

Ep #202: Psychedelics and Personal Revelations with Andrea Giles



Full Episode Transcript

With Your Host

Becca Pike

[The Hell Yes Entrepreneur](#) with Becca Pike

Ep #202: Psychedelics and Personal Revelations with Andrea Giles

This might be one of my favorite episodes of all time. I brought on my student, Andrea, who is an infidelity coach. She's been in the game for a long time, and she was telling me on our last call that she used psychedelics for the first time, and she used them to heal as a therapy. And she flew out to Cincinnati, she flew to this place that does it medically, and they administered everything from psilocybin, mushrooms, to acid, LSD, all of the things. I don't know, I don't think she did ayahuasca on this one, but she goes into detail about what she learned from this experience.

And you guys, we go deep. If you ever want to learn more about me outside of business, this is the episode that you're going to want to listen to, because I get real fucking weird. I'm going to be honest. And I love it. And this is the journey that I'm on and this is where I've been going in my life and you get to experience all of that.

And she has some really crazy insights. She has some really wild stories. We pack in a lifetime in this 55 minute episode and I do hope that you guys enjoy. If you have not bought your Hell Yes Live tickets yet, guys, what are you even doing? So Andrea came to her very first Hell Yes Live event just three months ago.

Since then, she has lost 15 pounds. She says that the standards that were put into her at Hell Yes Live just went across the board, across from business, all the way to her body, her marriage. She said that her marriage feels better, her body feels better, her life feels better, and her business is doing bigger and better things than it has in years. And she has been open since 2019. She said, finding me and coming to Hell Yes Live was one of the best things that she's done for her life.

So go ahead and buy those tickets and enjoy this episode. This is episode 202. I am your host, Becca Pike, and it is time for your weekly dose of Hell Yes Coaching. Let's go.

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Welcome to *The Hell Yes Entrepreneur* podcast. I am your favorite business coach, Becca Pike. If you're looking for high level CEO leadership skills, modern day marketing strategies that actually convert the hell out of your leads, and you want to create a big ass wallet and big ass impact in your community, then this podcast is for you.

Welcome to my world. In here, we do two things. We scale, and we play. Because what's the point of being rich if you can't have fun? If you want to make multi six and multi seven figures without sacrificing your gym time, your music festivals, your wine nights with your friends, then I'm your girl. Enjoy.

Becca Pike: Hello, Andrea.

Andrea Giles: Hello. Hi, Becca.

Becca Pike: How are you doing? I'm so glad that you're here.

Andrea Giles: I am great. I'm so happy to be here.

Becca Pike: I feel like you have a lot of really fun things to give. And I've been thinking about this episode since we decided to do it two days ago. And I have a lot of different angles I wanna take with you. So before we get started, will you just tell us who you are and what you do?

Andrea Giles: You bet. I'm Andrea Giles. I am an infidelity coach. So my whole business is around helping people, individuals, couples, navigate infidelity.

Becca Pike: And you've been doing this for a while, right?

Andrea Giles: Yeah, I started my practice in 2019 and started podcasting in I think 2020, I helped lots of people all over the world. It's been so fun. I love it.

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Becca Pike: Yeah, and you're not new to this game. When you came to me as a student, you were already a successful coach, and it's been really fun to watch you hit that next level of success. And one of the things that has been really interesting to me is what I want to do in my business is help people become healthy, wealthy, and free. You'll see me using that as a hashtag all over the place. I'm always saying it, healthy, wealthy, and free.

To me, those are like the three tips of the triangle that make your life everything that you could need. And what's been fun is you've only been in my world for a very short time. And you are like checking off all of the boxes very quickly. And I want to start with healthy. So you came to Hell Yes Live and you made a commitment there, which is funny.

I tell people, like, we aren't necessarily talking about fitness and health at Hell Yes Live, but it's almost like your standards just completely change while you're there all the way across the board. And health ends up being one of those things that people walk away with. And you've like lost weight, gotten healthier, you've like done a lot of things. Can you tell us a little bit about that?

Andrea Giles: Yeah, so that was in January, this is March. I'm now down 15 pounds. I just keep dropping. I have had chronic migraines forever and they're lightening up. They're getting better. I've been working out. I've been eating clean, just kind of holding my butt to the fire, like no more excuses, right? I had a baby in what year? She's three. And I was 44 when she was born.

And so I've been kind of riding that like, well, I had a baby at 44. I look pretty good for someone who had a baby at 44 and I birthed seven children, twins, you know, and so I've been kind of writing that like, nah, it is about being healthy, like not wanting to feel sluggish in my own body.

Becca Pike: Yeah, it was almost like a light switch went off. And that's easy for me to say because I can see it. I'm not in your shoes. So I'm sure it was

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like building up, building up, but something happened where you stood up at Hell Yes Live and you toasted to what you were going to do over the next six months and one of them was to become healthier.

And literally by the time we got on the next call, like a week later, you're like, I'm down two or three pounds. And then the next week you're like, I'm down two or three pounds. Like it just happened. What was that light switch?

Andrea Giles: The leadership there, you and your brother and John. And I think what it is, is if I can speak for me, okay, I'll speak for me that almost this spiritual understanding that it all works together, that we can't neglect any parts of our life and really thrive. And I want to thrive. I do. I want to thrive in all the areas.

And so if I'm neglecting one part of my life, it almost, not almost, it does affect every part of my life. And so I recognized that there. I really saw it. I saw it. I felt it. It was a truth that I just, like Andrea, that you can't neglect this. It's part of the whole.

And I saw the energy there, the, just the vibe, but really it was more on a spiritual understanding. Like this, you taking care of your body is part of the whole of creating the life that you want, not just to look great, but to be able to do the things that I want to do.

