

#174 A Journey from Toxic Boss to Conscious Connector

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SPEAKERS

Michelle Glogovac, Dom Farnan

Michelle Glogovac 00:01

You're listening to the mind simplified life podcast and this is episode number 174. Welcome to the my simplified life podcast, a place where you will learn that your past and even your present. Don't define your future. Regardless of what stage of life you're in, I want you to feel inspired and encouraged to pursue your dreams, simplify your life and start taking action today. I'm your host, Michelle Glogovac, and I'm excited to share my stories and life lessons with you will take you on my own journey. This is my simplified life. Hey friends, welcome to another episode. I'm your host, Michelle Glogovac. Today we are talking to Dom Farnan. She is the founder of Doc connect and dose connect and the author of the newly released book now later, diamond I met on Necker Island, and we got to connect there. But today we're connecting on a deeper level. Because in Don's recent book, she's gone from toxic leader to a conscious connector. And she's sharing what that journey was like, along with her new business dose connect two, which is a recruiting company that is for the psychedelic industry for micro dosing, and that sort of thing. And in all honesty, I don't know a lot about that topic. And I was intrigued to learn more dama was completely transparent and candid, and so lovingly shared her story of what that journey has looked like for her how she came to the realization of what she was doing to her company versus the leader that she needed to be for herself for her family, for her business, her team, and how all of these different tools fit into that journey for her. So I cannot wait to share with you this conversation. It was so good and so enlightening and awakening for me. Hi, Dom.

Dom Farnan 02:11

Hi, Michelle.

Michelle Glogovac 02:12

How are you?

D Dom Farnan 02:14
I'm good. How are you?

M Michelle Glogovac 02:15
Good. It's so nice to see your face, although I wish it was on a beach again. Yeah, agree. Can you take a moment to introduce yourself to everyone before we get started?

D Dom Farnan 02:25
Yeah, sure. So hi, everyone. I'm Don Farnan. I'm the founder and CEO of a company called dot connect, and another company called Dos connect. And I like to call myself a humble student of the world, because I'm just always learning and taking it all in.

M Michelle Glogovac 02:41
I love it. You seem so calm and relaxed. And then

D Dom Farnan 02:46
I'm feeling Verizon today. I had such a good workout with my trainer that I was just laying there stretching. And I'm like, damn, I did good today. Like, I just thought it was just like, I'm feeling myself today. I'm in this energy. So it's good.

M Michelle Glogovac 02:59
That's awesome. Can you share with everyone? What is Doc Connect? I mean, I know what it is. But dose Connect is very, it's new. I was a very new, but it's newer. So what are the two companies? How do they relate to each other? And how did you come up with them?

D Dom Farnan 03:15
Yeah, so doc Connect is a global talent advisory. So we are recruiters, we often work with companies that you know, have anywhere from five or more roles open that they need help with. We typically function as embedded recruiting, on demand support, and we help those teams find talent. And this is in your normal industries, tech, non tech, it could be CPG, healthcare, any industry really. And then dose Connect is a newer company that's more focused on psychedelic therapeutics and that emerging industry. With dose we plan to be a bit earlier in the lifecycle beyond recruiting. So my vision is to really partner with founders in that industry, help them to find their values, help them to find their org charts, go find the talent to fill up the org chart, and then build conscious cultures. So it's a little bit different just because

we're going earlier in the cycle versus at dotconnect. We purely are recruiters we do do some coaching and consulting work around building conscious cultures because it's a passion of mine and what I've done in the last few years being on my journey, so yeah, that's a little bit about us.

M Michelle Glogovac 04:25

And let's talk about your journey. You have a new book congratulation thank you now here is out from let me get this right because I don't have it in front of you from toxic leader to conscious is a creator

D Dom Farnan 04:36

Yes, it's my journey from toxic boss to conscious connector.

M Michelle Glogovac 04:41

So I was close but you all got it now here. And what did how does that journey what did that look like and how I mean to enlighten yourself and know that you were a toxic leader. There are some toxic leaders out there who will never understand that that title is associated with them.

