**Corey Andrew Powell: (**[**00:08**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=8.38)**)**

So I am joined today by Lina Kennedy. She's the president and CEO of Alexandria professional, a worldwide leader in body sugaring epilation And, you know, she's always had this sort of inclination when she was younger, to have been told to marry a millionaire, but she chose instead to grow up and become the millionaire. And today she is known as the "Sugar Queen" and founder of Alexandria Professional, which is a multimillion dollar beauty brand with products sold in over 30,000 salons worldwide. Lina, welcome to Motivational Mondays.

**Lina Kennedy: (**[**00:38**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=38.96)**)**

Thank you, Corey. I'm really glad to be here, took a hot minute to get us going, but here we are.

**Corey Andrew Powell: (**[**00:44**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=44.84)**)**

Yes, it took a minute. You know, we were working out some technical details to get this off the ground. Of course, this is one of our first video podcasts, as I mentioned.

**Lina Kennedy: (**[**00:54**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=54.37)**)**

I'm Honored. Yes. First

**Corey Andrew Powell: (**[**00:56**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=56.06)**)**

Yes. First, You are indeed. And I would love to, before we get into your background, which is so fascinating with the adversity that you've gone through to get to where you are today, I do have to ask, what is body sugaring epilation?

**Lina Kennedy: (**[**01:10**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=70.92)**)**

The most natural, healthy, effective form of permanent reduction hair removal. I can sit here and we can do this whole bloody podcast just on that, because we just finished all of our new information. I'm going to be approaching the psoriasis and eczema societies, because everything that I created for hair removal and ingrown hairs and forgive me, Corey, but I also dealt with a lot of black men from Buffalo when I first started 30 years ago. And they like, they loved me because their skin, I was actually able to start getting rid of their ingrown hairs

**Corey Andrew Powell: (**[**01:52**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=112.76)**)**

Ingrown hairs, yes,

**Lina Kennedy: (**[**01:54**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=114.31)**)**

Yes Huge, huge, huge. So everything that I created for that ended up naturally defaulting into really becoming one of the healthiest skin conditioning programs ever. So much so, I got before and after pictures of all ages, including a child, of people who suffered from eczema psoriasis, and we cleared their skin, like I have so much information. It's crazy. Wow.

**Corey Andrew Powell: (**[**02:20**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=140.1)**)**

Well, I suffered from that as a child, I had psoriasis well, until I was bout 15. So I had all like the scaliness, the dry pitches and, you know, and it was just so hard to kind of manage that cause it's itchy. So it's already tough being a teenager

**Lina Kennedy: (**[**02:33**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=153.22)**)**

It's so thick and dry that it breaks mm-hmm and mean like, I have bazillion stories, but anyway, yeah, I'm really proud of everything we created. In fact, we're working on a new, 3D animated video. It's a medical science video that will show everything that's in my head so that I can show it to the medical industry because you know, if you're not like drugs and things, people from the medical industry tend to just like, pupu you. Yeah.

**Corey Andrew Powell: (**[**02:59**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=179.84)**)**

Yeah.

**Lina Kennedy: (**[**03:00**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=180.34)**)**

So I wanna show, like, I know my stuff

**Corey Andrew Powell: (**[**03:03**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=183.6)**)**

Mm-Hmm

**Lina Kennedy: (**[**03:03**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=183.68)**)**

I just wanna share it with people.

**Corey Andrew Powell: (**[**03:06**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=186.76)**)**

I mean, obviously, you know, your stuff, 30,000 salons across the world —clearly you're doing something right. But I will say again, you get into that point is a very,

**Lina Kennedy: (**[**03:18**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=198.44)**)**

So

**Corey Andrew Powell: (**[**03:19**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=199.59)**)**

Yeah, it's a, it's a very it's, it's a story of triumph over adversity, but I do wanna talk about that because you mentioned that you came from a family of dysfunction

**Lina Kennedy: (**[**03:29**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=209.99)**)**

As so many of us do, right. I'm one in a bazillion stories. It's just that I got the opportunity to share

**Corey Andrew Powell: (**[**03:36**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=216.15)**)**

no, absolutely. So, and I'm glad you are because many people will identify with that. So, dysfunctional family coming from poverty as well. You also mentioned being

Lina Kennedy: ([03:45](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=225.87))

Alcoholism, sexual abuse.