Becca Pike: Yeah. It literally makes life easier and better. It's easier to find the gratitude. It's easier to do the hard work. It's easier to face the problems. It's easier all the way around when you're healthy. It's amazing how much of an uphill battle it feels like. I know what it's like to be unhealthy. Like I've gone up and down.

And I can see looking back like when I was down how hard life was that it just didn't need to be now. It took in hindsight to see that your sister came to Hell Yes Live with you and one morning. We ran into each other once

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Hell Yes I was over at breakfast. And I kind of nerded out with her a little bit about astrology and mediumship and the spiritual side and we went deep into, I don't know, ayahuasca all kinds of stuff, psychedelics, and I know that at that time you hadn't tried anything, but you just let me know last week that you went on a psychedelic journey.

I'm so excited for you. I think that the taboo of psychedelics is being lifted very quickly across the globe. Tell us first, like, where did you go and how did you decide to do this?

Andrea Giles: As you mentioned, I went with my sister and she's my sister, so I talk to her a lot. And we grew up with some of the same stuff that we both needed to heal from, different things in our lives that we both share. And she has just - I've seen it. I've seen my sister heal and transform and really just be settled within herself in a way that is so wonderful to see. And she's just been saying, Andrea, just try it, just go for it.

And so I just kind of set that intention that if the right opportunity, like I was gonna pay attention. I was gonna pay attention to the opportunities. And I live in Montana. There's not a lot going on here in that way. There may be more than I know, actually, maybe more than I know, but I didn't know of any, and I wanted to do it with someone I trusted.

I have a good friend who is a fellow coach and I've watched her transform. She is amazing and a leader, built a million-dollar company at like 28, something like that. She invited me to come with her. She said, Andrea, I've been going to this. It's in, it was in Cincinnati. So I flew for it from Montana. She said, this is my fifth time going. And she told me all the ways that she's healed and said, I really want you with me. And I just said, I don't even understand all of it, but I'm saying yes. I'm just gonna go do it. Yes, I'm in.

Becca Pike: Just interrupt you and say I'm like 45 minutes from Cincinnati. I could have easily popped up and seen you for like dinner.

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Andrea Giles: I didn't realize you're that close. Wow.

Becca Pike: Yes, I know.

Andrea Giles: Oh, next time. Yep. I'm I am going back. I'm going back. So that's good to know. That's good to know. Awesome.

Becca Pike: Then you went up and you did it. And you told me, so you guys, where you went did several different psychedelics across the weekend, right? So what all did you do?

Becca Pike: All the things, all the things. MDMA, psilocybin, C2B, and ketamine. That was at the very end. So basically what happened is they told us - I met with them before and they kind of guided me through what to expect and the whole thought process is that there were layering. So the first night they did what was called a heart opener where is really just to open ourselves up to all the love that was around us. It was truly one of the most beautiful experiences of my life.

I still am just, I'm still in it. Like, it's gonna take me a while to process all the things that were there, but so beautiful just to see all the love, feel all the love. And then the next day was like, we're going in. This is where we're gonna see what we need to see. And they told us that.

And so they started out giving us a small dose of something. I can't remember which one. I think it was MDMA first. LSD was there as well. I will say that that's the one that I was afraid of. I'm like, and not really. I went and educated myself on it. I watched a great documentary. I think it's called How to Change Your Mind. It's on Netflix.

So I watched like, oh, that's not scary. It's been made to be scary. And it's been used in inappropriate ways, right? And so, when I watched all of that, I'm like, actually, no, this is not, this is fine. And so I really went into it not afraid at all.

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That's the honest truth. I've had lots of people ask me, no, I was not afraid. And then it just went, we take one in an hour and then later on the person that was doing dosing was very intuitive to each of us and what we needed when and how we are doing and what we are going into. And they were just watching the whole, like they're with us present the whole time. And that's when I got into a lot of deep stuff, a lot of deep stuff.

Becca Pike: You're in a room and you're with your sister and you're with other people.

Andrea Giles: It wasn't my sister. She was not there with me.

Becca Pike: Oh, I thought she went with you.

Andrea Giles: No, no.

Becca Pike: You went by yourself.

Andrea Giles: I did.

Becca Pike: You went over to Cincinnati, you were with other people in a room, you're kind of like laid back in like a chair, like a comfortable chair, correct?

Andrea Giles: They had, yeah, they had like, you know, those foam pads, like sleeping pads, they had those laying around and then a huge couch with like, chaise seats. So you can kind of sit where you are comfortable. And for me, I kind of moved around a little bit, be in one place and move around, but just this open space to move where we needed to go and a beautiful backyard that backed up to woods. So if you want to go outside, you can go outside.

Becca Pike: Okay. Beautiful. All right. And so this is your first time tripping, right?

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Andrea Giles: First time.

Becca Pike: And you start, like, tell me just a little bit about what you didn't expect that did show up?

Andrea Giles: Okay, so the first night, it was just so beautiful. And part of what opened up for me was seeing a bigger call for my life than what I thought. Yeah. It was pretty big. And I could see it. It was just there. Like I could see myself as a really old lady and the work that I'm doing till I die. And I could see how fulfilled and how much peace and joy. And that surprised me.

I went into it really with the intention. I want to see what I need to see. I tried not to have an agenda. I want to see what I need to see. And then there are some pretty heavy stuff that came up that I was not quite expecting.

Becca Pike: Can you tell us and completely uncensored and just give it to us?

Andrea Giles: Sure. Yeah. So I work in infidelity, right? That's been what I've done. I learned first about infidelity from my first marriage. So just a tiny bit about my background is I was married for 16 years, had six children with this man. There were many, many things that happened that led to this decision. But 16 years in, I decided to file for divorce, got divorced.