D Dom Farnan 04:58

Yeah, it um And it was interesting. So I started having a bit of my initial awakening, I'd say and in COVID, and 2020. So we were like coming in hot the beginning of, of 2020, we thought we were going to do 10 million revenue, we were like living our best lives. I had my team out in New Jersey at my house at the time to do some training and development. And then they left it was the early like, second week of March, they flew away. And it was like, I felt like I never saw them again, because the world shut down. And we were in Jersey. So it was the, you know, the epicenter of all the stuff and we were scared and not knowing what was really happening in the world. And immediately clients just pulled budgets and stopped hiring and didn't know what they were going to do. So that sent me in a bit of a spiral. Because, up until that point, I'd always had work, we had a lot of referrals coming through, I was busy, I was always traveling on the road. And so my my like identity started to crumble. And I found myself in a deep depression. And I think for a long time, before I even started any of this work, I was living in a high functioning depression. And I was using external validation and things and titles and accolades to kind of fill a void or to project that I was okay, even though I had my own inner turmoil that I was going through, and I would never tell anybody that I just, I would just kind of mask it really well. So it all came to a head in 2020. And then I decided at some point, I had reached a point where I wish would it wouldn't get out of bed, it's probably like May of 2020. I'm like, I can't do this anymore. I'm so depressed, I don't even know what to do with myself or who I am if I'm not all these labels. And I saw a friend of mine, Kevin on Instagram, and he was just really inspiring. Like, he was a real estate agent. His whole world was kind of shut down too. But he had this energy about him, where he was taking it in stride. And he was just getting through. And so he had worked with this coach Angie, he kept tagging her on Instagram. And so I messaged her and I'm like, no, maybe you can help me explore this. I'm running this team,

I'm trying to figure out who I am as a leader. Because prior to starting my company and my team, I was a solopreneur, senior level recruiter doing my own thing, I had never managed anybody. So going from that to also being really good at my job as an individual contributor, was a huge leap for me to then be leading a company, a team, a business, all of that. And I had to take a look in the mirror because I kept pointing fingers at what wasn't working within my business, and trying to blame people for what wasn't going on instead of taking ownership as the leader as the like tone setter and the culture champion. And it was it was a bit of a wet and awakening, right. So I started working with Angie and like May of 2020. And it was probably not until October, where I was like maybe all this isn't going well, because of me. Like maybe this is actually a me thing. Not everyone else thing. So let's let's go with that and dig around there. And yeah, I've been committed to that inner work ever since. And what

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Michelle Glogovac 08:08

does that inner work look like when you realize, oh, it is me? Where do I begin with me? And then let everyone know that sorry. It was actually me. It's not you. Yeah. And now I'm going to fix it all. I mean, that's, that's going to be a very humbling experience as well.

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Dom Farnan 08:25

Yeah. So it was really taking ownership, right and acknowledging the mistakes and the missteps that I you know, kind of stumbled through in the early days of my leadership journey. But it wasn't so much saying anything to my team, as much as it was being different. And showing up differently, changing the language, changing my sarcasm, I used to be very sarcastic about every little thing. And that was a way of bringing kind of low vibe energy to a conversation or dynamic. So for me, it wasn't really just like shouting from the rooftops, which I do, do I go and talk about conscious leadership all the time, I send the 15 commitments of conscious leadership books to our clients and our team and very much an evangelist, but it was less talking and more doing and being and showing up differently. And so you know what, I haven't seen people for a long time, and I see them again, and they tell me, Wow, your energy is so different, or Wow, you're like not the same person. I love that because that is why I'm committed to this work, because I'm committed to continuing to learn and what got it all going was I was just curious. I'm like, there's gotta be something in there. Like, I know, I don't feel like myself. I'm not feeling great. But why is this and like, let's go on this expedition and explore. And so it's really just been a deep journey back to my myself, my inner essence, my heart, and that's been you know, what's been keeping it exciting, at least.