**Corey Andrew Powell: (**[**03:48**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=228.44)**)**

Yes. The sexual abuse. I mean quite a lot. And you survived through what you call your inner strength, but you also talk about something called the magic or, or trusting in the magic of the moment. I'd love to ask you more. If you could expand on what it mean to trust in the magic of the moment when you're in such a difficult time of adversity?

**Lina Kennedy: (**[**04:11**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=251)**)**

Yeah. You know, I feel like I, there's that part that I share in the beginning of the book that talks about a special gift I got, I swear to God. Yes I do. I swear that that gift is what has allowed me to be the person I am to get through moment by moment and to believe. And if I could just continue to share that message, this is actually the other than writing the book, Corey, this is the first, that's why I'm so grateful to be here. And and it's your first video. This is the first day of the change of my journey, where it's supposed to be from now on. I want you to know how serious it is that we are here together because I, I always knew I would get to share this. I can't tell people, Hey, you should do this and this and this become successful. I can share a lot of different things that work that you, you kind of need to master to get into. These are just, you know, steps. Mm. But in the core of who we are, if I can help people understand if they can take from me what I know to be true, what I went through and let that be the anchor of, of their, their trust in themselves, who they are, my job will be done. Right? Yeah. So here it is.

**Corey Andrew Powell: (**[**05:37**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=337.36)**)**

Yeah. You know, that's really important because so often, and people feel as though they're the only ones going through something like all the things you just mentioned, the dysfunction, the alcoholism, I mean, you know, in my own family I've experienced. I mean, we were not, we didn't have poverty so much, but there was always, we could have had more, we could have done better. Right. And so I think we often identify with so many of the things you're sharing and it is important that people know they're not alone going through it.

**Lina Kennedy: (**[**06:03**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=363.48)**)**

That is such a key point. If everyone could remember that one thing you just said is that if you're thinking something, if you're feeling something you definitely are not the only person on this huge sphere of humanity, feeling that. So there are other people going through things. And I think the Google world has opened up for us to, to actually start connecting in different realms of what people go through. Right? Yes. So going back to that magic of the moment when I had that gift when I was seven and, and they, you know, they, I lost my life for a moment, but they did bring me back. In that moment when I had my experience, I won't go through all that right now. But the very last message, cuz I didn't wanna come back. I cannot even be, I don't even know the words to describe how I felt.

**Lina Kennedy: (**[**06:57**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=417.08)**)**

And I know a lot of, of people who have had their death experience and come back feel the same way, you it's just so you can't, you can't imagine it unless you're there. Right? So I really didn't wanna come back. And I remember when the hand set itself on my shoulder, remember I was only seven years old, said its hand. I remember feeling somebody and that hand on my shoulder and, and the voice, the voice was so beautiful and calm. But everything about being there is, is that way. And, and it just said, you have to go back. A lot of people are depending on you. Don't worry. You're never alone. We're always with you. I remember that. Like it's crystal clear in my nerve endings today. So I want to give credit to where credit is due. I can't say, Hey, Lena, you're so strong, this and that.

**Lina Kennedy: (**[**07:53**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=473.39)**)**

I have that as my core strength. Hmm. So then I take that as my truth and then anything that happens, I'm still human. I still get, you know, hotheaded and, and I'm known for that. I'm better than I've ever been though, much. But it's, it's like forgive and forget, easier than most people. And you know, it's just in the moment and it's never really personal. And I don't tell people F off but, I might say what an EFFN moment mm-hmm , but not never related to people. Yeah. It's just the moment. And I'm much, much better now, but knowing what I know and knowing better today, that every day when I wake up and I say, and I do this ritual every day, I'm grateful for the joy, abundance, and love that finds me today because you can have that every day in your life if you're open.

**Lina Kennedy: (**[**08:51**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=531.1)**)**

Then following that is I'm open. I receive cuz you can't receive. If you're not open. Right. And I'm ready. Cuz if you're not ready and you receive, it's a lost opportunity, you know, like knock, knock. Yeah. You know, but you're not really taking the opportunity. Mm-Hmm So I'm say this every single day. So then you, no matter what happens, I know for a fact that there is some joy, there is something of abundance. It's how you analyze these things, how you describe them that matters. And there is love, you just have to be open to it and you will see it there. I swear to God.