He had gotten multiple Master's degrees, Oxford, we lived in England, University of Michigan, top 10 law school, all the things, got all the jobs. At the time that I divorced him, he was working for Google as an attorney and we lived in the Bay Area. I was a stay-at-home mom and stayed home with my kids and was terrified. I had no idea what I was going to do. He would threaten to lose his job on purpose to show me what it was like to be a single mom, say things like that.

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Ultimately, I knew that I needed to go. I knew that I would go flip burgers or do whatever I needed to do, that I needed to get out and get my children out. Seven months later, seven months later, he was recklessly driving, crashed into a tree and died. And he was 39 years old.

And I knew through all of that, I knew in my heart, in my gut and everything that I had people coming to me when I was in it. Like, I was in the depths of all of this crap. And I had people coming for help when I was in it. And I just knew, Andrea, there's something here that you need to pay attention to. You're gonna be helping people walk this. And when, you know, this is what you're gonna do.

And so fast forward, all of these years in the work that I've done, I meet with lots of people. I hear lots of stories. And what I saw is that all of this time, I've really tried to give him the benefit of the doubt. We have kids together. I've tried to kind of protect him. I've tried to be kind about things. And what I saw was that it's okay to acknowledge that people choose wrong, that people sometimes choose meanness and cruelty and selfishness and that I don't need to protect anymore. That I can let that go.

That I can let him go completely. That I don't need to... We have children together and so I can talk in that regard but as far as myself that it's okay to completely disconnect. That's what came through.

Becca Pike: Do you think that you were giving him such the benefit of the doubt because he passed? Like, almost when people pass away, it's easy to romanticize the good things about them. We tend to forget the things. Like, I try to remind myself, and I know this is going to sound pretty morbid, but I have a lot of grief around my mom. And my brain wants to romanticize that everything was super peachy.

And I try to remember, like, oh, no, she pissed me off a lot. I want to remember her for the real her, and I want to remember everything. But I've talked to other people who have lost people, and they tend to romanticize

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as if this person was really good all the time, always. I think it's an interesting thing that our brain does.

Do you think that because he died, that is a lot of the reason that you just started protecting him? Like, would it have gone differently had he continued to fight you and stayed alive?

Andrea Giles: Yes, I think that that's part of it, that if he would have been alive, there would be new data points to think about, right? And to have thoughts about, but yes, for sure, for sure. I did experience a lot of grief and I did, it was really, really hard and people didn't understand like, well, gosh, you don't have to deal with all of that anymore. Why not just be happy? Because I cared about this man. I loved him.

I cared about him. I was sad that this is how his life ended, that this man who had so much crazy potential, that was so brilliant, this is how it went. And I was brokenhearted for my kids, but I will also say, I know I, part of it is that I married a widower who's, she was very much romanticized, very much put on a pedestal very, very much.

Becca Pike: He who, wait, your husband who passed away?

Andrea Giles: No, my husband now. I married after my, yep. So I got remarried to a man who, whose wife died of cancer. She died on Valentine's Day. She was very much put on a pedestal and I moved into the town that they lived in together with 1,200 people in Montana, and was very much just dropped into their world.

And it was very hard. It was challenging. And it was while I was there that I'll just share, I hit a low where it was like, Andrea, you either need to leave or figure out how to do this, because what you're doing is killing you. I felt it was just, I didn't have the same story of like being able to put him on a pedestal.

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And all of that, and I think I kind of crafted this story in my mind to make it better than it was, to kind of have some - to have my own thing. Because it went a different way, because there is divorce, almost like it didn't matter as much. And I probably made up that story, to be honest, okay? But that's what it felt like. And so I think that I did start to kind of think of him in a different way than what was my reality.

And over time, I think that I've held on to that in some ways, in part because of the work I do. Let me explain. So I meet with people who cheat and the people who have been cheated on. And what I have learned is that most people are pretty good. I do believe that about people.

I do believe that most people are good, but I also think that there are some people who choose, they choose to go like a darker path. They choose to go dark, they choose to go deeper into their own darkness. We all are capable of it. We all are. And some people just choose it.

And I don't understand it, and I don't need to understand it. That was the reality this last weekend that I finally saw. He chose to go that way. He chose to go darker. He chose to hide. He chose that path, and I don't need to protect it. I don't need to understand it. I can just go. That's what it was. And I can energetically just like really let it all go. I can let it go.

Becca Pike: Yeah. We believe very strongly that our souls come to Earth with purpose and we have an agenda and we actually choose darkness before we ever come to Earth. But not to come here and to be bad and to be terrible and to be mean, but to, number one, be a lesson to the people around us. So he created a lot for you that is good through the bad. And that was on purpose, and that was part of his life mission.

I also believe that he had to choose that, and he had to choose the hard road and choose the hardship and choose the darkness as part of what his soul needed to learn on this mission. And I do believe that we come back to Earth and we go to other places many, many times and we continue to

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sharpen our axe, but we don't learn lessons by coming to Earth and just relaxing and having a good old time.

We come here and we grieve and we fight and we battle and we claw our way through life. And the hardest hardships are the biggest lessons. And I really do believe that every person comes here and he came to earth, knowing that he was going to be positioned into a role to sharpen you and to sharpen his kids in some capacity and to sharpen the people around him and to sharpen himself. And I think that there's something really beautiful in that.

Andrea Giles: Yeah, I do too.

Becca Pike: It's almost like a sacrifice. And a lot of people would be like, fuck you. My husband was abusive. He didn't sacrifice his soul to... But it's like, how do you know? He could have said, okay, we're all going to Earth together. I'm going to be the asshole. I'm going to be the one that sharpens all of your all's axes. And you're going to hate me through this whole lifetime. And that's my role. And I think that that's really beautiful.

