

ANNESTASIS

PODCAST TRANSCRIPT

Annestasis Podcast Episode 16 – Divine Download to Slower Pace & Presence

Podcast Description: Come with me and listen to a beautiful soul, Amanda Watson Johnson, tell us about her family's move to the Highlands, NC area. She leveraged the extra energy and revitalization to start a new company and increase her Podcast journey. Amanda is a living example of what it means to listen and obey The Creator to experience expansion and peaceful living.

Podcast Transcript:

Stacey Sade: Hello, friends, and welcome to the Annestasis podcast, where we talk about life transformations that happen after a relocation. And today's guest will not disappoint. She absolutely will not disappoint. It was an unusual meeting on how I met Amanda Watson Johnson. She saw some information about my company and just picked up the phone and called me. I mean, just like out of the blue. And we had a rich and wonderful and life giving conversation. Where have you ever had a phone conversation that you knew you'd be someone's friend, but you didn't know him yet? That's how this was. So, Amanda Watson Johnson is our guest for this episode of Annestasis podcast. And let me tell you just a little bit about her before I let her speak for herself. Her she works with a family business, Armstrong Relocation. And she is the magician in charge of filling warehouses up all over the country with all kinds of products, from hotel furniture to office furniture to refrigerators and Walmart. She is a mother, she's a dog mother, a wife. She is the host of Chime in a wonderful podcast, chime in with Amanda Watson Johnson. And she interviews mentors and thought leaders on all types of things, mind, body and spirit wellness. She is a wellness coach. She helps people guide others who are seeking to reclaim their power and sovereignty so that they can fry, so they can thrive. And she's the if that's not enough, if that's not enough, and y'all aren't already tired, she is the founder of Forest of the Ferns botanicals, and she is all about, flower essences and mists and serums

and elixirs, again, just creating a life of health and well being using all of her magic. And, so we get to hear Amanda Watson Johnson, her story and all the challenges that came with a recent relocation for her and her family. When we come back in just a few minutes, I hope you guys will join us.

Stacey Sade: Okay, welcome back. And now, may I introduce everyone to Amanda Watson Johnson, a friend and a lovely human being. Amanda, welcome.

Amanda Watson Johnson: Aw, thanks so much, Stacey, for having me.

Stacey Sade: It is a great honor to have you, and I really am so grateful. Amanda is dialing in remotely, so we're not in person because she has relocated out of the mid south area, the city of Memphis, in a beautiful way. And I was interested in hearing that story? I knew about the event, but I didn't know all about it. So, Amanda, would you kind of back us up and talk to us about what your most recent life change has been like? Like what started the conversation?

Amanda Watson Johnson: Yeah, absolutely. So in July of 2021, I had a divine download, and I was, you know, I'll never forget it. I was sitting on the sofa in our bedroom, and it came to me just kind of this all knowing experience that we were to take our son out of his long time school, Gray St. Luke's, which was a wonderful school, and homeschool him for a year, travel the world and teach him through adventure and learning about different countries and cultures, and, and simultaneously find a home in a simple, little bitty town surrounded by nature. and so I just, you know, I ran it past my husband, Stanley, that day, and he's so amazing. I mean, he just kind of listens to all my wild ideas as they, as they come and go, and he entertains them. And I, you know, from there, it just became clear that I was supposed to put a plan into place, which would actually take quite some time. It didn't happen overnight, but I just, I just put a plan in place to make it all happen. And I knew, you know, I've always known that, that those divine, that all knowing kind of, I call them divine downloads. I knew that was God's way of speaking to me, saying, it's time to change pace. We lived in Memphis. We were like, I think a lot of American families, over scheduled and very much rooted in kind of a hustle and grind mentality, and lifestyle. And