**Corey Andrew Powell: (**[**09:35**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=575.29)**)**

I believe you, it sounds very convincing to me. I totally believe you. And also I think that, and tell me if I'm wrong. It seems as though, because you had that experience and let's just sort of summarize it. I mean, it was a near death experience we're talking about. Or you said you did basically.

**Lina Kennedy: (**[**09:51**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=591.559)**)**

I was not there. They didn't know they could bring me back. Right. I, I Actually didn't wanna come back.

**Corey Andrew Powell: (**[**09:56**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=596.87)**)**

Right. And so you had that experience in which you actually did transition for a moment or you were in that moment of transition. Yeah. And something the beings told you, you have to go back, people need you. And then fast forward to your life's work now has become yeah. helping people and being there for people . So does it feel like you were sent back and you felt like you had an obligation to live up to what you were told?

**Lina Kennedy: (**[**10:22**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=622.94)**)**

100%. I knew, I don't even know how or why. You know, the joke about my grandmother telling me to marry a millionaire.

**Corey Andrew Powell: (**[**10:33**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=633.059)**)**

Right.

**Lina Kennedy: (**[**10:33**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=633.12)**)**

And my cousin who, who was way ahead of her time, which I didn't know back. And she was gay. You know, she'd say don't marry a millionaire. You don't need a man, make your own money.

**Corey Andrew Powell: (**[**10:43**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=643.22)**)**

There you go.

**Lina Kennedy: (**[**10:45**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=645.05)**)**

When, when you look at that, this is like when I was in my teens. But even before that, I always knew I had to become, I had to become wealthy, not, not for the freedom of, of money and luxuries. You know, I love pretty things. And I've always been that way since the day I was born. That's why I love my grandmother. She had like matching hats and gloves and shoes and yeah. I just love her stuff. Right. So I knew I had to be because I knew something had to come from me later, as, as a share. I have so much to share like an hour's not gonna be enough for us. But, so I knew that intuitively because I knew that even if I am who I am, if I don't have that financial success and people equate success to money still today, I know we've done all the fluff stuff, success is you, your family. And, and I know that and that's the way it should be. But in our society, if you're financially successful, people feel like, ah, I should listen to him or her. Right? Whereas I just love people for the stories they have to share whether they have money or not, because there's something so, so wonderful to capture from every person. If you give it a minute to hear, right? To listen to here. Yeah.

**Corey Andrew Powell: (**[**12:06**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=726.84)**)**

That's true.

**Lina Kennedy: (**[**12:07**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=727.55)**)**

True. I knew I had to make the money. I, you know, people say, oh, sure. You've changed. Come on. I'm still, I still feel like I'm that same person, you know, I can still wear my Mumu at night, no makeup and still, and I can go, I can go to the grocery store and feel comfortable. It's, I'm comfortable but other people see me and it happened to me, they said "Oh my God, what's wrong, Lina. I, have no pigmentation when they take my brows and lipstick off. That's what's wrong.

**Corey Andrew Powell: (**[**12:33**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=753.33)**)**

Yeah. Well, you know, it's funny too about that when it comes to people who like my grandmother, for example, was raised she was born in 1929 and you know, right there at the depression. And so she was had 11 or, or 10 siblings or something. Yeah, of course. Very. Yeah, they were. And they were very, very, very poor. So my grandmother later in life, when I, you know, came along and got to be in her doting presence all the time, I got to see her go shopping and buy all that she wanted. And my grandfather was like, you have another purse, you have another bag, you have another pair of shoes. But it was because that time of growing up in poverty,

**Lina Kennedy: (**[**13:09**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=789.91)**)**

That's right.

**Corey Andrew Powell: (**[**13:10**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=790.89)**)**

It made her now realize I can, I've worked hard to buy what I want, I'm going to do it. Do you have a, do you have a sense of that sort of coming through? Like, you know, you're not gonna be shamed by your wealth because you grew up poor.