Andrea Giles: That's a powerful way to look at it. I mean, I have had lots of moments over the years where I felt gratitude for my life. I mean, there's been, like I wouldn't be doing what I'm doing. I wouldn't, it's so fulfilling to me to do what I do. The connections that I have, the people I get to help, I wouldn't be able to do it.

And even the relationship I'm in now, that is so very different than the relationship I was in first time around. I wouldn't have this experience if I didn't have that one, right?

Becca Pike: There is a lot of research on life regression therapy, and I went down a rabbit hole for a long time on this one. So basically, they found that as people were coming to therapy, they were able to kind of hypnotize them

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and get them to see things in the dark shadows of their brains that their mind had consciously pushed away. And there was a lot of success with it.

And all these people were coming out kind of healed because they were seeing these dark corners that a lot of plant medicine is able to show you as well. But you can't really get to it consciously. You can't get to it on your own without the help of either this type of therapy, or now we have EMDR, we have all kinds of other types of therapies that'll do it for you.

But then they started going backwards in time and taking these people through a hypnotic state back to when they were two, three, four, back when their brain shouldn't be able to remember very much. And they were finding that people were remembering all kinds of things. And then they would back check these people's memories and they would all be correct, they would all be true.

And then they started seeing how far they could go. And this was like back in the 80s, and we have perfected it beautifully at this point. And there's a lot of specialists that are phenomenal. But they started taking people back to the womb. And people were remembering the womb, and all these people were explaining it all the same way that had never met each other.

Then they started seeing, can we go before the womb? And guess what? It became even more clear. The memories became more clear. The memories became more real. Everybody that explains it explains that whatever came before the womb feels way more real than after the womb. And everything on earth feels very, like, foggy and not as real.

And it's just not the real, like almost like that's home. And this is some crazy game that we're in. I have felt that my entire life. And I've also felt like I've been homesick for something that I can't quite explain. And now as I'm doing all of this work realizing like, oh, I'm homesick for home, like my home.

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Andrea Giles: This isn't home. Yeah.

Becca Pike: Yeah, exactly. And so that has brought me a lot of really just a lot of relief. Like, oh, I'm just on a trip. Like, I'm just on an adventure. I can't bear through anything for a hundred years because a hundred years is a blip in the eternal life.

And so anyway, they ended up finding and this is what blows my fucking mind is all these people were explaining kind of the same things. And this one guy explained it really great. He said, "I remember before the womb, sitting around kind of like a table with what person is my mom in this life, the person that's my dad in this life, the person that's my brother, my ex, all of these people, but they weren't that when we were around the table. They were just kind of like, they still had their soul and they were still an individual, but they didn't have the role that we placed them here on Earth."

And he was like, "And we were communing around this table and we were discussing all of the ways that my now ex is going to sharpen me. And we were all planning it together. And she was coming up with ideas and I was coming up with ideas. And there were certain things that were set in stone.

Number one, she was for sure going to cheat on me. Number two, she was for sure going to leave me." And there's free will in between all of the big bookmark events, but there's some things that aren't free will. And these are the big bookmarks in your life that really change you. These are the deaths. These are the breakups. These are the really big struggles.

And by the way, thousands of people remember planning their life before they came here. And then we come here and we have what they call Earth amnesia, where we just pop in over to Earth and we don't remember shit. And we're just like, why are we here? Who's giving me all these problems? How is this God's plan? But really, it was our plan with God.

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And I find that to be, first of all, the most fascinating thing on the planet, but also probably the most relieving thing to think that my dad sat down with me before he was my dad and was like, I'm going to be an addict.

And my mom sat down and she was like, I also had this weird feeling when mom died that she and I have to be careful that I say this because I don't, you know, some people just aren't as far-fetched as I am at this point. And so I got to be careful. But I just have this feeling that she had to die in order for me to become who I'm becoming. And it had to be her. It couldn't have been anybody else. Like it had to be that relationship.

I ended up having a medium come over not too long ago. And he said, oh, your mom's telling me that you have already figured out that she had to die for you to become who you are. And I was like, yeah. And he was like, oh, yeah, she sees that you see that. And I was like, yeah.

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My team and I are doing something so big. We are making such a big leap. We are completely changing everything and flipping everything we know on its head. And we have just announced the biggest announcement probably Hell Yes Coaching has ever announced.

For the first time ever, you guys, we are bringing Hell Yes Live to Lexington, Kentucky, at the Manchester Hotel, on Manchester Street, in the distillery district, the same district that made me a business owner for the first time. I could literally cry thinking about this full circle moment. Five years ago, I had the shakiest hands as I signed a lease at the distillery district for my very first business that I could barely afford and didn't know if it was gonna work and just, you're such a beginner.

And now I'm signing a contract to host the biggest business conference in Lexington in the same area. God bless America. And we want this event to be drastically more accessible to the public than it has been for all of the years of Hell Yes Live. And we want to fill this room with literally hundreds

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of business owners. Hundreds. This is going to be the place to be in July. We wanna fill it with hundreds of business owners, even if that means that we profit way less.

So we are slashing the prices all the way down from what used to be \$3,500 per ticket all the way down to we are starting the pricing at \$397. What? Crazy, right? Less profit for us, but more potential for our community, more potential for more business owners getting their butts in these seats and growing the hell out of their business. Let's fucking go.

Hell Yes Live is an event that I have put on around the country for years. It's not your grandpa's business conference, okay? It is not just like a sit down and take notes event. Hell Yes Live is a complete identity transformation. It's an interactive, intimate experience, and the sold-out seats and the constant outpouring of testimonials speak for themselves.