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Michelle Glogovac 09:51

And what does that look like that inner work because we know that change doesn't happen overnight. You know, how do you go about from having conversations where you're being sorry Casting to, oh, I just caught myself and you know making those changes. Is it journaling? Is it meditation? Is it something else coaching therapy combination of it all.

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Dom Farnan 10:11

I try everything. So for me, it was coaching. It was masterminds. It was retreats. Inland

try everything. So for me, it was coaching. It was masterminds, it was retreats, plant medicine, healing, breathwork, meditation, journaling, gratitude, practice, taking walks in nature, doing stuff I haven't ever done before, like hiking, Machu Picchu, because I'm scared of heights, like just doing stuff to push me to my edge to then establish trust within myself and belief within myself. So even today, here's an example. I do some boxing. I'm not a crazy boxer, but I do some boxing every day when I work with my trainer. And we do it the last section of our session together. And it's a couple minutes, maybe 5-10 minutes. But today, I finally clicked with like, how I was how my body was moving with my boxing. And so my, my punching look different. And my form looked different. And my coach was like, Damn, you like you finally got it. I've been working with you for this for six months. And it the power felt different. And maybe that's also what's contributed to the literal energy, I feel right now, because something shifted, but it's taken like a little tiny bit of work every single day, that compounds over time, that then it kind of clicks. And then it starts you know, changing your being and the energy in which you carry yourself and the energy in which you're attracting and your network and the people that you're connecting to. And with. For me it's a little bit of everything. So there's not like a magic bullet that says yeah, here perfect or go do this. It's like, see what works for you. Some people have a lot of resistance to writing and journaling. Some people have a lot of resistance to plant medicine, some people have a lot of resistance to whatever. So I tried a lot of different things and just made it fun. And I know what's for me and what's not for me, and you know, it's just really open to doing different things.

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Michelle Glogovac 12:02

And what did that look like from the business side and even your personal life? Because obviously, you're changing who you are, you're married, you have a kid, you know, and then you have this business that during COVID was taking a turn. So once all this kind of changed, let's take it to like October 2020. What did that look like on the business side? What that looked like at home if you don't mind sharing?

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Dom Farnan 12:25

Yeah. On the business side, I'd say it really started evolving and like 2021. And so one thing that we did was I had a really powerful breathwork experience in April of 2021. And I couldn't stop thinking about it. And I kept thinking like, How can I bring this to the people that I love. And so I partnered with someone, a Remo Whitmore, who's amazing. And he did zoom breathwork sessions for my team. And so it's just an invitation not mandatory. Show up, if you want to show up, we'll do this drop in on a Monday morning, which I actually actually learned, like, when you're introducing breathwork, maybe not a Monday morning, maybe it's like Wednesday afternoon when you don't have a lot of stuff afterwards. Because it can bring up emotions and things and whatever. So I did that I brought that to my team as an invitation. And that was well received. And so we consistently had, you know, 20 people attending these sessions. Similarly, I did the same thing with my family we had, in November of 21, Thanksgiving, I had a beautiful breathwork and sound healing ceremony, the day after Thanksgiving at my house and I had like 20 people from my dad's extended family, my aunts and uncles, and everybody cousins go through that journey. And my parents even were saying like, how they never experienced anything like that when they were growing up and how they wish that they had these tools to help process some of their traumas and emotions and what that might be have been like for them. Similarly, with my son, he sat in on some of our breath works before. So you know, those are some little things that I kind of do to bring it and tie it all

