ass or something, who knows? Anyway, so I gave the guy a hundred bucks and said, Hey, get some rest. Get room for the night,

get yourself some food. Good luck on your journey, whatever. And I pulled out of there and drove down the street like half a block and I just pulled over and I was like, what the hell just happened?

Denise Byron ([00:19:26](#)):

You've got tears. I've got tears. This is one of those moments where you paid attention, you got it. And I really appreciate you sharing that story because I mean, literally I just want to cry because the universe will, I am probably going to cry. The universe sends us messages when we most need to hear them. And it's not about, and this is the thing, and this is what I appreciate about you, is that it is about you, but it's not really about you. It's about what you're bringing forward, what you're helping other people find and do and learning and growing and evolving. And when I'm doing sessions with people, astrology is a way to open up that portal. It's a way to open up, and this is why you said about the technology going a little wonky because the minute you and I even just got on to do this this morning, the energy's already off the charts.

([00:20:38](#)):

It does affect our technology. It's real energy is real. It's not some made up thing. So when you're doing your work, when I'm doing my work, what we're doing is we are hopefully opening portals that other people are moving through and engaging with their own soul, with their own path, with their own energy. So what I love about your story is obviously you got it. And now what I want to know from you is from that point forward, how did you shift? How was it that you integrated that experience into what we see now or what we hear now?

Warwick Schiller ([00:21:28](#)):

This is my podcast. I get to ask the questions. No, I'll answer your question. Well, you know what, it made me me believe what you told me. And then I kind of felt bad for not believing you. It's okay. Like I said, when you were talking to me across the table, I was good. But once I left there, I'm like, no, that's a bit too heavy. So what it made me realize, and the thing was when I pulled over on the side of the road, I texted my son Tyler, and I sent this big long text about everything that just happened right then. And then when I finally got back to the hotel room, I called him and he's like, what do you want about, what was that? And then I told him the whole story, not the shorthand version on text, but you know how if you have something happen a few years ago when you retell the story, it can change over time. We still have that original text. So it's still, that's exactly what happened. It's not like I've embellished on the story or whatever. Those are the salient points in that thing. So it kind of made me realize when I start, so your question is how did that affect me?

([00:22:33](#)):

It probably stopped me shrinking back from sharing stuff that's probably that in the past I might've think it was a bit too woo for other people to hear, or mostly along that line or just it's really made me stay vulnerable, tell the things I've got to tell rather than shrinking back. I shouldn't share this, your whole wounded, you could use that healer thing, the wounded healer thing. All this stuff that's happened in the past that now I am doing the work on, I can talk about that stuff because I think it's important to share. So that's pretty much what I got out of that. And then we had a session at the beginning of last year.

Denise Byron ([00:23:32](#)):

Yes,

Warwick Schiller ([00:23:33](#)):

We had a second session beginning of last year. And I've had therapists try to make me cry for years and they can't do it. And I did it three times in that session. It's a gift. It's a gift you have. But what you made me aware of that you said, Hey, it's time to step it up, but you're not ready to step it up yet. You need to do some more healing. And I'd say by early to middle this year, late spring this year, I was thinking, because you said 21 and 2022 are your years for healing so that you can do your work better. And by about spring this year, I was thinking, it's not happening and I don't think that's going to happen. And then there's been a series of things happening here in the last two or three months that have all lined up to where, oh yeah, it's happening. It's definitely happening.

Denise Byron ([00:24:29](#)):

It is amazing, isn't it? One of the reasons why I love astrology, and we can go wherever you want to go from this point, but it is, the layers are, there's many, many layers to it. So it can be interpreted many different ways, but as I said, it opens a portal, but one of the things it does, which I really appreciate it, it can show us timing. We still have free will, we have choice. This is not about predestined per se. You had to respond to what the universe was showing you. You could have not responded, and we wouldn't be here right now. But there is the beauty of this beautiful universe that we're living in is that planets and heavenly bodies, if we want to call them that move and they have order to them, it looks chaotic on a chart perhaps, but there is an order to it, and I really appreciate that as we're working with basically creative chaos all the time, which is not a bad thing. That's how we got here is through creative chaos. As we're working with that, it's really, really wonderful to have astrology as a tool to check in and say, where am I on this journey? Where am I on the path? And that's one of the reasons why I love using it so much.

Warwick Schiller ([00:25:58](#)):

Yeah, I think I want to talk a bit about this astrology and how you got there. Let's talk about this. So when I went and saw you, I was under an impression you were an astrologer. So you were going to tell me stuff from these charts you're reading, but there's way more to me, more than to you than that. You're not just reading the charts. You have this intuition that you are receiving messages from somewhere that's not coming off the charts. So it's not just about the astrology, but what I want to talk about, I'm sure you do. Do you know the history of astrology? Where did it actually come? Who figured this stuff out in the first place? And what were they doing that caused them to figure this stuff out? What practices were they on about this is yes, is there a history?

Denise Byron ([00:26:52](#)):

There's many thousands and thousands of years of history. So imagine you're outside, it's a beautiful night. You look up, you see stars, you do this every night because you basically are living, you're not living in a house, you're living on the land. Maybe you have a structure that you go into for protection at night, but mostly you're looking at the sky, the sun rises, there's a moon. You don't maybe necessarily call it what we call it, but you're watching the stars and you notice that there are particular configurations that seem to stay the same. And then there are some that move. There are some that change with the season. So from the very, very beginning of human beings being on the planet, there have been indications of star maps, if you want to call them that drawings tracking astrology and astronomy are closely connected in the sense that astrologers are utilizing what astronomers discover.

([00:28:04](#)):

And I'm very, very fortunate. I have a mentor who is one of maybe just a handful of astrologers who actually works with astronomers and has a good relationship with them. And when a new planetary body is discovered is in conversation with them about that. But the history of astrology, I mean you can go back in time, the Asian countries, Islamic Empire, all of this, the Sumerians, they all had an understanding that children were born and the sky looked a certain way. The actual astrology that I've studied and grew up with is more of a Greco-Roman western astrology In India, they have vedic astrology. And that goes back even further. As you know, these civilizations obviously connected with each other at different times. And so astrology became a way to offer people a guide to what might be. I think there's been times where clearly, and you and I have talked a little bit, and maybe I've shared this before in another podcast, there is a traditional astrology and where can be what I call gloom and doom, like this is going to happen to you.

[\(00:29:30\)](#):

If I think that the development of astrology over thousands of years has evolved into an understanding that our psychology, our DNA, our biochemical connections, they're all integrated. And so when we're working with astrology now as I see it, we make room for the evolution of that. But the history of it is, at least for Western astrology, most of what you see and read is Greco-Roman. There's some excellent evolutionary astrologers who have really helped bring things, not to change it, to make it different, but to update it. We have evolutionary astrologers who have done that. And there's also now an understanding of the colonization and how astrology needs to open itself up a little bit to what the original connection might have been. So I'm actually currently leading a program with 15 intrepid souls who are helping me explore what we call the goddess asteroids or trans neptunian objects.

[\(00:30:48\)](#):

They are starting to name the more newly discovered planets and or asteroids with goddess names. And it turns out the astrology, which that's new, this is new astrology. They are going back to the mythology of those goddesses and they're working the astrology into a form that takes into account our psychology and offers people an opportunity to tap into who am I in relationship to this myth or who am I in relationship to this archetype? You brought up the wounded healer archetype, Chiron, how do we do that? So I'm taking a group through and we are going earlier than Greco-Roman mythology. I'm researching and I'm also using their experiences as women. What is your experience with this theme or with this archetype? So I'm not sure, I'd like to think that a wonderful body of work is going to come out of that, but the evolution of astrology has been happening for thousands and thousands of years.