**Lina Kennedy: (**[**13:23**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=803.39)**)**

Yeah. Yeah. And, it's no secret. I'm a shoe addict. , you know, I'm not, I'm not a purse addict. Although I do collect evening bags, I just love the beauty of evening bags. But I've, I've treated myself well, and I don't let people shame me. The ones that would shame you most are usually the people that are supposed to be the closest to you. So, you know, they say you can't make your millions in your backyard. I could write a book just on that, but you know what, I, I respect them and I'm happy.

**Corey Andrew Powell: (**[**13:57**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=837.8)**)**

You live your life. I'm right.

**Lina Kennedy: (**[**13:59**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=839.14)**)**

I'm happy with who I am, I'm happy with all, you know, I've been, I've been so blessed with the body sugaring business. I've helped so many people who have serious confidence problems, you know what I mean, self confide problems. And, and this really helped them. So I've helped a lot of people for better reason than just looking beautiful or having silky skin, like more than that. Right. Lots of good stories on that.

**Corey Andrew Powell: (**[**14:31**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=871.41)**)**

But more meaningful, help you, the people, like you said is not just about the external. You've done the part of your mission, if you will, is to really help people be their better selves.

**Lina Kennedy: (**[**14:42**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=882.92)**)**

When, when you, you know, they always say, if you can make money with something you love doing, that's the best thing. Well, I never liked body hair. So it really happened magically that I got into this mm-hmm . And so it's very easy for me to tell people, let, to get rid of this, you know, and make it better, feel better, look better. But but I really did get to help a lot of people because of that, not just on the aesthetic side, but also people I hire you know, women have given opportunities to who didn't really have any money to start a distribution. So I kind of like, I bought into them and they've become very successful. Yeah. So sometimes it's not just about the money, but what that money can help facilitate, not just for you, but for others.

**Corey Andrew Powell: (**[**15:25**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=925.03)**)**

I love that.

**Lina Kennedy: (**[**15:26**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=926.13)**)**

That's been the whole drive, but now today, Corey, it's the new drive, like my new website is, well, it went under construction. Lena Kennedy website is all about the real I, not the real, it's not that I'm not the real person when I'm doing business, but my real core cause, and that's to help lift the veil on silence of abuse, especially, you know, sexual abuse and children, like my heart is, that's why I love children so much because their voices are not always so clear. Mm-Hmm

**Corey Andrew Powell: (**[**15:58**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=958.73)**)**

, you know? Yeah, no, I do wanna ask you about that. I was curious to know what sort of, well, well, let's just go back a little bit because of course, as we mentioned, that's a cause that's personal to you because you are a survivor of child abuse.

**Lina Kennedy: (**[**16:12**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=972.81)**)**

Absolutely.

**Corey Andrew Powell: (**[**16:13**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=973.86)**)**

So now you are using that, that experience, that history, that personal history to, to help others deal with it. So tell me about the organization and what you guys do to help further the cause of awareness for, against the sexual abuse of children.

**Lina Kennedy: (**[**16:30**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=990.55)**)**

My new organization is being set up now because there's a lot of things, you know, when you're a nonprofit that I'm ...so I have lawyers to handle that. Mm-Hmm , it's going to be called it's, and it's been trademarked now to lift the veil on silence society and the, I can't wait, we're gonna launch. Maybe we'll get back together when I do launch, Corey.

**Corey Andrew Powell: (**[**16:52**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1012.63)**)**

Yes. It's a, at the, it's also a cause that I'm very passionate about. So I would love to have you back to talk about that.

**Lina Kennedy: (**[**16:57**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1017.44)**)**

Well, listen to this, I get so excited. Listen, listen to how much I believe in the universe, my angels, God all of it. Right? And, and myself, because you know, we're all like this, right? So for me, I feel blessed that I understand that because I know I'm not a alone, because I know I have super strength, you know, for when you need it. So listen to this. This is so cool. First I'm told I have to go back. I'm not alone. A lot of people need you. What the hell does a seven year old do with it? What do you mean? A lot of people need, even as a teenager, you never, who's gonna need me ? Now, I understand because now I am connected worldwide, right? With our distributors and then their practitioners and our educators. And I've traveled around and I've worked with everyone.