together, both on the business side. And in my life. I will say, you know, with my marriage, when I started this journey, my marriage was a mess in 2020. And I was telling my coach about that. And I also said, Well, I don't really want to focus on that, like, I just want to focus on work. And she kind of was like, yeah, like, that's not gonna work. But like, she didn't say that she was just like, okay, cool. So let's try this and knowing that eventually, through any of the work we were doing for my company, we would just really be evolving, who I am in my life entirely. And so I started actually practicing more prayer recently, and that has completely transformed my life. And I will say, like in my journaling, practice, in my prayers, I was praying for my husband to join me on the journey of healing and to heal himself, like take accountability and ownership and his healing, and start doing whatever it was that we're For him, it may not look the same as what was working for me. But I would create invitations like, Hey, I'm gonna go to this retreat, you know, here's a couple things, maybe you want to go to your own retreat, or hey, I'm gonna go do this plant medicine ceremony, maybe you want to connect with some people who are into that, and you go have your own experiences. And just, you know, creating space for that and, and acknowledging that his timing is not my timing. So initially, I was like, trying to rush it all. And like, let's get through this healing, like a checklist, and then we're going to be healed, and then everything will be great. It's not really like that. It's a journey, and there's ebbs and flows, and you may heal one element of a trauma. And then another thing pops up or other simultaneous traumas happen. You know, in the middle of all of this journey, I lost my house to a hurricane on September 1 of 2021. And I can't help but think like, had I not been in the work for about a year at that point, or a year and a half, I don't know how I would have reacted to that, it probably would have been way worse than it felt. Because it didn't actually feel it felt like I can handle it, despite it being a huge trauma and loss in our life. I felt very capable of the tools that I had, and the strength that I had within myself that I didn't have to go back to like, Hey, let me just drink the pain away. Or we just do drugs and like, you know, numb, I didn't have to go there.

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Michelle Glogovac 16:23

And you had a child that, you know, you can't really numb it in that way and, and properly help your little guy to get through it too. Because I've seen like on social media, you've shared his drawings and stuff, and just, I've shared with you, I'm like, oh, but I'm crying for him for a little thing, to lose your house at such a young age and to process that, and then you guys moved. I mean, that's a lot. But I think it's also so beautiful that you're bringing him into these new ways to deal with emotion and trauma that we were not taught as children.

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Dom Farnan 16:55

Yeah, yeah, no. And I was thinking about it this week, because we met with the local therapist, he's going to be in a session with her and then some group therapy for kids, which is amazing. And there's a cute little community where we live now. And I just kept thinking like how proud I am of us as parents what we're getting through and going through, and how that's having a ripple effect with him. Because he's thriving in school, he has so much support he's doing well, he loves his teachers. And we're now giving him this extra therapy to help process because I also acknowledged that after the flood, I went immediately back into fight or flight and said, I just need my company to be okay, because that's like my means of income and support for my family. So I didn't really process the flood as much as I just survived. And now we just moved into a new house. And it kind of signifies a new chapter, we're still dealing with the New Jersey

house and that whole thing, but I feel now like I can sit with the feelings sit with the loss. When we moved into this new house on February 15. I went for a walk and I went to the beach, and I cried for an hour, and just like cried and cried and cried. And it was a relief. It was like a new, you know, turning a new corner in our lives. It was also the sadness of you know, here I am in California, which is beautiful. And where I live is beautiful. But like, I miss my house, the house that I had with my stuff. And in that, like, you know, there's still those parallel feelings that can exist within within you.

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Michelle Glogovac 18:29

Absolutely. And it's funny ironic how you say that you went and you you took this time to just cry. And because I did the same thing last month where I had a day of celebration, and the next day, I was like, I just need to sit with this and cry and be grateful and live in it and feel all of the emotions. And I don't know if this has something to do with our age. And you get to this point where you figure it out, we don't have it all figured out. But we've you know, realized that there are these other things that we need to do, we need to sit with these feelings, we need to embrace them, whether they're good or bad or otherwise. And at the same time, you know, as I said before, we didn't grow up with all of these tools and breathwork and meditation and journaling and all of these things before that we have now that allow us to be present and fully present for these moments. And to allow ourselves I think that what you're doing is you're allowing yourself to change, to embrace, to recognize to do all of these things. And there are many people who don't give themselves permission or allow themselves to do that. So where do they start? You know, where does a leader have, you know, because I also did things all by myself and now I'm growing a team and I'm like, Okay, here we go.