[\(00:32:00\)](#):

And I think the bottom line is if it is something that can help us understand ourselves and grow and evolve, do better in our relationships, show up and your story brings out forward a lot, show up without fear or fear in its appropriate way, but show up and listen. What is it? Why am I here? What is it that I can do while I'm here? The world currently needs us to be present with who we are and what it is we have to give. And we all have something to give. And so I know that's off topic, but on topic at the same time. So yes, long answer to your question, astrology has a big history.

Warwick Schiller [\(00:32:52\)](#):

Yeah, I don't think it's off topic. I mean, everything's on topic, on the journey on podcast. It's all about the journey. Let's talk about your journey. So your mother was an astrologer. She

Denise Byron [\(00:33:03\)](#):

Was an amateur, what we call an amateur astrologer, meaning an astrology enthusiast. She was a single mom, she worked full time, but on the weekends, particularly back then, there were no computers that we had access to. Personal computers were a thing of much later in my life. So she would do astrology charts by hand, which is how they were done for thousands and thousands of years. And the astrology books were all over the house, and I think she did it in order to understand honestly why things happened, why was life so challenging? So she was approaching it from that perspective, trying to figure things out, and astrology gave her some clues and it gave her some answers. One of the things that I took away from my childhood though was again, that doom and gloom, astrology, it felt like her way of understanding it was that we didn't have a choice, that we were destined to suffer or destined to whatever. And I just walked away from that and I said, that doesn't work for me. So I immersed myself in other esoteric tools like tarot and numerology, and I studied intuition development with some of the best psychics in my area in the Bay Area at the time, people who would

Warwick Schiller ([00:34:33](#)):

Work. I saw on your website you said that you studied with the best psychics in Santa Cruz and you'd probably Santa Cruz in United States is like woo woo hippie capital of anything. So if you were the best psychics in Santa Cruz, you're probably with the best psychics in the us. Really?

Denise Byron ([00:34:51](#)):

I was very lucky. Yeah, I was very lucky. So yeah, so astrology was something I came back to later. And the way that happened was I had several different careers. I was in a time a change, like many of us in my thirties, and I was starting to do coaching, life coaching, and it was really much easier when I would cast a chart and I would be able to check in and see what was the cosmos having to say. So I quickly moved from traditional coaching, which is I really respect. And so I really made it clear that I wasn't actually doing coaching anymore to what I call consulting or guidance or mentoring because the chart gave me some interesting information. I didn't think it was predestined, but it was opening up these portals. And as we talked about before, I'm not, when I was in my twenties when I was working with these psychics, I was very fortunate to work with some amazing people.

([00:36:02](#)):

And in my thirties as well, doing psychic readings is really an incredible experience. And in order for me to do what I loved and to have a livelihood, so this is bringing this piece in, I knew I needed to make it more sustainable. And for me, doing astrology was helping my gifts be more sustainable. So that's something I like to look at with people is like, here are your gifts. What will help you be able to sustain this for the long term so you don't burn out? And so astrology became a way for me to really tune in, gather all kinds of information, bring that information to the client, and then work with the client, how do you want to integrate this? How do you see yourself growing from this place? So it quickly became an amalgam of coaching and consulting and astrology and psychic work and visionary guidance and strategy. So that's kind of how it all evolved.

Warwick Schiller ([00:37:11](#)):

So let's talk about the intuition part. You've had the intuition since you were a child, and I imagine so I had, Kerry Lake was on the podcast a couple of years ago. She's one of the earlier guests, and I kind, she's not, but I kind of build her as an animal communicator who teaches other people to communicate with animals. That's a short version. And I said to Kerry, so how long have you been able to do it? She said, oh, it was my first language. I could do that before I could actually speak in sentences verbally, I could communicate with animals. So what about your intuition? When I was going to say, when were

you aware of it? But I was going to probably change that to say, were you ever not aware of it? Is it being a part of you?

[\(00:37:57\)](#):

If you always have it, you're probably not aware of it. So it's now a Sunday morning Wednesday, Robin Tyler and I are going to San Antonio for the Journey on Podcast Summit, the first inaugural one and one of the speakers there, her name's Shay Stewart, and she does craniosacral work. In order to do craniosacral work, you have to really in touch with the energy of everything, and everybody's going to do a talk and we're calling them a tick talk. It's like a TED talk. I saw that. That's great Ted talk, but it's a tick talk. It's teach inspire, connect. And Shay was trying to have trouble out what she was going to talk about. And I said, well, why don't you talk about how you perceive energies and all that sort of stuff. She goes, what do you think people would want to hear that? I'm like, hell yeah, people want to hear that. And she's like, oh, that's right. I forget that. Not everybody can do that. It's just so normal to her. That would be talking about walking. You know what, I get out of bed and I put my feet on the floor and then I take my right foot and I put it forward, and miraculously my left foot then goes, it'd be talking about that. And so that's what I'm getting at here is have you ever not had it, not been aware of it?

Denise Byron [\(00:39:11\)](#):

No, probably not. I mean, I think what happened, so here's where I can say that this shift happened for me. We grow up and we think things are normal. I mean, this is normal. We talk to our cats, our dogs, or in your case, horses. I was thinking about this actually, trees. I mean, I was lucky to have a very short portion of my life in the country or early life before I was nine. And so being around nature, I mean we are connecting to the energy. The change happened for me when my grandmother passed away. I was seven and a half, and I think my cat died right after that, but I think I had a kind of a rough go there around age eight. But around seven and a half, my grandmother passed and she was showing up in my bedroom in the kitchen all over the house, and I would just be talking with her.

[\(00:40:20\)](#):

Now, remember, I don't know that this isn't normal, I just think this is normal, but I'm seeing my grandmother, I was very close to her even though she lived 3000 miles away. I spent so much time with her. I was so fortunate. My father was in Vietnam, and my mother and I would go to her parents' house. So we would spend long periods of time there, and my grandmother was everything. I mean, to this day, I feel that emotion of gratitude for how much she taught me. So anyway, she dies. I don't really know at seven and a half that I knew exactly what death was, except the way it was explained to me was You are not going to see her again. That's pretty much how it was explained. And I could tell that obviously my mother was bereft and there was all things going on in the household, but there she was just there and we were having conversations in real time. It wasn't like I was remembering something, or certainly someone could have thought that I was making it up. But I was fortunate enough for as challenging a childhood as I had because my mother was who she was.

[\(00:41:34\)](#):

She didn't think I was making it up. And so she would encourage me to tell her what I was talking about with her, and it became clear to my mother that I was hearing things that I shouldn't have known. There were stories that my grandmother was sharing, there was information that was coming through and that I wouldn't have had access to any other way. So instead of being frightened by that, I give a lot of credit to her for encouraging that with the caveat. She said, finally, not everyone's doing this. It's not that everyone can't, and that's really important. I believe that we all have possibility here. We all have potential, but that this wouldn't be welcome everywhere. So I kept it to myself. And then there were

other beings who would come in and I would see them. So around age eight and nine, the differentiation between my private world and the outside world started to happen.