**Lina Kennedy: (**[**17:47**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1067.1)**)**

I love everybody. So think of, and, and I remember when I used to go around neighborhoods and look in people's homes, you know, when the windows are open, I didn't wanna see the people. I wanna see their decor. Right. And I remember feeling, I never want a white picket fence. I want the world to be my backyard. Kind of like a modern gypsy. And then when I worked in Hungary, they're like, Gypsy's not a good thing to say, because you know, they'll thick you're thief, but there's a romantic side of gypsies, a more like free spirit and soul. Right?

**Corey Andrew Powell: (**[**18:17**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1097.27)**)**

Nomadic, and you can live where you want. And yes.

**Lina Kennedy: (**[**18:19**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1099.3)**)**

Yeah. And, and so I always looked at the, the world as my backyard. And then when I got into this, look what I did and with the kid with nothing, right. I created the world as my backyard to visit and play and work with. And even that, I thought that's not the reason, but it's the base I could feel. Mm-Hmm, , it's like the base of what's coming is being set. The foundation, you know, everything has to be a solid foundation. You can, the same as our bodies. You could, you could do all the face and liposuction and sh\*t you want on your body. But if you don't take care of your core, it's gonna be for nothing. It's just gonna collapse on you anyway. Right? So everything, our thoughts, our bodies, our homes, our structures, our dreams have to have a foundation so that you can solidly grow and going this way is not always the best because you can topple when you solidify, here's your foundation. Then you go here and you solidify, and then you go here and you solidify. And that's how you get a sustainable growth in your life. Right? So I did all that. And it's only this year, only, only this COVID was a, I hate to say it because... I know, but COVID was really a tremendous blessing in my circle. Yes. We've done amazing things. Yeah.

**Corey Andrew Powell: (**[**19:50**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1190.27)**)**

I, you know, I know people have a hard time saying that, and I totally understand because it's like, it's a terrible thing. But for many people, they were able to recalibrate, forced to do things differently. Yeah. From that came a lot of new, fresh ideas. So, I know what you mean by that.

**Lina Kennedy: (**[**20:06**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1206.93)**)**

Yeah. It's just, it's such a, a sensitive topic. Right? Like we, we lost good, good people around us too. So I, I get it. But you know, it's kind of like the don't let, don't let don't let people shame you for your successes. You know, it's all relatable, right? Yeah. But so think about that whole foundation I just told you about, and we've been solidifying that found step by step mm-hmm . And then this year, when we decided to go with a name, lift the veil on silence society. It's the, society's the key here. I am going to tap into all my international contacts. So what I'm doing, I, you know, I'm not saying, oh yeah, we're gonna raise money. No, I'm not looking at that so much as creating. And I don't wanna just blah, blah awareness. Mm. I want to be a part of that. And so I'm going to have a membership kind of like the Masons' and the Shriners or the doctors when they sign their Hippocratic oath, right. I'm creating a Hippocratic oath to lift the veil on silent society. The only way you become a member, excuse me, is by reading this and signing to it and abiding by it. That means if you become a member and I'm coming after you, Mr. Corey,

**Corey Andrew Powell: (**[**21:34**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1294.98)**)**

All right. Let's see.

**Lina Kennedy: (**[**21:36**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1296.78)**)**

But only, but if you look at this and you become a member on that day, that you sign, you agree never to let that veil be over your eyes. When you see, when you think, when you have it in your like, oh, why do I feel this? Anything like that? When you know, you see, you think, or you get that sixth sense, you will take appropriate action. It doesn't mean to go and accuse someone. No, we're, we're gonna figure this out together. And, and I'm going to talk to people and this will be in the Hippocratic oath so that we all follow a process that will potentially stop one child from being, you know, starts with a home.

**Corey Andrew Powell: (**[**22:29**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1349.51)**)**

Mm-Hmm , you know, I was just gonna ask do you, I was gonna ask you, do you find that people are — not reluctant, but do you think there's a fear of people getting involved when they find out?