In three days, I take you through more intense business coaching, gap maps, profit creations, infrastructure, marketing strategies than you can get in most year-long coaching containers. Millionaires have been made on repeat in this Hell Yes Live room. You will leave this event absolutely unfuckwithable, ready to walk through fire in your company and with the exact strategy to grow and propel your business to see a 100% increase immediately.

A lot of my students are reporting 456%, 700% increases annually as they come to these events over and over each year. And it's all coming to Kentucky, my little bluegrass babies. So you're going to be surrounded by droves of business owners, wealth, potential at Hell Yes Live.

Not only will you have direct coaching with me, but I have teams of multi-seven figure business coaches who are ready to not only take my strategies, but help you strategize your own business and speak to your exact problems and make your company bulletproof. This is what we do all day at every day at Hell Yes Live. You don't just get me, you get my team too. The success is literally inevitable. It is baked in.

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So here's what you need to know. Hell Yes Live will be in Lexington, Kentucky on July 15th through the 17th. There is a VIP day on the 18th as an upgrade. The price for Hell Yes Live tickets are going to go up every single month. So the very first price raise is mid-February, then again in March, then again in April, May, June, all the way to July. So this is the lowest price it will ever be. And the longer you wait, the more you pay. So by the time we get to the event, the ticket price is gonna be somewhere around \$1,000 each.

For now, this is all the information that you need to know. Okay, it is still early in the year, but we are getting these seats sold out. We are building out the best event that you could ever imagine. There's going to be hundreds of the top business owners in one space. This is the absolute opportunity of networking, of creating social circles, and of exploding your business with me.

My team and I are so proud to be bringing this event to Kentucky for the first time. And we are excited to watch all of our Hell Yes students who are non-Kentucky folks fly in and experience my beautiful home state in the summertime. I hope to be toasting champagne with you on the rooftop of The Lost Palm of the Manchester Hotel the evening of our welcome reception on July 15th. Email us at contact@hellyescoachingonline.com to secure your ticket.

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Andrea Giles: It's like, if we can scan out and really, really, I have absolutely at different times in my life felt that, like, Andrea, this is just a blip. It's not, it's just a blip in this whole huge thing that we just can't even see. And these things that happen, like these things that rock us to our core, like death, like your spouse cheating, things like that. It almost is like, okay, yeah, it sucks.

And knowing that it's not the end, like that it really isn't. And I just know that. And, you know, back to the, with my first husband and all of that. I want to

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say I think the gift that the psychedelic journey was to me is that I don't need to hold on to trying to craft this thing that I can just accept that it was just this really challenging thing that I do care about him. I do wish him well. I do look forward to the day where I see him and I think I will, but that I don't need to hold on to that anymore.

Becca Pike: Yeah.

Andrea Giles: That I can just let it go. And can I share one more thing about the birth thing, like staying before the womb? I didn't see anything before the womb, but I'll tell you what I did see. I was born six weeks premature and was placed in an incubator because my lungs didn't work. And the very next day my dad died.

The very next day my dad died. I have no pictures of him holding me because I was in an incubator and he couldn't. He was flying an airplane and crashed and died. And I could see me. I could see that little tiny little baby.

And I know that I know I knew. I know that I knew that my little spirit somehow knew and that was the beginning of my life. And in this journey, I've had two different dads since then. One of them left, I never saw him again. He was my dad for three years. I've never seen him again.

The other, you know, to protect, I will keep it minimal, but it was very, very rough for a long, long time. And I could see my dad, like my dad that died almost like an energetic shield to keep me from breaking to help me not break so I could come and do the things that I came here to do and become the person I needed to be.

I've never seen that before. In my mind, he was just gone. And I could see, like, this shield of him going, no, you're not gonna break her. You're not gonna break her. Like a father, like a protective cover. And maybe that's the best way he could help me was by dying. Who knew?

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Becca Pike: Yeah. I often think about that. I often think there was a time where, very short, I didn't let this live on very long, but I got angry when I saw women with their moms because I didn't have one. And then I was like, what if I just don't know? Like, what if I just don't get it?

Like, what if I have a better mom because she's not Earthside? Like, I have a more of an advantage. I have more of a protector. I have someone that is like paving the way for me in a totally different way that they don't have and I'm the lucky one. And how would I know if that was the case? I wouldn't. You know, here we are with our Earth amnesia.

But it's interesting. First of all, it sounds like you signed up for a hell of a life. You were sitting at that table and you were like, okay, shit's about to go down on this journey. I'm going to do it. And doesn't that sound like you a little bit too?

It sounds like me to be able to say, you know what? I had a pretty leisurely round last round. I think this time I'm going to have a dead dad. I'm going to have like a couple other dads, maybe, you know, a husband that doesn't work out and passes away and, and moving through that, like, if it were the case that each time we come to Earth, we sharpen, like, wouldn't this be the most growth that you could imagine in one lifetime? And that's beautiful.

And I've started studying near-death experiences. So people that die, like going to cardiac arrest. And then now, it's crazy how common near-death experiences are because back before medical advances were as advanced as they are, people just died and they didn't come back. But now people can be dead for like three fucking minutes and you can just shock them back. It's crazy.

And so all these people are coming back with all of these stories. My favorite pattern that is being seen now is that when people die and they come back, the number one thing they're saying is, oh my God, how did I

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forget? How did I? I can't believe I told myself I wouldn't forget this time. How did I forget where I came from? How did I forget that this isn't real?

And their deceased loved ones are like kind of making fun of them like whoa You got really lost in that one. You really thought that one will go. Wouldn't that be wild? Wouldn't that be wild here? We are lost in it. We think our deadlines are the death of us. We think that our hardships are the death of us. We think that everything that's happening to us is just the hardest, worst possible scenario.