[\(00:42:41\)](#):

And that's tough. I think that's a lot of people who are highly sensitive and highly intuitive. And I think that's a lot of people who listen to this podcast, they're either taught not to use their intuition or they're afraid that they might be scorned or punished. In fact, some of my mentors were severely punished. So growing up as I did, I kept it under wraps for a long time, but it's always been there and I'm really grateful for that. I feel very blessed to have that with me whenever I need it. And I do want to make a point about being human. I don't always listen to my intuition. I hate to say that, but the truth of the matter is I'm human and I get in my own way. And there are times that wow, and it registers in the body for me very much as well as visions and being able to hear things and know things and sense things. So I want to make it really clear, and I'm sure your other guests have said this too, intuition comes in so many different forms. It's not just seeing or hearing, it's sensing, it's knowing. I've had the pleasure of getting to know some of the people that you've had on your podcast, and they're all powerfully intuitive people, whether they register it as intuition or just a knowing. So anyway, I'm not sure where else you want me to go with that, but thank you for letting me this go. Yeah.

Warwick Schiller [\(00:44:24\)](#):

So let's go back to your grandma after she's passed away and you having these conversations with her, does she look like an apparition or does she look like three D? She's still in the room. Yeah,

Denise Byron [\(00:44:34\)](#):

That is such a great question. This is such a great question because I learned this later, obviously at seven and a half. This wasn't something I cognitively knew, but she appeared to me as she was in my life. She looked a little different to me. I knew that she wasn't solid. I knew she wasn't solid, and she did appear off over here, and it depends on what I'm seeing, which side I see it on. And she was never sitting down. She was never standing on the ground for me. And I have a lot to say about that, but if you have more you want to ask specifically about that, I'm happy to share.

Warwick Schiller [\(00:45:31\)](#):

Well, the specific was do they appear to be as real as they were when they were there? It sounds like she's almost hologramy looking to where she looks three D, but she's not completely solid.

Denise Byron [\(00:45:43\)](#):

Exactly for me. And that with the study of paranormal, there are apparitions that maybe look like they're walking on the floor or they're making sounds. I have learned over the many years of study that it takes a lot for an energy form. And so this kind of goes back to what do they really look like? What is this really, you and I both have had different experiences where we have really been able to understand what our form is. And again, I can't claim to be an expert. I can only share what my experiences are, but we are energy and without bodies on the other side. But in order for us to recognize who they are, some people can recognize the energy. There's a smell or a feel or a sound or a connection, but most of the time, if they can, they will do their best to appear in a form that we can recognize.

[\(00:46:50\)](#):

And that's important because there are times when I have done, definitely do connect with people on the other side for clients, and I've done that kind of underground. That isn't something I necessarily put

on the website, but it is a huge honor to connect with anyone on the other side. And I put a lot of parameters and protection around things that I've learned over the years from my mentors in order for it to be of the highest and best energy. I am not one who wants to go off and find disembodied spirits that haven't done their healing work. That's not my goal. But if someone has passed and they want to come forward, I'm happy to have an exchange with them. And anyway, yes. So we are energy, right? We are energy. I want to share this with you because I haven't actually ever shared this story before, but there was at one point, I think I was in my late twenties and again, been studying with the different psychics.

[\(00:48:01\)](#):

And there's this beautiful young woman who was the daughter of someone that I knew and I loved her. She's a Pisces, like someone else I know. And she was just a young kid. She was about maybe nine years old, and one I'd had a dream. And in the dream, she came and got me in the dream. I came out of my body, she took my hand and we were flying, flying through the cosmos as these white balls of light. And she said to me, this is our original form. This is who we really are. And I remember I was so stunned because it was so real that I dropped back into my body and it woke up right away. And I will never forget that because it was truth. And that for me was an incredibly powerful moment. And she didn't know that she had done this consciously. Her physical being did not know this, but that young, that child was still very attentive to the energies around her. And anyway, so here we are. We can see things, hear things, know things, sense things. Everyone has something that they can develop if they want to.

Warwick Schiller [\(00:49:33\)](#):

So you said that was a dream.

Denise Byron [\(00:49:35\)](#):

Well, it was an experience.

Warwick Schiller [\(00:49:37\)](#):

Was it really a dream? It

Denise Byron [\(00:49:39\)](#):

Was an experience.

Warwick Schiller [\(00:49:40\)](#):

I want to get that is was it really a dream or was that not a dream? A dream is you are thinking it's happening. And the only reason I ask is I've had some spontaneous experiences recently to where I leave this place and a portal into some other place opens up. One day I was laying in bed and one half of my body was somewhere else. It was in this other dimension, and it was like the dimension was open for me to go in there and it scared the hell out of me. And it's happened a few times to where the opportunity comes up. A lot of times I'll be laying down going to sleep or something or other, and all of a sudden it's like I could go there. But kind of like when you said, oh, I got scared and I snapped back in, I was back asleep again. I wasn't there anymore. It's kind of like I get these invitations to go to this other place to where you're just, you're not a physical being and the whole thing scares the crap out of me. Really.

[\(00:50:54\)](#):

It's one thing to acknowledge and say, oh, yes, yes, we are a spiritual being and this is just a meat suit. We are wearing one thing to say that. But when you actually become, at least for me, maybe it's to do with my fear, but when you actually become aware of that in the true sense, yes, you can go there. For me, it's quite scary. And I dunno if that's a common thing, but it's like I've come to this realization, I'm very attached to this reality. And so it almost makes me think, okay, I've been talking about woo stuff for a long time, but am I just talking about it and not truly buying into it? Because it scares the hell on me to go there. And probably the last few times it's happened, I've actually focused on my breathing. Okay, just go with it. And I have had some experiences to where I'm not in this physical world and it, it's getting less scary. So I might be able to just go whole hog here in a bit. But first few times it happened, it's like, holy cow. It was quite scary.

Denise Byron ([00:52:11](#)):

Your experience is not dissimilar to my own in that respect that the difference is I've been very fortunate to have teachers and guides who could help me navigate these realms. But because it started so young, part of me didn't really know to be afraid. But as I've gotten older, and this is very interesting, I think the more we're on the planet, I'm not afraid of the other realms. I love the being able to visit them. And in some of the programs that I offer, I do offer a lot of guided meditations that open portals, and people can move through the portals at their comfort level. But dying, this is very interesting. And again, I will just say I'm acknowledging the irony here. I'm able to see people on the other side. I'm able to hear them and talk to them. I don't want to die anytime soon.

([00:53:16](#)):

The adventure of moving into a different realm in that way that doesn't excite me. But the ability to visit, the ability to deepen, I feel like as long as I do this in a way that is supported and protected, and again, I really, and you know this about me, I'm really adamant about when you're working with psychic energy, intuitive energy or spiritual energy, however you want to say it, that you have someone that you can really trust, be a guide for you or be a support for you. It's an extraordinarily powerful experience to leave your body as it will. Now, a lot of people do astral traveling at night. You talked about dream versus experience. It's an excellent question because in my experience, what happened would be called astral traveling, which is when your soul leaves your body and you are conscious of that and you're moving through a different experience.