**Lina Kennedy: (**[**22:44**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1364.26)**)**

All levels? Yeah. And it, it hurts my heart so much. Oh, I see it. This will always be very close to me, not just because of what I went through, but I've watched a lot of programs on it. And just any child being hurt, whether it's sexual, physical, mental, I mean, mm-hmm, , I can see the physical and the sexual to me is worse than the mental, but a mental can still their ways of progressing in their lives. Right. So that's a terrible thing too. Mm-Hmm but so you look at my mother, for instance, in those days, long time ago in those days. It was silence. Yeah. It was taboo. You did not share this with anyone. Yeah. Huh. So I don't blame my mother. I love my mother, like next. Like I, I think she's probably the strongest person I know, and I'm pretty strong, but I think she, if she'd have been 20 years younger and lived in around my world, she would've been a something to reckon with because she's really quite amazing woman with, you know, grade three education, super amazing knows how to save a penny much better than I ever learned.

**Lina Kennedy: (**[**23:59**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1439.5)**)**

But in those days it was complete silence. And then in my time it was a little bit more open, you know, you can talk to your doctor or to a friend or, you know, maybe beat the sh\*t out of the person, doing it and going to jail, whatever. And then you get to today and it's, you know, with the me too generation, which is where we are. Right. It kind of opened, but we won't talk about that because I'm really that centered person when it comes to the me too situation as well. And maybe that'll be another conversation another day. And maybe people won't like me for what I have to say, but it has to be said. So now we're at a point where people are saying, you know, speak up and we have more communities available. You call places, we can call for help, Right?

**Corey Andrew Powell: (**[**24:50**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1490.41)**)**

Support. Yeah. More support in society. There's a lot more options there.

**Lina Kennedy: (**[**24:55**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1495.119)**)**

Like hotline numbers and things like that as well. So, and, and there's more like we can be discreet, you know, if we think it's happening at the school, then you go see the director of the school. Like, and if you think it's your neighbor, then maybe you speak to the, you know, one of the people, or like we have to find a way or maybe it gets reported where they go incognito. Nobody knows it's you. There's the worst thing you can do. If you think there's something, if you know, there's something, then you like to go talk- to get it out. But if you think, I think that's where most people fear. What if it's not? What if I'm, you know, what, if it's not true? Then there's a process that the people like I work with at the childcare advocacy center as well in Buffalo. And they have a process. If you think something's going on, there's a process they do without harming the people if they are innocent. So there's always a way. And then the one that might fear because they might fear for their lives. Maybe the person is really bad. You still have to do something. I mean, if you don't, then you're saying that child doesn't matter more than I matter. That's the wrong way to live, to begin with. Yeah. And karma can be a bit, you know,

**Corey Andrew Powell: (**[**26:08**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1568.82)**)**

Well, you know, it's this wonderful story though at the core of what you're doing, which is that all the things that you've gone through have led you up to this point, as you mentioned, the foundation, I call it the catalyst, right? That's right. The work you're doing now, the catalyst for that was you surviving an adverse situation, believing that there was still hope for tomorrow. And then you progressed further and further. And now all the work you've done is the foundation for this great advocacy work you're doing to protect children. And I, I wanna ask you about another, one of the things you advocate for for the public, as a mission, which is you want people to know that you can change your mind by changing your situation. Share with me what you mean by that.

**Lina Kennedy: (**[**26:58**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1618.95)**)**

So I'm a firm believer, change your mind, change your situation. So, you know, I have three children, four grandchildren, and my three children, two came from the same father. One, one at least, you know, the mother is all together here but they, they're so... I cannot believe how incredibly different they are. I have you know, some people are just naturally inclined to think negatively all the time. You know, that old thing, glass half full, half empty mm-hmm to me, I don't look at it that way. There's water in there. That's good. I get to use it, you know? Right? So it's not about half empty, half full. It's more about it's there for you to grab onto.

**Corey Andrew Powell: (**[**27:42**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1662.57)**)**

Wonderful words of wisdom from Lina Kennedy, AKA the Sugar Queen. And I'm so happy you joined me today. I love so much of, you know, your, your philosophy about how we approach life. And I think it's gonna be really great and beneficial to all of our listeners. And it's an honor to talk to you today and thank you for your time.

**Lina Kennedy: (**[**27:59**](https://www.temi.com/editor/t/mpz6Jf2i-eo2clHKK1VSbDOaodJ2SYyOhH2C5eHoqzG3DFSEMFQUxigXdb2tAWQuNTXyMk0l-4DwXXuzd1a3lVff6Y0?loadFrom=PastedDeeplink&ts=1679.369)**)**

Thank You. Thank you, Corey. Lovely.