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Dom Farnan 19:47

Yeah, I mean, it starts with you, but you don't have to overcomplicate it and you don't have to do everything I think find your groove, maybe experiment with a lot of different types of Have practices. But I do think morning, practice that sacred time for you to do what you need to do to fill up yourself and really give to yourself what is fulfilling for you, then it's much easier to go through your day and like handle the things that you need to handle. And it starts with, you know, setting your intention. So a lot of the work that I do through my coaching is around intentions. And so even in every ceremony that we have, for any modality, you always set an intention. And so I think it's as simple as that, like, what do you do in the morning, maybe block an hour, I used to wake up late now I'm an early riser. And I have that time where I get to go spend time with myself, usually it's an hour could be less could be, you know, whatever. But I do that, because then I'm tapped in. And I literally do write down. So Angie, my coach has an amazing journal called the morning mindset journal, and it has prompts and you fill it out, it takes like 15 minutes, you know, and that has really helped matter of fact, I sent all my team the journals, and they can use them. And it's another invitation for them. On our Slack channel, we have a lot of different shares around health and wellness, and meditation and stuff that we all collectively do separate. And then together. And we talk about just thinking about, you know, I think it's called age five. So health, happiness, harmony, hustle and heart. And so if you write one commitment within each of those buckets every day, we put it in our Slack channel, and we share it. And so you get into that habit of bringing that level of presence starts with you, though you have to model the behavior. And you know your team, you'll have to also ask

them for grace, we're not perfect. There are days when I'm off, there's days when I miss my morning routine, and I am, you know, not the best person to be around. But I know that about myself now so I can know what I need to do to get back to my center.

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Michelle Glogovac 22:04

And how are you bringing this to the next business? Because you have two separate teams I imagined for the two different companies. So it's got to be different to be birthing this company from such a different angle and a different view than it was the original company.

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Dom Farnan 22:20

Yeah, no, it is for sure. It's a lot of fun. So my other for DOS Connect. We're tiny. It's me and my co founder, Erica, who's my COO at doc connect. And oh, yeah, you met her? She was I know. Yes, yeah. And so it's been fun, because we are making it up as we go. But we're very much coming from a grounded heart centered place. And we're leading with the way that we want to engage and work with people and making sure it's a fit with us. It's not like we have to fit in with them, they have to fit in with us. And then we'll decide how we feel and how we can help them. But also in psychedelics industry, it's very like energetic, so you have to really feel the energetic match, you know, the magnetism with the people that you're working with, you either feel it or you don't feel it. And so it goes both ways, because we're like leading in that way in that industry. But I'm also bringing a lot of that back to dotconnect. In the non psychedelic industry and thinking about how we're aligning with clients and who is working with us. Last year, we had our biggest year we've ever had, and, and revenue and company growth and all of that. But this year, we're in a very challenging economic environment, there's not a lot of hiring happening. My team has filled four jobs this whole quarter, this time last year, we were in the hundreds already by by this quarter. So we're just noticing the shifts. But at the same time, I wouldn't go back to all the money and all the types of clients we had last year, we're actually like reinventing ourselves, we're redefining our service offering, we're doing things different. So I actually look at this as like my experimentation time with DOD to really differentiate how we recruit and how we show up, we're not just going to be the same old recruiting company like every other, every other company. So it's an exciting time in both industries. For us.

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Michelle Glogovac 24:17

I want to talk a bit about the psychedelics because I think it's so new and emerging. People don't know what it is people think people like I did for a while I understand what they are now. And we've got, you know, personal connections that help us understand it as well as to what it is what is a micro dose, you know, what are all of these things that, you know, people who don't have any connection to it are like, Oh, we're talking about drugs. Yeah. You know, doing true, yeah, there's a negative connotation to it. So I want to clear this up for what it is and bring that positivity to it.