And what if we're just in, for lack of better words, a video game and we just don't know it and we're going to wake up into the real life with the real home and be like, whoa, how did I forget that I was in that?

Andrea Giles: Yep. Yep. Amazing. And I think you and I have a similarity. I think we both have had throughout our life little glimpses of that. I know I have like just little glimpses like there's more, there's something more. Yeah. Like catch a glimpse and then it's gone, but I can hold onto them and go, it's such a gift to see, like this is not all there is. Right?

Becca Pike: Yeah. You know what I think has been an interesting gift that I haven't noticed that it was my gift until I saw it in hindsight, is now I can recognize that throughout my whole life, I've had this air about me that's like, it doesn't really matter. Like, I'll go for it. I might, you know, make all the money in the world. And if I fail, it doesn't really matter.

And if I have success, it doesn't really matter. And I've had this air about me, and some might call it like a nonchalantness or like a fuck-around-and-find-out kind of air. But I've had this my whole life. And looking back now at some of the big events that have happened and how like much I was just like, meh. Like, I don't think that that is a coincidence. I do think that there's some part of my soul that's tapped into, why is everybody stressing out? We're like in a game, kind of.

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Andrea Giles: Yes, yes. When I was decided to marry my husband, so keep in mind, I had six kids, he had five. I picked up my children, who had moved a lot in their childhood, picked them up, moved them to a town with 1,200 people in the middle of nowhere in Montana. My oldest was a senior in high school. He moved to senior year and I had people freaking out like, Andrea, that's so much like, are you sure that's what you want to take on?

Are you sure? That's a lot. That's a lot. And something in me just was like, yeah, it's going to be hard. And I'm going in, I guess I'm going in. And it wasn't just because I loved my husband or love Mike, the new kids that it's going to be a mom to. But because I do think I've always had this. I don't know, just this sense that it's going to be hard. Okay, bring it on. Like I can do that.

I can say this though, Becca, that's something from the business point of view, that I think I've been holding myself back on. And part of why I came to you is because it's like a game. Like, I know it matters to you. I know that you care very much about your people. But you're not so hung up over it that it's like your ego is not on the line. Yeah, like you're like, this is fun. This is fun and knowing that the more money you make the more impact you have like the more people you're helping. Right?

Becca Pike: Yeah.

Andrea Giles: And I think I've kind of used the hope like a little bit of unattachment in a way that has held me back. Like, what if it doesn't actually matter? Like, what if the numbers don't matter? And then I've kind of sat back and been like, yeah, I don't have to do this. No one says I have to do this.

And so I'll do things. And to be fair, you know, I've broke, you know, multiple six figures, how many years ago, a few years ago, and I've kept it up. And last year was my biggest year. And I keep growing. But what I saw, and what I experienced was this, why not just go for everything and just like go

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for it and see what you can do and help all the people that you can, and like help people on their journey here?

It's hard for everyone and just help make it a little easier for people and see what you can do And like I can't honestly say that up until the last little bit that I have truly given it my all, because there's been a part of me that's like, I don't have to. I don't have to. And now I'm like, no, I want to. I'm all in. I'm giving it everything I got. Let's go.

Becca Pike: There are certain people that are chosen in this life to help others in so many different ways and so many different flavors. I mean, you've got the Mother Teresas of the world, but then you've also got the Kim Kardashians of the world, both massive influences, totally different humans, but both helping.

Like Kim Kardashian's now obsessed with prison reform. You know, like she has gone down that rabbit hole. She went and got her fucking law degree so that she could fight for prison reform.

Andrea Giles: It's amazing.

Becca Pike: And there's people that quietly help too. You don't have to be famous. There are people that have lived their entire lives with their spouse out in the country with their children. And you know, there's just some neighbor that they have been helping and that is part of what their soul feels is their duty.

But there are, I think, chosen people that were meant to have more motivation and more energy and more desire. And I truly believe that I'm one of them. Like I wake up with endless gasoline, and I don't know where it comes from. I do eat a lot of good food. Like I can't stop. I cannot stop.

And I think that that is just about anyone that finds themselves in my containers. Anybody that finds themselves in a container that required a really big leap of faith. Like, it takes a certain type of soul to believe in

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themselves and to believe in their mission enough to drop down, you know, a car payment every month, to surround themselves with people, to get the answers that they need to go all in.

And so if you find yourself as one of those people, like you are one of the chosen ones that, you know, are out there ready to help. And yeah, I see that in you and I'm glad that you, cause it's one thing to out of subconscious fear, not want to go all out and be like, well, I'm fine. Everything's fine, but you're not playing all out. You're not playing to help people. Really, that's more just thinking about yourself.

If you're thinking about yourself, you would stop at \$100,000 a year because you're fine. Everything's fine. But when you start, you flip the switch and you start thinking about like, what's my purpose on this earth? And if my purpose on this earth is to help women grow their companies in a way that allows them to be free so that they can be healthy and wealthy and raise their kids with hot bodies and feeling great and like that is truly what I'm here for, then I would never stop at \$100,000 or \$500 or a million.

Andrea Giles: Yep. Yep. Can I add something to that? I think for people listening, I'm gonna say this in case it's helpful to people. I have struggled and done battle in my mind with this, with this piece of going, I think I've known since I was little that I would that there was something different about me.

I was the kid that even though I was pretty shy in different ages like elementary school I look at that that I don't know that that was really me I think it was circumstantial that I learned to shut up and be quiet about things, but there are still times where I would be the first one to raise my hand and volunteer and on and on. I look back and see these different times where I knew that I was different and I felt that I knew it.