([00:54:31](#)):

I was asleep when it happened, so I used the word dream, but clearly it was an astral experience. I can do this because I practice, I practice every day. I'm working with clients every day. And I think the most important thing for me is to get out of my own way and to deepen my own experience. There are, I want to say being humble to the experience and being in awe and being curious all the time, not necessarily thinking I know it all, or this is how it's done, offering that, giving guidance, feeling, guided, all of that. It's such, I take it really seriously. You can tell. I take it really seriously. I want to make sure that it's done in the highest and best way. So I need to get out of my way whenever I'm working in those realms. But your question's really good one, because honoring the fact that it was an astral experience rather than calling it a dream. I really appreciate you asking that.

Warwick Schiller ([00:55:50](#)):

Well, for me, my little experiences were dreams are kind of like, oh yeah, they kind feel real, but whatever this place is, it's more real than this. It's more three D than three d. I dunno what if there's another D or not, but yeah, I get it. So the thing I was going to ask you is you help, no, actually, I was

going to back up mitigate a little ago. You were talking about it's not just intuition, it's not just a sensation in your body. It's not just things you hear. It's not just things you see. So do you have all of those experiences? Like you get it as a body sensation, you get sounds, you get visions. Do you have all those?

Denise Byron ([00:56:41](#)):

I do. I think we all have a prominent one or a dominant one. I think my first one was vision. Being able to see hearing came later. I don't know why, but that just came later. I think. I mean, we're humans and we're in these beautiful bodies, and to be able to sense something, this is really important because body sensory intuition is really what most people are using. They may not know it, but certainly I think many people who listen to this podcast have horses or ride horses and are with horses. Anyone who's working with horses is already an advanced practitioner in my mind of body awareness and listening. Certainly you're helping people advance into further evolution of that. But there is, if we're going to be conscious horses in particular, and I don't have any of the experiences that you have or most of your listeners, but what I do know about horses is what they have shared with me. They are these incredible beings that are completely tuned in to energy. They are, I mean, animals in general, horses in particular. And so if you're working with horses or you're around horses, your body intuition is already pretty advanced, in my opinion. That's just my opinion. But I don't know. I defer to you actually the expert in this.

Warwick Schiller ([00:58:29](#)):

I'm not much of an expert. I'm just sharing stuff that comes to me. Kerry Lake was a previous podcast guest. I talked about her a little while ago, and she was here at our house doing a workshop last year, I believe. And we had this little private workshop. There's like seven or eight people here, and Kerry was here for four days. And I was telling her, I said to her, have you ever seen a TV show called True Blood? Have you ever seen True Blood?

Denise Byron ([00:58:56](#)):

I have not.

Warwick Schiller ([00:58:58](#)):

Okay, so True Blood was a vampire TV show. And the whole premise of this show is that vampires have lived amongst us for ages, but they wouldn't show themselves because we would kill them because they have to feed on us to stay alive. But the premise of this show is they've started making fake blood that you can buy at the liquor store. So you go in, you get a six pack of a positive or a negative or whatever. And so the vampires have actually come out of hiding because now they don't need people. And so there's a girl in the show, her name in the show is Suki Stackhouse, and it's said in the south. It's in Georgia or Alabama or one of those southern states. And she's very southern, and she works. She's this beautiful blonde girl and works in a diner. Well, she has the ability to hear the voices of anybody that's around her, the talk in their head, the voice in their head.

([00:59:58](#)):

She has the ability to hear that. And so she's this cute waitress with a tight white shirt on serving all these southern men in this restaurant. And the noise is just like she hears everything and she ends up meeting this vampire when they first start coming out of hiding, and she realizes, I cannot hear his thoughts. The myth is like, vampires don't have a reflection in the mirror. Well, they also, she can't hear his thoughts. So she ends up having a romantic relationship with this vampire because it's the only man

she can be around because she can't hear his thoughts. So I'm telling Kerry Lake, this story about this thing, and I said to Kerry Lake, I said, how would it be to be a beautiful, young blonde woman who could hear the thoughts of every man around her? And she leaned across the table and looked at me and she said, that was my life,

Denise Byron ([01:00:47](#)):

Right?

Warwick Schiller ([01:00:48](#)):

She said, I didn't learn how to control it until I was in college. She said, I learned to filter it. So that's the question I had for you is do you have to turn it off? Is that a struggle or have you got a pretty good filter?

Denise Byron ([01:01:06](#)):

That is such an excellent question. Thank you. I love your questions. They're awesome. In my twenties, early twenties, 2021, I was working with this particular psychic in San Jose who used to work with police departments helping find, unfortunately find kidnapped victims, many of whom had or dead. And she was an incredible teacher. I mean, I learned a lot working with her, but after many months of working with her, I told my guides, those that are with me in the work that I do, I said, I need to draw a line here. I don't want that. I got to put a big filter on that one. Don't bring me that, please. That's not, I can't handle that. So I think from that time forward, I started drawing parameters around what I could handle and what I couldn't handle. The truth of the matter is, over these last years, I've been dismantling some of those parameters because they sometimes do get in the way.

([01:02:27](#)):

I am very sensitive and I have ways of putting up filters so that I'm not listening to people's thoughts. It took a while, but I think teaching in junior high, that definitely gave me some ground to practice in. That was a lot. And then teaching at a high school, certainly it helps. It helped me understand and be empathetic to people. When I was in large groups of people like teaching, but I didn't want to, all that energy coming at me all the time. So one of the things you and I have shared is that when I was younger, I drank a lot before I turned 21. And part of the reason why I drank was to numb the, so I wasn't hearing all of this wasn't connecting because I wasn't skilled yet. I hadn't met my mentors yet. I was still trying to navigate all of this energy by myself.

([01:03:39](#)):

And the only thing that I found that would stop some of it was alcohol. So at 21, I stopped drinking, I started connecting with mentors, and they taught me tools on how to create the boundaries that I needed. And there's lots and lots of tools out there, and I've been really working in these last couple of years to soften to not, I guess I want to evolve my own gifts. I don't want to stay stagnant. So I'm learning how to create permeable boundaries that when there's something really, really important that needs to come through, even if it is a very challenging thing, I let it come through now because I'm not as afraid anymore of what that is. And I guess that's probably happened in the last, I say a couple of years. It's probably over the last 20, but more maybe over the last 10. So it's an interesting process.

Warwick Schiller ([01:04:49](#)):

Oh yeah. I imagine you like all my podcast guests, I send them 20 questions to choose some questions from, and you chose quite a few, and I think normally I wait till the very end, but I'm thinking this conversation's going to be, as we go through the questions, you'll fill in the blanks here. So I'm going to

start with these questions. So Denise, your first question you chose was, what was your biggest failure and how has it helped you?

Denise Byron ([01:05:19](#)):

Yes, an important question. And the reason I wanted you to ask me that was because I'm not a fan of the word failure per se. I think that what I wanted to say about that, and my answer was, my biggest failure in life is, and it continues to be when I am incapable of listening deep enough to really hear what's wanting to be said. And the reason I bring that up is for whatever reason, our own fears get in the way of us being able to listen to another person's pain or what they need in life. So specifically, I can't pick a particular time where I felt like I am not going to give you a particular story, but I really wanted you to ask me that question because A, are we failing or are we in a learning mode all the time? And that's really what I wanted to point out with that question is that where I feel like I don't do my best is when I'm not listening with my full being, with my heart, my soul.