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Dom Farnan 24:53

Yeah, so I was very much in that bucket before so before any of my inner work and Oh, awakening of sorts and healing journey. I didn't do any psychedelics at all. So when I talk to

awakening or sorts and healing journey. I didn't do any psychedelics at all. So when I talk to people who are in the industry, some people are like, Oh, I did shrooms in college. And you know what, I did not do that. I was corporate. I was a baby in corporate, I grew up in corporate and we were like, straight edge. And that was it. At least, that's how I was. So it was funny, because when I even got exposure to the psychedelics, it was from a healing place. And I was at a retreat into loom. I had met a woman who and I was sharing with her about my marriage and how it wasn't going well. And she said, Well, have you ever thought of doing a ceremony with your husband like a psilocybin ceremony at for healing? And I'm like, I've never thought of that. I'm a control freak. There's no way I would ever, like let myself go and like be able to be in that experience. But I loved her energy. So I kind of stuck with me. And I'm like, Oh, that's so interesting. So I went home. I told my husband, I met her. I said, she invited us to Costa Rica to do a healing journey for our marriage. He's like, You want me to go to Costa Rica and do mushrooms with you? Okay, that sounds cool.

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Michelle Glogovac 26:13

Mine would have been the opposite. He would have been like you've lost it.

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Dom Farnan 26:16

He's like, yes. Well, it turns out, he was a Psychonaut before he met me, and he's into it. So I didn't know this. And I'm like, Alright, cool. Let's try it. So he was shocked that I brought it up. And so we did go, we had a beautiful journey together. It was interesting and dynamic, and like, very healing. And it was fun. Because the prior to us going, we had not traveled together alone without our son for 10 years. So it was weird. We were like, we're gonna go on this vacation, and heal our marriage and like, okay, and we were very strange. So the first week was awkward trying to like, hang out with each other again, and not get in an argument about something stupid. And then we had our journey. So beautiful. And then the next day, our energy shifted, and like a lot of our anger and resentment and whatever baggage we were carrying dissolved a bit. It felt like and then we had this week of integration there where we just had fun. And we were like, dancing and going into ecstatic dance parties. And just like meeting people and people saying our energy change, and we're great. And we were like, we're great. Like, we're a great couple, this is crazy. So we were big believers. And we went back a month later and did another group journey, different experience, group dynamic things are different than, you know, solo journeys, or a couple journeys. And that kind of started everything. And then from there, I just was curious. And I had heard about ayahuasca, and I wasn't super called in 21. And at the end of the year, I'm like, maybe I'm ready, maybe I'll go there, like, I don't know, but I feel a calling inside of me that I want to follow. And then six months later, I was in Peru doing Ayahuasca in ceremony in the jungle, and that was really beautiful, deeply healing as well. And bringing up things I never thought about that I thought about, you know, just like what is iOS SCA. So I Alaska is a vine and an a leaf. And it's a concoction that you basically go in into the jungle, you get the vine, we actually made it ourselves, we chopped the vine down, we beat it down. And then it makes with a Shakuni leaf. And then they basically make this substance like a liquidity, kind of the, the texture of cough syrup, okay. And then you drink it, you drink a little cup of it. And then you go on your journey. And your journey can be, you know, six to however many hours, and you're just, in your experience could be a magic carpet ride, it could be a lot of different things.

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Michelle Glogovac 28:49

And then is there someone who's guiding you through this, because I know that here in California and stuff, we do have some of these places that are, you know, doing this for depression, whatever it is, and you have to be monitored for so many hours, they don't let you just leave. So how does that relate to these experiences? And these journeys, you know, versus what we're doing here in the States?