I was tired, and I think we all were tired, but we just didn't know it. And, you know, because that's how we were conditioned, and that was just the way that we lived. So, little by little, the plan came into focus, and I just kept following the breadcrumbs that God kept leaving for me until a perfect plan was in place. And we took him out of his school, and we synced his curriculum up with the different countries that we visited. And then simultaneously, as we were traveling, kind of ebbing and flowing, we take a trip, come back to the states, work, catch our breath, and then travel some more and then come back. So we kind of had a flow. It wasn't like we took a year and we traveled nonstop that entire year simultaneously. We started researching different places to relocate to. We looked, we considered. We love Utah, the park city area, and we love Florida. we love the 38 area down in Florida. We considered that, but Stanley has been coming to the highlands, North Carolina area ever since he was born. His aunt has a home up here, and so he's been taking me up here ever since I guess we started dating, which was, oh, my gosh, so long ago, probably 23 years ago. And so I've always loved this area up here because it feels, it kind of. You do a downshift in your central nervous system when you get in these mountains in the forest, and it's just magical. It's like everything relaxes. You can think and breathe, and it just has such a different energetic year, super healing, slower pace. There's one grocery store, it's kind of like returning. My dad says it reminds him of, like, when he was growing up in the fifties. So it's kind of like going back in time, which is really what I was seeking. So that is exactly what we did. And then, you know, we started looking for homes up here and found the perfect little cottage, in a forest on top of a mountain and one, four acres. And so that was how this life change began. And we've just been, you know, kind of slowly getting situated. Charlie then went from homeschooling to a school here. We found a school. It's an hour away, so that's not always easy. That's a big commute, for us. But just little by little, the plan continued to evolve, and things became clear. And we've now settled in. And it's lovely.

Stacey Sade: It sounds amazing what I heard you say first. of all, I've never heard the term divine download before, and I'm absolutely going to just grab that one. That's an amazing descriptor of what I think happens to all of us, really, when we are giving information. And if we'll quiet ourselves enough, I think, and just sit with it, that those little, small, still voices

can be heard. What a beautiful walk of faith that you not only heard, but expressed it instead of brushing it off, which would have been probably very second nature. Yeah. I'm assuming it sounded illogical to you at the time, am I correct?

Amanda Watson Johnson: Yeah, I mean, I think, you know, I think I'd probably had a lot of those downloads over my lifetime, but I did always brush them aside because it's easier, you know, I mean, the path of least resistance is always the, you know, the easiest to go. It's not going to be the most rewarding always, but I'd spent a lifetime just always staying on that path of least resistance. And shoving away those whispers of there's a better way. And, So I think there must have been just a readiness, I think, within my soul where I was ready to hear it and listen and trust and embark on an unknown path. yeah, I think it was just a readiness that I that I hadn't had prior. Maybe I was scared, maybe it took too much courage, but I just reached a place where I was like, I think there's a better way and let's try it. And thankfully, Stanley was open, you know, because, I mean, we were so situated and, you know, we had built this life around us and lived in a beautiful home and our child was happy at school. And so it certainly wasn't the easiest path, but it's definitely been far more rewarding than anything that I've ever, ever done before.

Stacey Sade: Wow, what a beautiful example for all of us to listen and to really walk into that. I do believe the truth is that those are the places that will make us the happiest, the healthiest, the best. and you have certainly done that. So as we, you gave us such a beautiful description and information about how the idea came into place. Talk to me, if you don't mind. Now, obviously, you are from a family who is all about the move, so there is no new information, probably for you in the moving process, except for the fact it was personal. So talk to me about what that was like for you. Was it a quick process? Was it a slow process, as you, you shared with me that you downsized? how were those choices for you? What did it feel like when you were really in this? In it, in the move?

Amanda Watson Johnson: Yeah, it was a little different because we bought a home up here first and then kept our home in Memphis for quite some time and then put it on the market. It took a while to sell our house. The market's been weird. Interest rates are high and so our house was on the market for almost a year, not quite, before we actually got