([01:06:41](#)):

And I want to always do better at that and understanding what it is to be compassionate and bring that compassion into the world. So yeah, there's this one. Okay. I will tell you one story. I don't know if it's the biggest failure of my life, but there was this one point when I was teaching high school and I just, again, what did you teach in high school, by the way? I taught literature, I taught grammar, I taught writing. And at one point I also taught social studies, and it was, if you want an experience teach, if you want to be humbled, teach, it's definitely one of the most powerful jobs that I've had. But there was this one moment that I will always remember because it pains me to this day, there was a young woman, a student, and I just didn't know enough. I wasn't mature enough, I think, to understand what she was trying to say, the cry for help that it was, and my response to her, how I was joking about my gift for tears, I do not, this was a moment where I am not proud of the fact that this student burst into tears and ran out of the classroom.

([01:07:59](#)):

What my response to her lacked compassion. And I still think of that to this day, that who I am, if I'm going to be who I am, if I'm going to do the work that I need to be listening, and I need to be aware of how to develop more compassion. So that beautiful student out there, she's obviously in her forties now. I still think about her. So that was a moment for me, a really important one.

Warwick Schiller ([01:08:35](#)):

At the start of that, when you said you wanted this question because you don't even think of things as failure. So recently we had a guest on the podcast named Christine Dixon, and Christine, you remind me a lot of Christine in your wisdom for one, but your pattern of speech, it's very, intoxicating is almost the word, but it's very measured and it's very peaceful. It makes me feel comfortable. Anyway. But Christine, with this question, I actually wrote it down the other day. We were driving somewhere, Robin was driving, and I was re-listening to that podcast and I had to write down what she said, but she said, I believe because it works for me that our soul, our spirit, chooses this life before we are born for those challenges on the evolution of our soul, this part of our evolution. And hearing that can be very painful for people who've had severe trauma.

([01:09:42](#)):

But what I will tell you is that there is a shift that happens when you can look at your pain as a teacher, as something you can use to give back something that if you own it, if my spirit chose it, then I may have been a victim of what happened, but my life is not victimized. How much different do you feel if it's like,

oh, this pain, this hurt, this trauma was for me, how to figure out how to rise above it. How do I integrate in a way that works for my calling that was about failure? And that whole question, what's your biggest failure and how has it helped you? It's kind of worded, what's your biggest failure and how has it helped you? Which means it wasn't a failure because it helped you, but you know what I mean? When you get to the point where I think when you have enough experiences looking back with those things that as you go forward, when you have an experience that seems like a failure or whatever, you become curious about, where's this going to take me? Rather than, oh, that didn't work or that was bad, or whatever. It's like, okay, that's a message. I wonder what is being denied and what's being opened because of that.

Denise Byron ([01:10:57](#)):

Beautifully articulated. Yes. And

Warwick Schiller ([01:11:00](#)):

Yeah, Christine was amazing.

Denise Byron ([01:11:01](#)):

Yeah, and you as well. I mean, staying curious, what am I learning here? What am I learning? Because ultimately I think that's why we're here. We're

Warwick Schiller ([01:11:14](#)):

Here. Curiosity is a big thing to, because then you stop quantifying things or judging them based on your past experience, and you're like, you're open to viewing things a different way. So your next question is, if you could spread a message across the world, one that people would listen to, what would it be? Or your favorite quote, or you can answer both.

Denise Byron ([01:11:43](#)):

Okay. Actually, the segue is perfect, being curious. So a message, if I had a message, it's the one that I make sure that I give myself, which is to stay curious and understand that at my core, and I offer this for everyone that feels aligned with this. At your core, we are, and the only word I have for it is love. I don't have another word. It's far bigger than the word love as we know it in our language, but that we are this amazing vessel conduit of love. And one of the things that I think I must have learned this from one of my mentors or somehow integrate some of the learning is to move through life when I'm having a tough time, a tough day, a tough week, a tough month, a tough year, take a walk, and as I move my body.

([01:12:57](#)):

So again, the body is a big part of being here. This is why we come to this planet. We are embodied here. So as I'm moving my body, I am a vehicle of light and love. I'm a vehicle of light and love. That is really important for me because if I get too caught up in my drama or my challenges, I will forget that ultimately being here is a blessing being alive right now. Yes, it's certainly challenging, and many of us have experienced horrific traumas in life, and I still feel that it is a tremendous gift to be here, and I want us to remember that we are love. That's my message.

Warwick Schiller ([01:13:54](#)):

Great message. I think John Lennon might have said something similar,

Denise Byron ([01:13:57](#)):

Maybe. Probably in a real more fun way, but

Warwick Schiller ([01:14:01](#)):

Yeah. Yeah, it's interesting you said love is not what we think of as love, but for me, as I start to open up a bit, I have a lot more stuff going on in my body, like somatic stuff than I ever have. And you just get this heartfelt energy that's like, it's inclusive and it's connected, and I don't know, that's what love feels like to where you, like with other people or animals or whatever. It's hard to explain, but it's like you feel a part of them and them a part of you, and there's no judgment. Interesting. For someone who's not used to feeling stuff. It's a very interesting thing. And I'm doing some work with a therapist that does parts work, kind of like if F Ss type stuff. And she's really got being more, she's really got me to where as soon as I feel something, I am aware of it and I'll stop and I will just investigate this bodily sensation and be really particular about where it is and what it feels like and just sitting with it rather than I am feeling something, but I, I'm busy, I'm doing something.

([01:15:23](#)):

And it seems like the more I do that, the more of it there is. You know what I mean? I'm not suppressing it. I'm not ignoring it. I'm kind of listening to it. So yeah, it's all good stuff. Okay. Question for you is what's the most worthwhile thing you have done? Oh, what's the most worthwhile thing you put your time into something that's changed the course of your life, and for someone who has been, let's use the word psychic for no want of a better term, since you were little, I'm kind of wondering, whoa, your life has already been something that changed the course of your life was when you were born? I think so, yeah. I'm wondering if there was another thing that happened.

Denise Byron ([01:16:08](#)):

I always say First answer, best answer. So when I pick that question, I had a particular thing I want to share. But yes, I feel very fortunate. I've had a lot of experiences that I've changed the course of my life. So there's two answers to this. The first one I want to address is something you said about trauma or something that your guest had said about trauma. Trauma does change the course of our lives, and I never want to minimize that. Trauma is something that we need support and help in reintegrating ourselves. I'm not going to talk about the traumas that I've experienced, but those have obviously been huge change points in my life, and they are for most people. And I feel very fortunate I've been able to work with people somatically as well as psychologically, spiritually, to reintegrate after trauma. But I'm not going to talk about that because I'm going to go with something that really did change the course of my life.

([01:17:11](#)):

And it may surprise you, but when I was going through a divorce, the first thing I did when I moved to Santa Cruz was I signed up to volunteer for something that's no longer in existence, unfortunately. But it was a place in Morgan Hill actually that taught English to women who had just come from a different country. Many of them brought their children. There was a daycare center there, and it was one of the most, I mean, I'm going to get all teary eyed, profound experiences of my life to walk into this center that was dedicated to helping women who in many cases had come in abused and were escaping things. And they wanted to learn English, they wanted to learn how to write and read and communicate. And I volunteered there for a year and a half, and again, who I was from the day I walked in to who I was when I left, very different person because these women had gone through something I've never gone through. And they were dedicated and devoted to learning a language that would allow them to have

different experiences in this country and help their children. Yeah. So that's my answer to that question actually.

Warwick Schiller ([01:18:51](#)):

Wow. That would've been a very humbling experience, wouldn't it?