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Dom Farnan 29:13

Yeah. So in Peru, we were working with the Shipibo tribe, in the Amazon and we were working with my Astros are good on data as their you know, medicine, men or women. And generally, if you're there for the most part, I mean, you have to do your research because you could be taken to the middle of the jungle, they might tell you one thing and you don't know. So you really have to be discerning about the communities that you're connecting with. And there's ways of doing it out of retreats like big retreat centers, and in areas like, you know, Jamaica, or the Netherlands, in particular for psilocybin, Costa Rica, Peru, but you do have you know, a shaman or a guide. If you're working with truly indigenous communities. These people have grown up in a lineage that has followed this medicine. So for example, our my Astro, who was holding space for us, his whole family was, was in our circle with us. And his first Ayahuasca experience was when he was nine. So, you know, he, he was kind of passed down through his lineage from his grandfather and his father, and chosen to carry on that medicine for their community.

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Michelle Glogovac 30:31

So now, so for somebody who's listening, because you said, you know, whatever your journey is, maybe it's a magic carpet, right? Like, how does that translate into healing? You know, to becoming this new person who's more in touch with everything? How does that translate to it? Because somebody listening might go, Oh, so you just got high? Yeah, you know, versus there's much more to it?

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Dom Farnan 30:53

Yeah. So I'll just give you an example, my specific Ayahuasca journey, my intention was to go deep, and to see the things that were holding me back in my life, that was the intention that I set and said My prayer to myself. So after I took the cup of medicine, I laid down. And then initially, when I started to feel the effects, I saw a lot of visuals, and the visuals were of labels, Rolex, and Nike, and like all these external things, and I'm like, Wow, that's so interesting. And then I saw me in Baxter, my son, and we were holding hands. And the medicine said to me, he doesn't eat any more things, he just needs more time with you. So presents like those, then it would kind of be repeated. And so during the experience, like they're chanting egos, which are you know, like these beautiful indigenous prayers, that that you're my Astros are shamans may sing. And so they kind of, you know, your, your thoughts might follow some of these sounds. And another element of my journey was, I saw me in Baxter again. And then I saw my husband and he came up, and then I pushed him out of my thought, and I brought him back after that. And then the medicine said to me, you can have a happy marriage, if that's what you choose, or you don't have to, like, it's your choice, you're choosing this. So what do you choose? And so

it kind of left me, you know, contemplating that. I also, at one point, felt like I was laying on my grandmother's lap, and she was, you know, stroking my hair and telling me, this is what I've been trying to show you for such a long time. I'm so glad that you're here. And you get to see this and be in the presence of God. And like, a lot of these things. And I remember it completely clearly. Because, you know, to your point about doing drugs, so you're not sitting here drinking a bunch of booze, and then doing this, like this is a sacred ceremony and experience. And so while the effect of it for layman's terms might be that you're on a trip, or you feel Hi, the reality of the experience is so deeply spiritual, and it's so unique to every person. So some people can feel it all some people can feel nothing, some people can feel scared about what comes up, I had a very challenging journey, all that stuff I shared sounds great and beautiful. But there are elements of my journey that I literally call it the death on the plank, where I had to get up, walk out of the room, couldn't feel like I was moving, felt, you know, a lot of physical pain in my body that I got through. And then on the other side of that was these messages. But if you tell someone that they're not gonna be like, Wow, that sounds great. I'm gonna go do this, you know, but if it is part reminds

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Michelle Glogovac 33:39

me of my C section. When they're like, you won't feel the bottom half of your body. And then suddenly you're there. And you're like, Oh, great.

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Dom Farnan 33:48

Like, when I When Erica did this before me, she's like, Yeah, it's like, you die. But then this happens. I'm like, I don't want to die. That sounds awful. Like, I'm not doing that. I'm like, why is that? Why would I want to do that? Now doing it, I get it. Because there is an ego death there, there can be an element of a feeling of an ego death, or things that no longer are for you. In my case, all of this external validation stuff, all the labels, all the stuff that you buy, like, that is not what my son needs more of my son needs more of me. And so those are the messages that you look for. And I just, you know, before I was a big evangelists, for like, everybody goes through psychedelics, I think now that I've been in a program learning more deeper knowledge around it, I wouldn't say everyone go do it. It's not for everybody. I would say do your research, and listen to your inner compass. And you'll know if it's for you or not, but it's not as scary as what the government in the world has been telling us for the last however many years. And it's a deeply personal decision. And you know, you'll know if you want to try it or not, and you You know, a good way to get into it is to microdose