I knew that I was a leader and I have been arguing with that for years, just arguing like, well, but you don't do this and this and this, well, what about

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this? And shouldn't this be better if you are really this? And if anything else from this journey that was just so clear was just like, what if you just accepted that you came here with that?

This is just who you are and you stop arguing with it. I just set it down. It's not right or wrong. It's not this or that. It doesn't make you better or worse. It just is that this is what you came with here and let's stop arguing with it because I think...

Becca Pike: Your spirits are like, oh my gosh, we didn't sock it off.

Andrea Giles: I know like stop, stop, yes, exactly. And so that's been helpful to just go, it's okay it doesn't mean anything except that accepting that this is who I am and this is the reality of I'm meant to go big. And just accepting it rather than arguing with it feels so much better. Right?

Becca Pike: Yeah, it's a big weight off your chest, I bet. You know, a lot of people think that psychedelics are these things that you ingest and then you just see all kinds of stuff inside of your consciousness. And the plant medicine and the psychedelics are telling a different story. And they have continued over and over to talk to people as if they are their own being. And we see this in ayahuasca as well. And that's why they call it going on a journey because they're like little plant medicine therapists.

And the whole idea, and if you ask any shaman, I mean, they'll be able to explain it way better than I can, but the idea is that they're going to take you through what you need to see and what you're not seeing to heal you. And this was given to us as a gift, you know, and this was given to us as a gift, you know, and this was given to us to use very respectfully and not to just destroy our bodies like I'm sure a lot of us have these memories of being you know 22, 23, taking mushrooms at concerts and that's not what they're supposed to be used for.

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And usually that's when the bad trips happen because you're overstimulated with what's going on around you, as opposed to laying down flat and covering your eyes and listening to gentle music and letting it guide you. And so to anybody that's interested in doing this, like there's so many different places you can go, but if you're looking for somewhere that is like very medically protected where you get to be with a nurse and you get to lay down and you get to have your vitals taken the whole time and you get to go on these trips and on these journeys, I would highly suggest looking into ketamine.

There's ketamine clinics all over the place and people have had absolutely profound experiences on ketamine. I do love where you went. I'm going to have to get the name of it. I know that Mark's going to want to go as well. He's going to want to go do all of that as well.

And it's interesting to think about them being not a drug that trips you out, more as a drug that is its own being. It is its own consciousness. It is like, it is an individual that is taking you and guiding you and showing you things that you need to see and the lessons that you need to see. Yeah, I love that.

Andrea Giles: I will say fair warning to people, just know it's only been just over a week, okay? Since I went. Can I just shout out to my husband who, I'm like, yeah, I'm gonna go do this thing, and just no question. Like just like okay. I trust you. Yeah, I'm gonna go do - don't know what I'm taking like, okay, all right.

But I came home and told him that I feel like a huge snow globe has just been like shaken up and everything in it is just revealed. So many things were exposed that I did not even know were there, like the things that have been tripping me up. What a gift. And I get there's so much more I could share about it. You know, I know we're into time here, but we're getting there.

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But there's so much that I saw that showed me where like where to go next. Andrea, this is the next part for you. This is where to step into deeper and I could not see it.

Becca Pike: Where does it want you to step in deeper?

Andrea Giles: I have spent my entire life in a certain faith until the last couple of years. And a couple years ago, I decided there were some things that came up with my kids that I'm like, I better know what I'm talking about, or I could really harm this child by sticking to the orthodoxy of what I've been taught. And so I'm like, well, I care more about this kid. And so I started my own faith journey of really looking into this is what I've been told, but what do I actually think? What do I actually believe? And it's been quite a journey, and it's ruffled feathers, and it's been challenging.

And what I saw was one particular relationship that I've been trying to protect by muting or keeping less vocal what I know to be true. And I left going you don't have to do that anymore. You can just - it's not to hurt people. I saw myself just tell my strength is in telling the truth. And letting people do what they want with that.

Like I don't have to defend it, I don't have to shove it in people down people's throats, just telling the truth. And I saw this particular person that I've had a lot of fear, like really the subconscious needing love from this person and going, this person isn't capable of giving you that and never has been. And you can let that go and you can just tell the truth.

And so that for me was such a gift and I've come home looking at, okay, Andrea, what ways are you still hiding? And you and I have had, let's talk business. You and I have had conversations about, I know stuff about infidelity that is so counter to what is out there. It's like, so counter to the messaging out there about cheaters and about infidelity as a whole.

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And I just know things, I just do. I know there's truth bombs that are just in me that I've been afraid to say. And so I came home going, you know, a lot of things that you pretend not to know. And now your greater impact is going to be in just telling the truth. I came home feeling stronger within myself to do so. And what a gift, right? What a gift. Like I could see, I could see I didn't need anymore for people to think of me in a certain way and that I can just let them think what they're going to think because my own truth is is my own strength, right?

Becca Pike: What's something that is counter to what people will tell you? But what's something that mainstream healing says and you don't agree with?

Andrea Giles: Okay, so much out there. You can find it everywhere, everywhere, about all the talk about narcissism lately and about all these labels that we slap on people and be careful with this person. And one message is around, once a cheater, always a cheater. If they cheat, you need to leave immediately. And I just don't agree.

I don't agree. And the reason why is because people are far more complex than that. And we do things where we screw up our own lives. And sometimes people continue to screw up their life. Sometimes people don't take that as an opportunity to understand why they did this thing that created so much pain for them and for others.

Okay. That happens. That was part of my story in my first marriage. But what I see so much is that there are a lot of people that are just acting out. It's like they've been handed the script and they're just like acting it out without really thinking about it.