Denise Byron ([01:18:56](#)):

Yeah, it was. And I think it's one thing to go through life and know that we have gifts. As I've said, there was a lot of trauma in my young life, and so there were times where I had to hide. And for various sundry reasons, some of these women were escaping, as you know, in Central America, south America and Mexico. They were escaping people who were out to kill them. And I can't say that I've had that experience in this lifetime, thankfully, don't want that experience to work with them and to be present with them. And their goodness, they were so gracious. It just upleveled my openness to learning to be a better person myself.

Warwick Schiller ([01:19:56](#)):

You, yeah, pretty inspirational experience. So your next question is, so these questions, most of 'em came from Tim Ferriss's Tribe of Mentors book and question in the book says, what advice would you give someone about to enter your occupation? And then in parentheses, it says, and this can be difficult to answer, seeing some of you, and this is Tim Paris's. People in your views have, do something for a living that's not actually normal. So before you give advice to someone who's about to enter your occupation, do you want to quantify what you think your occupation is?

Denise Byron ([01:20:36](#)):

That's a really great question. So when I saw that question, what came to me immediately is a, any person who is offering services in this, what we call the spiritual realm. So it could be anything from body work to psychic readings, it could be astrology, it could be coaching, it could be anything in that realm where we're engaging with the body, mind, and spirit. So that's how I would quantify it. And here's how I would answer the question. As I watch, and I don't actually go on TikTok, I have to say I can't, it's too much for me. But as I see the videos that my friends send me, or I'm looking at Instagram, and I'm really delighted that the spiritual realm is so much more open now. People are speaking freely about astrology and psychic readings and past lives and being a witch and all of these different things.

([01:21:41](#)):

I'm very excited about that. And if someone were to want to, and this is a lot of the work I do, I mentor people who want to be, whether they're going to use astrology or intuition or a whole host of tools, reflexology being a doula, all these different women and some men that I have mentored and continue to mentor, the most important thing I would say is to be in integrity and allow yourself the experience of always being in a learning mode. The advice I could give is do not ever stop being curious. Stay curious, be aware and understand that there is so much more to learn. Once we stop learning, I feel like we shut down the gifts. So especially in my profession or my area of experience, staying open, staying curious, staying in learning mode and being present to empathy in a way that allows you to listen deeply to what someone is really trying to share or what they're trying to ask.

([01:23:19](#)):

And then also, and you can develop those skills, those are skills that can be developed over time and educate, and I have to do this too, educate myself on where we'll use astrology as an example where

astrology has an element of colonization in it. And so it doesn't include everyone. So if I'm doing a session for someone and their particular experiences and or culture is not included in my understanding of astrology, it's on me to educate myself and to bring that curiosity to them. How does this fit for you? Staying curious, asking questions, being empathic, all of those.

Warwick Schiller ([01:24:16](#)):

Great answer. That's a great answer for someone about to enter your occupation. But let's go with another occupation question. What's one common myth about your profession that you'd like to debunk?

Denise Byron ([01:24:28](#)):

Ah, that's a great, yes. Astrology is, and I'll just use astrology for right now. Astrology does not have all the answers. And here's the big one. No one can predict the future. Everyone wants to know, even I want to know what's going to happen. And what I can say is,

Warwick Schiller ([01:24:52](#)):

So the myth is no one can predict the future, or the myth is that someone can predict the future. The

Denise Byron ([01:24:56](#)):

Myth is someone can predict the future. If someone tells you they can predict your future, walk away. Just walk away. What we can do is this. We can look at trends, we can look at trajectories, we can listen. We listen to our guides or intuition. We listen to our bodies, but can we really predict the future? No, we can't. We can look forward and we can say, well, this feels like this is unfolding in this way, and that's good. We can act from that place. And certainly I do that in my sessions. And sometimes I will admit, sometimes I do sound like I'm predicting the future, and I always catch myself and hopefully, and I say, wait, I'm not predicting, but I am saying, this is what I see. This is where it feels like it's going. This is the unfolding of what I see. But ultimately, part of our experience on this planet is we do have free will. I could have told you 50 times that it's time for you to reach millions of people, but if you don't act that that's not going to happen. It's not just, I suppose it could, see, this is the thing, I can't even tell you that. But the truth is, the myth that is out there about astrology or psychic work is that someone can predict your future, and that is not true.

Warwick Schiller ([01:26:21](#)):

Okay. Denise, your next question you chose was, what quality do you admire in a person?

Denise Byron ([01:26:29](#)):

This isn't going to surprise you at all. I love curiosity. I love people who are curious and compassionate. That's two qualities though. Curiosity and compassion.

Warwick Schiller ([01:26:44](#)):

Curiosity and compassion. That's good. Okay. Do you have any regrets? Regrets you'd be willing to, this is almost like the, what's your biggest failure and how has it helped you? But you did choose this question. Do you have any regrets you'd be willing to share with the world? And what did you learn from those regrets?

Denise Byron ([01:27:02](#)):

A really good question, and the regrets that I have, yeah, the regrets that are the most painful are difficult to share. But I will share this one, and I may cry because I'm still working through it. When I got divorced, again, going through any sort of change in a relationship is very challenging on both sides. And one of my deepest regrets is not being able to fully communicate what I was feeling in order to make the transition more understandable for my husband at the time. And for family members, you can only do what you can do at a time. I mean, it's been almost 12 years. So I mean, I obviously have 12 more years of experience and learning, but I wish I had been able to communicate more about how I feel. So understanding the learning I've had is to understand that my emotions are powerful.

([01:28:25](#)):

Being able to have what we call emotional intelligence, being able to have a vocabulary for some of the more complex emotions is something that I have really sought to change and shift in this last decade. So that, I don't mean whenever any relationship comes to a close, and this is a big one, whether it's a divorce or a friendship or even a work relationship, being able to share the complexity of feelings and also continue to have compassion and empathy for the other person while having it for oneself. This is a skill and it is a learned skill. And so my regret is I didn't maybe have that yet, and there was a lot of pain at that time for a lot of people. And so I'm trying to do better now in different parts of my life, but having more emotional intelligence and having a better vocabulary for my feelings.

Warwick Schiller ([01:29:40](#)):

Thank you for sharing that. Have you ever watched Brene Brown's Atlas of the Heart?

Denise Byron ([01:29:45](#)):

I haven't yet, but I've looked at the book. A friend of mine has the book, and so I was looking, it's amazing.

Warwick Schiller ([01:29:54](#)):

So I think it's on Netflix, maybe on Amazon Prime. I'm not sure which one it's on, but she talks about emotions. She'll name an emotion. She will describe what that emotion does, but then what she does is she shows clips from movies that shows that exact emotion. And they're all movies we've seen, and you're like, oh, love that. But she really quantifies some emotions to where jealousy and envy are two different things, even though you might think they're the same thing. One is completely different from the other one. And she talks about really, she tries to get people to use the right, you were talking about not having the vocabulary, emotional vocabulary, which really talks about emotional vocabularies and being able to say the right word for the right emotion. Because a lot of times we will actually say, we feel this, and it's actually something else. And depending on who you're talking to, you could be conveying the wrong message. But it was fascinating to watch that thing like, oh, yes, that's different than that. She had a whole thing on, what is it? Is it front? Is that the word?

Denise Byron ([01:31:07](#)):

I don't know the word, but I've heard the word and I can't say that I remember what it means, honestly.