an offer and moved. And so we just recently moved out of that house. So that house was rather large. It was, I think, 5000. So this tiny little cottage in the woods is just a little bitty thing. And so we knew that we were going to have to downsize. Our move was complicated in that we knew that, ah, we were going, we sold some of our furniture to the new owners and then we put some of our furniture, a good chunk of our furniture in storage because we're going to have an estate sale at a later date and sell a good portion of it. Some of it came up here to North Carolina, and then some of it also went into different vaults into storage, because I think down the road, we'll rent a condo in Memphis as well. So it was incredibly complicated. You know, for the first probably ten years of my career at Armstrong, I was a move coordinator, and I was coordinating people's moves for them, and I was assisting them with this process. And then I got into sales, and I have helped people relocate their homes from all over the world and have assisted them on the front end and then held their hand in conjunction with a move coordinator along the way as well. So it's interesting, I've been helping people relocate for 20 years, and so I definitely, you know, was well versed in knowing the nuances and the intricacies of a move. So I was prepared in that regard. I wasn't prepared for how emotional it is to, you know, move out of a home that you've been into for 18 years. I knew it would be difficult, but I didn't anticipate that it would be as difficult as it was once I actually got there and was cleaning out the house, and all these memories were coming up, really, really sweet memories. you know, Charlie was born, you know, in that house. Not in that house, obviously, but, you know, that's where all of our memories. As a baby, I took maternity leave for three months in that house, and just really, really special so that I don't think I was prepared, even though I thought I was, for just the emotional component of letting go of that house and cleaning that house out. the complexities of it, I thought I could just handle with grace, and it wouldn't get to me because I've done this for 20 years with, you know, oh, my gosh, hundreds of families, if not. If not more than that. And, even the complexity of it got to me, and I know it got to the crew that was helped. I had an amazing crew that obviously was in my house for several weeks, helping to do this in different stages. but, yeah, I mean, it takes a toll. It's so stressful. And even though I had a little magical cottage up here in North Carolina, and it was already furnished, it still was really difficult to go through that process. So I've laughed. I came back up here after that was all said and done, and, it's taken me

several weeks. I've just said, okay, everybody be a little patient, because I had to recalibrate coming off that experience, and I had to give myself time to incorporate and integrate the experience so that I could feel it in its entirety and not just brush over it and just be like, okay, well, we check that box. Moving on. I mean, I think it's important that we recognize these massive transitions and sit with it. And it's taken me a few weeks, and now I feel like I. Like I'm, back to kind of my old self. But I definitely took time to honor what a massive transition, that letting go of that huge piece of our life, you know, so.

Stacey Sade: Absolutely. Well, I mean, you're singing the song that I sing all the time, as far as my company is concerned, which is that if we're not there for the emotional component, we'll miss the entire real purpose of it, the logistics of it are necessary, and it's important to have it all in order. And you probably could have done that in your sleep, blindfolded. but you're exactly right. I mean, letting go of a physical residence is a death. It is a grieving process. It is not to be brushed over. And it is a huge piece of the puzzle of what we do when we relocate. So, kudos to you for acknowledging it, for seeing it, and then taking a breath in order to letting it happen, you know? it's not typical that someone is given the moment to even do that, because a lot of times when people are relocated, and you handled it more than most, especially with a corporate relocation, it's like, get here on Friday. We'll see you in the office on Monday.

Amanda Watson Johnson: Yeah.

Stacey Sade: and somehow, some way, they're supposed to have some type of brain cell available, and they don't really even know where their toothbrush is. Yeah. So it would be, to me, such a beautiful thing to change the conversation around that, to honor exactly what you're talking about. Let people recalibrate. It is a life. It's as much as having a child. Yeah. it is. It is every bit that much. Especially when you make a different move. Yeah.

Amanda Watson Johnson: I couldn't agree with you more. And, you know, I would love for the culture around it, the corporate culture, to change, to your point. And so to give people more time to acclimate, because it's just such a massive transition. I think we need. I think maternity leave should be longer, and I think relocation time off should be longer, not only

to get your house situated and settled, but then just allow you to integrate the experience. You know, it's tough. So I appreciate that you say that. That's what I love about your company. And what you do is because you do get it. And so you bring this beautiful human component to the table that often is lost when you're just dealing with the relocation. And I just. I love what you're doing because it I don't know, it speaks to the humanity in us all. And you recognize what a difficult. What a difficult process moving can be, and you're just doing great things. So I'm, I'm, pumped for you.

Stacey Sade: Oh, you're so sweet. Well, now you can tell why Amanda and I are. So we could just talk about this all day long. We're going to take a quick break because as magical as this part of the conversation has happened, Amanda has done a great deal in her new life with her divine download. So we're going to take just a minute, and then we're going to let Amanda talk about the new life that is being experienced in her new space in the Highlands area and what that looks like for her and her family and how we will all be blessed because of it after this.

Amanda Watson Johnson: This is a journey.

Stacey Sade: Let me take you on a journey. There will still be the journey.

Amanda Watson Johnson: The journey when you leave this planet.