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Michelle Glogovac 35:03

it's fascinating, you've completely enlightened me. And I know that people listening will feel the same way, because you've explained it beautifully. And, and it's something that we all need to learn more about, you know, I think that to be educated on something, whether or not we agree on it, you know, or with it or want to try it, the best thing we can do, and the most beautiful thing we can do is become educated on what it is, and to, you know, accept those who want to do it. And just, you know, give grace, I think that's really the key and all of it, because you don't have to do it, nobody's forcing you to do it. But if you want to do it, there are these experiences and these magical things that can happen. Yeah, so you know, and

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Dom Farnan 35:44

even when it's not, like, magical, like there's a thing around challenging journeys, you know, and I definitely had a challenging journey. But that journey was beautiful for me in my integration, like it was challenging. But afterwards, I thought about the lessons and the arc and what I went through, and I remember everything, like, Oh, damn, okay, that's exactly what I needed. I actually needed to feel this way I needed to get to this place, I needed to feel this rebirth experience, despite it physically feeling challenging. And so you know, the medicine always gives you just what you need, even if you can't see it in that moment. You won't see it in that moment. You know, it might freak you out. But I think my husband was sharing with me his first Ayahuasca journey. And he's like, Yeah, I mean, I felt like I got my ass kicked for three nights straight. Then he just did it recently, again for another three nights. And he's like, it was the most beautiful, deeply healing experience. And the through line is he said, source told me that love will set me free. And love is the answer. And love is the way and and that's it. And that's it. It's simple as that. And I go, Oh,

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Michelle Glogovac 36:53

perfect, beautiful. Okay. And we love each other. So Oh,

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Dom Farnan 36:57

yeah. And like, this is what I've been praying for, you know, this is what I've been holding in my heart to be true for the last several years. It didn't happen overnight. It's taken, all of this is taken, friggin go into Peru. It's taken all of this to get to this moment now on his time and his process to meet me on my process. And now we can go forward together.

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Michelle Glogovac 37:19

I love that. Thank you so much for sharing all of your journey and being so open. Where can everybody find you?

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Dom Farnan 37:25

Yeah, you can find me at Domfarnan.com or on Instagram at I am DOM Farnan. You can find my team at dotconnectllc.com or dosconnect.io.

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Michelle Glogovac 37:37

And the book now here is available on Amazon. I know for sure,

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Dom Farnan 37:41

yes. on Amazon, for sure. It comes out March 28. So currently, we're soon preorder and yeah, get your copy.

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Michelle Glogovac 37:48

Thank you so much, Don, this was so much fun. Awesome. Okay, friends, do you feel the Zen that DOM brought to this interview, I felt like she was such a calm force. And I love the way that she described her entire journey. Whether you learn something more about meditation and journaling and prayer and breathwork, or about the psychedelic industry and micro dosing and the possibilities that lie in that I hope that the negative connotations that may have surrounded those words before have brought something new to the way that you look at them the way you view the words, the practice, and whether that might be something that fits for you or someone else who's in your life, because I feel like we should be more open and, you know, inviting to whatever works for somebody, and with the way our world is working right now and how we have so many new things. And even you know, podcasting wasn't something that everybody knew about 20 years ago, but we have new jobs, we have new tools to deal with trauma, to deal with grief to deal with whatever journey it is that we're on. And sometimes change is hard. I get that. But sometimes it's also really beneficial for us to educate, to listen and to learn in order for that change to be able to happen, whether that's for us or for someone else. Go find Dawn read her book now here and take these lessons to see what might work for you on your journey. Because don't forget your past and your present. Don't define your future. You do