Warwick Schiller ([01:31:14](#)):

It's about getting joy in someone's misfortune.

Denise Byron ([01:31:17](#)):

Yes, yes. Right.

Warwick Schiller ([01:31:19](#)):

But then there's another one that sounds a bit like that's a German word, which is actually getting joy from seeing someone succeed. Yes. And it's a similar word, but yeah, there's a lot of things like that in there. But it was, I need to watch it again because there's just so much to it. But I'm a big Brene Brown fan. I love her. And one last question here. What did you want to be as a child?

Denise Byron ([01:31:49](#)):

When I was a child, the first thing I did is I was probably pretty young, maybe 4, 5, 6, somewhere in there on butcher paper. I drew all the planets in the sky that I knew of at the time. And so I was constantly drawing stars and planets. And then when I was around nine, I don't think I learned to read till third grade. I had a reading disability, so I think it was in maybe five or six. The hieroglyphics in the Egyptian pyramids were making the news. So once I saw those hieroglyphics, I was just like, oh my gosh, that makes sense to me. I know those stories. I understand those stories. So with the stars, the planets, I got more butcher paper and I drew all the hieroglyphics on the wall on the butcher paper. And what I wanted to be, at least what I thought I wanted to be at the time, was an archeologist astronaut. I was very young

Warwick Schiller ([01:33:09](#)):

Where the job title,

Denise Byron ([01:33:10](#)):

Yes. But ultimately, I think I settled on, I wanted to be an archeologist. It's interesting. I've been thinking a lot about this over the years. At some point, I don't know why I didn't study that. It's totally doable, but I got sidetracked. And then recently in the last year or so, I came across a master's program that I'd like to do at some point at a college, at a university in Wales, where it's an astrology and astronomy program, and the emphasis is in sky archeology. That's what they call it, sky archeology. So that's clearly what I wanted to be, but I didn't even know it existed a sky archeologist. So that's what I want to be now. I want to be a sky archeologist.

Warwick Schiller ([01:34:03](#)):

That's what you want to be now in

Denise Byron ([01:34:04](#)):

Your Yeah. I want to go back to

Warwick Schiller ([01:34:05](#)):

School. You later childhood. Yeah. Have you ever seen the Rosetta Stone

Denise Byron ([01:34:12](#)):

In person? No, I have not seen it in person. Okay.

Warwick Schiller ([01:34:14](#)):

Yeah. Okay. Have you? Yeah, it's in a museum in London. I'm not sure exactly which one, but if you guys dunno at home what the Rosetta Stone is, it actually helped archeologists decode a hieroglyphic that we didn't know how to decode it, but someone, this stone was written the same thing in three different hieroglyphics. And the first two, we knew what they said, and so we could read the first one and realized it was exactly the same as the second one, but in basically a different language. And then the third one was underneath it. So we used the first two to figure out what the letters actually meant, and then they could a lot of scrolls and hieroglyphics that they had no idea what they meant. Yeah, it's pretty amazing to stand there in front of that thing. It's like,

Denise Byron ([01:35:07](#)):

Wow, I will put that on my list. I'm planning to go to England next year. So

Warwick Schiller ([01:35:13](#)):

That, yeah, look at where it is. I think it's in the London Museum or the Museum of London or something like that.

Denise Byron ([01:35:17](#)):

Okay. I'll find it. I will find it.

Warwick Schiller ([01:35:19](#)):

You'll get lost in there because there's a lot of Egyptian stuff in there.

Denise Byron ([01:35:26](#)):

There's an interesting small Egyptian museum in San Jose, California that I used to go to when I needed just to get away. It's clear the Egyptian world has fascinated me since I was very, very young. Very young.

Warwick Schiller ([01:35:41](#)):

Yeah. Well, I could see with the way you look at the world, that the Egyptian culture would've been, the Egyptian civilization would've been very appealing to you.

Denise Byron ([01:35:51](#)):

It was, especially with the emphasis on cats and dogs, animals and the hieroglyphics. When I was young, the Rosetta Stone, that whole thing was happening around that time. I am imagining because it was a big part of my childhood, this ability to, and again, Egyptian astrology, I mean, they had their own astrology, so a lot of those hieroglyphics were combining their understanding of the sky and being on earth. But somehow I just knew that when I was little, I had to learn that later as an adult.

Warwick Schiller ([01:36:36](#)):

Right. Yeah. So let's talk about some of the work you do these days as a mentor and visionary guide or a visionary strategist. I know you work quite a bit with women. Do you do a lot of work with women?

Denise Byron ([01:36:52](#)):

I do actually. And it's not that I necessarily went about this to just work with women, but I do think in addition to the sessions, I do a lot of one-on-one sessions with people using astrology as the guide, and we work with the information there. So in addition to that, I do have other programs where I want to, with women connect the body with the heart, mind, soul. And so that is really what I've started to do with, I have a couple of programs that look at the lunar cycles. And then like I was saying, I have one that's looking at the asteroids and trans neptunian objects that are named after goddesses, the whole point. And what I'm doing is I want to make it practical. So if we are going to go deep into a meditation, I want to bring you back and I want to help you find a way to remember in your body. So I teach body meditation. I have the one-on-one sessions for astrology and intuitive guidance and reading, and then I do work with a lot of people with their businesses. Your business has an astrology chart. And so that's where the strategy can come in for looking at where we want to go with livelihood, business relationships, all of it. I feel very blessed. I love what I get to do. I love it so much.

Warwick Schiller ([01:38:28](#)):

So that last bit there, that's the visionary strategist thing. And Robin did, we were talking about just the other night, we were talking about, Robin and I were talking about when we first met you, and then Robin told me a story that she had failed to tell me. She had been to see you twice when she was going to do that lady's retreat thing with these two other ladies. They went to you to help them strategize who was going to do what. So you did all their charts plus some of your intuition stuff. But you said, okay, your job in this scenario should be this, and your job should be this, and your job should be this. And Robin was in human resources for 25 years. She knows all that stuff from one perspective, but she's like, oh, Denise was right on everything she said, that was the perfect person for that job. So you kind of did the visionary strategist thing there.

Denise Byron ([01:39:22](#)):

Yeah, that's true. And I do that if there are, that's actually an excellent example. I've done that a number of times for people who are running retreats because the retreat will go, or the conference or whatever it is, will go much more smoothly if people understand their strengths. And because a lot of us will come together and we want to collaborate or do something together, and we may have similar gifts, but I'm going to have a certain strength, you're going to have a certain strength, and we might as well be in our strength. And then where we bridge and come together will unfold a lot easier. I believe there's, it's been interesting. I've worked with corporations before and talked about looking ahead strategies, whether it was for the people in the business or the business as it's unfolding. And again, I'm looking at the business as its own entity. When we form something, whether it's a for-profit or a nonprofit, it becomes its own entity. So what is its path? And that's something that I find fascinating and it works, so I love

Warwick Schiller ([01:40:45](#)):

It. Would you say when that becomes its own entity, it has its own energy,

Denise Byron ([01:40:53](#)):

And we are stewards of that. You know this because of your work and how you have unfolded in the world. You are a steward of this energy that wants to move through you and a business. Now, I can't be a business coach or a business consultant in the sense of how do you put your business together? But I can help people look at what their strengths are, and then of course, the business as its own chart. What are the strengths there? It is really interesting. And a lot of times someone, if it's a smaller business, it

doesn't surprise me. The person who started the business, their chart and the business chart have a lot in common because they started it. So makes

Warwick Schiller ([01:41:40](#)):

Sense. There's a lot of that energy in there. Yeah. Wow, that's fascinating. So you said, I was asking about women a minute ago. You have a broad range of things you do. I think I remember when we first met you, you do work on women's sexuality too?