Stacey Sade: Leave it in a better shape than you found it. Right? And that's kind of how we live. Watch the journey on the Kazuki network. Okay. Welcome back, everybody. We are talking to Amanda Watson Johnson. We have talked about her move. We have talked about that she received, divine instruction, intervention as far as what life could and would look like. She walked in faith. They packed the boxes. They sold the house. They got the dog there. They done all the things. And so, Amanda, this is my favorite part, because on the other side of the difficulty is always fresh, new, bright, light life. And you, like you said, have been in process for a couple of years. So. So a lot of what you're doing now, I know that you, began a while ago, ago, but can you tell, the listeners who don't know all that you're doing right now, what new life on the other side of this slowed down, pared down, more loving, nurturing environment has produced for you and your family?

Amanda Watson Johnson: Yeah. You know, I didn't anticipate. I knew that we were. I knew that I was craving a life, surrounded by nature and just a much slower pace because I felt like we were getting lost in the hustle of, just a super, you know, over scheduled, structured life. And so I was yearning for the slowness of what being, you know, surrounded by a forest and mountains does to the human spirit. So I knew I was craving it, and I knew we needed it. I didn't anticipate all of these unexpected gifts that would come along with it once we actually arrived and just started living out our daily life. There is something really magical when you're surrounded by nature all day. The benefits are just incredible. It's so grounding. They call it forest bathing for a reason. I didn't even realize that was a thing until I got up here, and then I started studying the benefits of forest bathing, and I was like, gosh, well, no wonder we feel so good. We're surrounded. We live in a forest all day, every day. I was coming from the middle of the city, and we were dealing with a lot of crime, and so it was just such a different approach to life, such a different feeling. I wasn't anxious anymore. I wasn't always on guard, making sure that my environment was safe. It was like once we could really just relax into this magical environment, the benefits just continue to come, and we laugh. It's like you take a nap up here and you sleep more deeply, you sleep longer. People that don't nap can nap up here, and it's really amazing. So, as I continue to go about my job with Armstrong and do that proceed as normal, I had a podcast. I started, my podcast in 2020, chime in with Amanda Watson Johnson, where I interview thought leaders on all things mind, body, spirit, wellness, and my mentors. I love reaching out and talking to people that have influenced my life, in wellness and bringing those conversations to the table. So I picked that back up because I had taken a break from the podcast when we were traveling with Charlie and homeschooling, and I started that back up. And along the way, I was surrounded. I'm on four acres up here in the middle of the forest, and I am surrounded by all these wildflowers. And I just became obsessed with these wildflowers and studying them and researching them and learning about the benefits that they hold. I started growing our own food. I hired an organic farmer to be my mentor and to teach me how to grow all of our own food so that I could then teach that to Charlie as an important life skill. and so as I started to learn about the wildflowers, I just very naturally, it's interesting what God puts in our path. So, around that time, I was introduced to flower essences, and I was like, this is so interesting. I've always been into

holistic healing and wellness for my whole life, but I just didn't know about flower essences. And so I started to study flower essences, and it's different from essential oil in that you can, you can use them in the forms of elixirs which go under your tongue, or you can put them in your coffee or your water mists, that you spray in your area, or on your body for a reset, and then oils, body oils that you can put on your face and on your body. And, they are flower essences. Use the energetic healing power of the flower to shift subtleties in kind of mind, body, spirit wellness. So it's, I think of it in lieu of where we may want to go and gravitate towards a pharmaceutical drug, not necessarily like when you would need an antibiotic. I'm not saying in lieu of that, but I am saying, like, you know, where you would go and you'd want to take maybe an anti anxiety pill or an antidepressant. people have found that you can use this in lieu of that. And it really helps to settle in more of a subtle way. There are no side effects. It's gentle, yet you can also have profound shifts, but it's gentle shifts and they happen over a period of time. And it's so cool. So I started using them first, fell in love with different people's products. I was trying different people's products. I saw just incredible benefits when I was using these products. And it would help me shift with different things. If I was having, if I was feeling stuck creatively and I was struggling to feel inspired with the project that.

Stacey Sade: I was working on, then you would.