And for a lot of people, infidelity can be the thing that finally has a big enough impact on them to wake them up to go, I did not know I was capable of this. I didn't know, I never saw myself being able to even do this,

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to pull this off, and yet here I am. I cheated on my spouse. And the whole once a cheater, always a cheater, I just think it's bullshit.

I think it puts people in such a small box and that it's far more nuanced than that. And that each individual couple, there can be so much healing and amazing, amazing, real vulnerability and healing even after there's an affair, especially after there's an affair. Because it changed, it like rocks everybody to their core so much that it's like, if we're gonna do this, we have to be really intentional and do it on purpose.

Becca Pike: I think of myself as someone who enters a lot of the mainstream when it comes to feminism. And I kind of joke that I'm the feminist that doesn't actually hate guys. And if you are, you hate men, it's just unhealed. And it kind of like butts up against what's going around right now.

And we were talking about women that are in physically abusive relationships. And we were talking about, she did not like what I had to say, but what percentage were the women hitting the men too and how it's not talked about. And a lot of times the woman will leave and not, I'm not talking self-defense, like I'm talking, they're both physically abusing each other on purpose. And what percentage will leave and say that the man was the abuser and they were a victim, and the man won't say that he was a victim to abuse?

You know, I learned so much watching my husband get a divorce, and this is something that I do not talk about. I just I protect my kids. I do not talk about this really dark side of my life where we spent 10, 12 years dealing with one of just the - I could write a book and it would be a bestseller on what has gone on over there.

You know, he was physically abused, but he would never say that. He's like, I'm not going to say that I'm a victim to physical abuse. Like there's no

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way, he never put his hands on her, but it opened my eyes to how many women are hitting their husbands.

Anyway, long story short, I kind of find myself being this counter to what a lot of people say. And I'm not like putting myself on a pedestal with it. I just question everything and I'm just curious to everything. And I know there's two sides to every story. You could be the counter and not in every way, but like just by being the counter, by standing up, let's say you made a post today and the first sentence was, he cheated, this doesn't mean you have to leave. Right?

So like, if you just said that, you are now the counter, your stuff is going to stick out way better than everybody else's. Everyone else's just sounds like white noise at this point because they're all saying the same thing. You're the one person that's not, and you stand behind it. That's how you become the version of you that you saw in your trip. The older lady version that was willing to counter the argument.

Andrea Giles: Yep, I see that. And it's funny that you mentioned the physical abuse thing because I can't tell you how many of my male clients who have cheated that I have said you are being abused. To my men clients who have cheated on their spouses, I've used those words, they are being beat up, physically beat up. I have many because the woman feels kind of justified.

Like, you did this so I can do whatever the hell I want. And I can punch you and you're just going to take it. And no relationship ever healed that way. Right? And so to me, my biggest work when I think about it is helping people get to a place where they feel safe enough to really, really choose what they want, to really, really choose from a non-reactive place what they want.

And for many of my people, it is their greatest growth is in staying, not in leaving. Some - a lot of them leave too. But you, you had asked about what

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I, what I would say that's counter to the messaging for my people have been cheated on. You know, this sounds harsh, but so what? Okay, that's, that's the words that come to my head sometimes.

Like, so what? What are we gonna do with this? Right? How long are we gonna beat this drum and keep you suffering and keep you feeling small and shame, like there's shame, like you have to be embarrassed. Like, yeah, this thing happened. We do need the grieving time, the shock of it. It's real. It's real, right? But how long are we going to stay here? And how much of your life are you missing out on?

Becca Pike: I just wrote a post yesterday about mom's death and me having that question, like, how long am I going to let my birthday go by and be sad? And it was one year. That was what I was allowed. One time. And this was my second time around. And I was like, I'm not doing it.

And I see this in business, you know, people like this person quit and it gutted me and I'm not going to hire a new person or this partner stole from me, so I'm never going to own a business again. And it's just like, okay, so you're going to spend the rest of your life being a victim to that circumstance? Like, yeah, so what? I agree with you.

I think that there needs to be more of that. I want you to make another post that says, he cheated, so what? And then it goes into how long are you going to let this affect you? Are you going to let it change your life? Are you going to die with this? Are you going to carry it with you? Is it going to be generational trauma or are you going to do something about it? Are you going to heal? That is you. That is on you.

And we need more of that. We live in a tippy-toey-ass world right now where everyone's afraid to say anything because it's not, I don't know, like politically correct, but it's unhealed. And the healed version of someone is going to say, yeah, shit happens, the worst shit happens. Death affairs, the worst abuse. How are you going to deal with it? That's healed.

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Andrea Giles: Yep. Amen to that.

Becca Pike: Amen. Well, Andrea, thank you for being here. I love that you're my student. I love that you're in my world. I want to just continue building with you forever. I'll be seeing you at Hell Yes Live, right?

Andrea Giles: All right. Yep, I'm there. Ticket's bought.

Becca Pike: Yeah. What would you say to anybody that's thinking about coming to Hell Yes Live?

Andrea Giles: Well, seeing that I just went to your live event in January, it's still pretty fresh in my mind. I'd say, what are you like, really? What are you waiting for? Like, really? I actually mean that sincerely. Like, go grab your card, go buy the ticket. Like, to me, there's something so powerful about physically being in a room. It's just so different than virtual.

It just, it fills me up in a way that virtual never can. There's something about the physical energy of being in the room with other people. And it was just so powerful, so powerful. I left with so many shifts, so many just shifts in my brain, knowing exactly what I needed to do. Now go get to work and I have. It's a no-brainer. Just go do it and get there.

Becca Pike: I love it. Thank you so much. I'll talk to you soon.

Andrea Giles: All right. Thank you.

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