Denise Byron ([01:42:03](#)):

I do. It is a big part of, again, my own journey and moving through the early trauma, the early childhood trauma and trauma hood. I made up a new word trauma.

Warwick Schiller ([01:42:18](#)):

You made a new word. Yeah. Here we go.

Denise Byron ([01:42:19](#)):

I like that. I like trauma hood. Anyway, moving through that coming into my body allowed me to access my intuition more. So the somatic meditation is based in the womb space, which for we can call that the lower Dante. For those that are doing different practices, men and women have a lower Dante, women have a womb space, and our sexuality gets locked down because culturally, women are told to lock it down. And so we're cutting off a huge part of our access to our intuition. Huge. I mean, most women are taught it's okay to feel from your heart. It's okay to lead from your heart, but don't tap into this energy, this life force energy. Don't go there. So my job, and I'm very fortunate to be able to do this, is that I teach, I have practitioners who come to my classes and then I train teachers to teach women how to access that energy safely in a way that, yes, it's sexual energy, it's creative energy, it's life force energy. It is powerful, intuitive energy. But I'm definitely create what I hope to be a safe enough and sacred space for that energy to move through the body. And there's lots of ways to do that. My way is, I think, worked for me, and so I wanted to share that with more people.

Warwick Schiller ([01:43:55](#)):

I mean, I'm not a woman, but society kind of. There's a whole lot of body shaming, and you're unclean and a lot of that old stuff there that has got to really get in the way of showing up fully in the world. And especially those lower chakras, the energy down there that gets stuck. That's all your power and yeah,

Denise Byron ([01:44:25](#)):

It is. We need them. And every meditation that I lead for any group that I'm doing, I will lead a meditation to gently open up the lower energy centers as well as the higher energy centers. I do it gently because there's no need to re-traumatize anyone. We do hold a lot of things there, men and women. This is not just exclusive to women, although I work with women in this way because it is where I have my greatest expertise. My partner works with men. His background is also very similar in working with that energy. So we actually did start something together recently, the astro sole alchemy. So we're bringing in the embodiment work with the astrology now, and that's really new. We'll be talking about that more in the coming year. But being in our bodies, opening up that energy, allowing ourselves to experience it safely and powerfully, that's a game changer. It's a life-changing way to live. Yeah, it's extraordinary.

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Warwick Schiller ([01:45:45](#)):

And you just mentioned your partner and he does something really interesting. What is it?

Denise Byron ([01:45:52](#)):

He does something really interesting. Yes. My

Warwick Schiller ([01:45:54](#)):

Partner is an A, is he keto master? Is that what he was?

Denise Byron ([01:46:00](#)):

He's a doctor of medical Qigong, and

Warwick Schiller ([01:46:03](#)):

He has, I knew it had something to do with, okay, he's a doctor of medical Qigong. That's where the Dante end thing comes from, isn't it?

Denise Byron ([01:46:10](#)):

Exactly. His inner alchemy practices. So the Daoist inner alchemy practices that he's studied since he was 16 with different teachers here in the United States and in China, Daoist and or alchemy practices are really working with that powerful energy, that sexual energy, that life force energy. So it's funny, we've been together almost 10 years, but I think it's taken us these years to grow up in our own ways and do what we need to do for our own evolution. And we're finally bringing some things together, which is exciting.

Warwick Schiller ([01:46:49](#)):

That's very exciting. Yeah. Okay. So how can people find out more about you, contact you, all of those good things?

Denise Byron ([01:46:56](#)):

So website is the easiest. Denise elizabeth byron.com. I know it's a lot to put in there. I am on instagram@deniseelizabethbyron.com on my website. You can email me, you can text me. I believe my phone number's on there as well. Email and text is the easiest, and that's the best way to get ahold of me and Robin. And you've been extraordinary people for me to know over these years. And the people I've met through you have also been quite extraordinary. So I welcome your listeners to reach out, even if they just have a question, just a simple question, please reach out. I really appreciate the people that have come to me through either you directly or through the podcast. I've met some people all over this world just from your podcast.

Warwick Schiller ([01:48:01](#)):

Oh, that's awesome. I've got a question. The whole Denise, Elizabeth, Elizabeth Byron thing. Is that what your mom called you when you're in trouble? Like Denise, Elizabeth Byron?

Denise Byron ([01:48:09](#)):

No, but yeah, Denise Elizabeth. Denise Elizabeth. The reason I went with Denise, Elizabeth Byron, it's very simple, very simple, but complex. I started doing numerology when I was probably 14 or 15. Numerology is another way of looking at how we can get messages through numbers. You can use your birthdate, you can use your name. And so I had my book, my book from back when I was 15 back in the seventies. And I had done my numerology and I went by Denise Byron. I never changed my name when I got married. So I was always Denise Byron, Denise Byron. And one day after I was getting divorced, I was looking at my book, my numerology book with all my scribbles from when I was 15, and I realized I had done my numerology incorrectly. So all these years I had done it wrong in my name, just for me, not anybody else, just to be clear. But all of a sudden I looked at my name and I mean, this is just, I can still feel it in my body. I was just like, oh my God, I've been missing all this energy and power all these years. I've been missing a huge component by not using my middle name. So that's how it came about. Yeah.

Warwick Schiller ([01:49:32](#)):

Wow. Yeah. Very, very cool. So good. www.deniseelizabethbyron.com. And the same thing on Instagram. So Denise, thank you so much for joining me today. It's been such a pleasure chatting with you. And I vibe off your energy. Same, you have this energy, but you have this, the way you talk to the slow measured tempo of it kind of gives the importance of what you are saying. One of the earlier podcast guests, Leslie Desmond, who is actually going to be at the podcast summit, when I first talked to her about being on the podcast, I had said, we edit it. So if you say something you don't want to say, or your dogs are barking in the background or whatever, we can edit that stuff out. And I said, so if you take too long to answer a question, if you have to think about something for a minute, we can shorten that up.

([01:50:30](#)):

And she said, but if you ask me a question and it takes me a minute to come up with the answer, I would like you to leave that in there so the listeners can tell how much thought I gave to giving that answer. And you have this very measured way of speaking that kind of lends a bit of gravity to what you are were saying. So yeah, I really appreciate what you're doing in the world and love chatting with you. Like I said, vibe off your energy. It's so cool. And I'm pretty sure everybody at home would've had the same experience as I did.

Denise Byron ([01:51:13](#)):

Well, thank you so much and I am looking forward to being part of listening to that live stream of the summit that's really exciting. So I want to wish you all the best with that. It's a really exciting event

Warwick Schiller ([01:51:28](#)):

And I'm looking forward to having you at the next year's one.

Denise Byron ([01:51:31](#)):

Great. I'd be happy to.

Warwick Schiller ([01:51:33](#)):

Alright. Okay. Well thank you again for joining me, for you guys at home, thanks so much for listening and we'll catch you on the next episode of The Journey on podcast.

Speaker 1 ([01:51:43](#)):

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