Amanda Watson Johnson: Bring in a flower essence and you would kind of work through the stickiness, or if I was dealing with resentment with a certain person or something that I couldn't let go of, then I would incorporate an elixir. And it's interesting. It just, little by little, it's just, it goes away in its entirety. And I just was like, this is really magical. So I then started taking courses and doing research on how to make my own flower essences. And the process actually is quite simple. And so then I just started making my own. And I think by the end of it, I had 32, I'd harvested 32 different wild flowers and I just created a collection. And I was like, okay, well, now it's time to actually, like, figure out how I want to make these, what flowers I want to blend together, what effects I am seeking for others to share with them so that they can have these same experiences. And so I just create, I just created it, and I was just led in a very similar way. It was just kind of divine intervention, and it was. The breadcrumbs kept appearing in terms of what my next steps were, what I

was supposed to do, who I was supposed to reach out to in terms for mentorship and education. Before I knew it, I had a brand and a line, and I launched that last year. So it's been so fun. It's been so nice to have a creative outlet that I can formulate and work, with nature to help others.

Stacey Sade: Oh, I love that. So if someone were looking for that and someone being me, where would we go? Where would we go to find that goodness that you. Yeah.

Amanda Watson Johnson: So you can find all. Everything that I offer, my coaching program and my flower essences and the podcast on my website, which is Amanda Watson johnson.com, and you can book a coaching session, you can buy the flower essences, and you can also get linked to my podcast interviews and solo. I've been doing some solo episodes as well.

Stacey Sade: Oh, that is so fantastic. So, I mean, I. I don't know if you guys. I mean, are you here on fire yet? Mine is, it's so life giving to see what a step out in faith can produce. It's as if, and correct me if I'm wrong, what I'm hearing is, it's almost like it's returned you back to your real self. Once you peeled away the survival, the grind, the rush, the worry, the, everything, it's almost as if Amanda emerged as her whole self. Back to the place where you were when you were young. Yeah.

Amanda Watson Johnson: Yeah. I'm so glad that you can feel that and see that, too, because that's, you know, that's what I've said. I'm like, I don't even think I really knew who I was until I got up here. I had to. I had to shed all those layers of, just the chaos of life, which is, you know, which we all struggle with. When you're working a full time job and you're parenting a child or multiple children, and you're trying to be a wife or a husband, and it's just so much. And so I think coming up here and just immersing myself in nature and slowing down allowed me to emerge. And it's like, oh, my gosh, I can't believe I'm just not figuring this out. But I also understand and trust that everything happens in its perfect time. And so, for whatever reason, I wasn't ready to come up here. I wasn't ready to hear the divine download. I wasn't. I had to go through all this life experience experiences. I do experience the hustle and the grind and the, you know, I'm in sales, so I live and die by my,

how much I book each month. And, you know, that's like, you know, that's part of it, right? When you're in sales, it's all about, you know, what you're producing. And so stepping out of that mentality, even though I still very much sell full time, being in this environment allowed me to kind of shed those layers of the frenetic pace of it all and really get in touch with who I was born to be. And it's, I'm just, I'm still so in very much in awe and grateful that I heard the call and, and could, and could follow it.

Stacey Sade: I love that. I love the fact that you had the support of your family. I love the fact that you, were able to walk in this not as a selfish season of life, but really, really a more generous, larger hands, open arms, open season of life. And, for our listener, I hope that you are also equally as inspired to pull up the website to think about what life looks like, what a relocation could be in your world. And, let's use Amanda Watson Johnson as a shining example of new life lived on the other side of a relocation. Amanda, it is never, never a disappointment to talk to you one on one and to do this at the podcast, and allow you to be on the Annestasispodcast has been a true privilege and joy. So, everyone pull up amandawatsonjohnson.com and see firsthand the benefits of a life transformation because of a relocation. Thank you, Amanda.

Amanda Watson Johnson: Thanks so much. Stacey, I love you so much. Thank you for all the work that you're doing to help other people and enlighten them and bring your sweet, loving touch to make a difficult process just really more special.

Stacey Sade: Oh, you're so wonderful. Well, thank you. And thank you guys for listening. this concludes another Annestasis podcast where we talk about life transformations through relocation. And we will close it out here and hope that you guys tune in, subscribe and listen. We are found on all the places that you're supposed to find people. So YouTube and Instagram and LinkedIn and Facebook and, nonetheless, it's annestasis.com dot. Thank you.